



Type 2 diabetes: quick guide

What is type 2 diabetes?

- Type 2 diabetes is a condition that causes high blood glucose (sugar) levels.
- When you eat, your body turns carbohydrates from food into glucose, which enters your blood.
- Insulin is made by the body to help move glucose from your blood into your cells for energy.
- In type 2 diabetes, your body does not make enough insulin, or it does not work well.
- This means glucose stays in your blood, causing high blood glucose levels.

Symptoms of type 2 diabetes



Feeling thirsty, or drinking more often



Blurry vision



Going to the toilet to pass urine often



Sores or cuts that heal slowly



Feeling tired



Getting infections or illnesses more often

Diabetes symptoms are caused by high blood glucose levels. If you notice any of these symptoms, talk to your doctor – even if you have already been diagnosed with type 2 diabetes.

Looking after your diabetes helps you stay healthy

Your doctor or diabetes health professional will make a plan with you for looking after your diabetes. This may include:



Healthy eating

Nourishes your body and helps keep your blood glucose levels in a healthy range



Being active

Uses glucose for energy and helps insulin work better



Blood glucose checks

Show you how food and activity affect your blood glucose levels



Insulin and medicine

Help lower blood glucose levels to keep them in a healthy range



Diabetes health checks

Regular checks of your eyes, kidneys, heart, feet and nerves help find and treat any problems early



Managing your weight

Helps to make insulin work better, lower your risk of heart disease and improve your energy and mood



Not smoking

Quitting smoking improves your health straight away and greatly reduces your risk of diabetes-related problems

When to see your doctor

- If you notice diabetes symptoms.
- If you are due for your regular diabetes health checks.
- If you feel worried, overwhelmed, or have questions about your diabetes or medicines.



The NDSS and you

For access to more resources (including in your language), go to ndss.com.au or call the **NDSS Helpline 1800 637 700**.

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.