

## Diabetes

### What is it?

Diabetes is a condition where there is too much glucose (sugar) in the blood. At least 1 million Australians are affected by Diabetes with half of these people unaware they have the condition.

Early diagnosis, appropriate medical care and a healthy lifestyle can reduce or may prevent Type 2 Diabetes and its complications, such as kidney failure, heart attack, stroke, blindness and lower limb amputation.

### TYPE 1 (Insulin dependent)

- ♦ Tends to occur in people under 30 but can occur at any age.
- ♦ Onset is sudden

### TYPE 2 (Non-Insulin dependent)

- ♦ Most common type, usually occurring in people over 30 but can occur at any age.
- ♦ Responds well to improvement in diet and exercise.

### GESTATIONAL DIABETES

- ♦ Occurs during pregnancy
- ♦ More common in women with a family history
- ♦ Leads to an increased risk of developing Type 2 Diabetes.

### DIABETES

This brochure has been produced as a resource for our patients. Any questions regarding your health should be discussed with your doctor.

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Weekdays: 8am to 10pm  
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Public Holidays: 8am to 8pm

Burwood  
HealthCare

## PATIENT HEALTH INFORMATION



# DIABETES

# Diabetes

## Are you at risk:

- ◆ Family History of Diabetes
- ◆ Overweight
- ◆ Had Gestational Diabetes
- ◆ Had large babies
- ◆ Stress (physical or emotional)
- ◆ Over 40 years of age

If you have any of the above factors, your risk of developing Diabetes is increased, and it is important for you to have an annual blood glucose check.



## Symptoms of Diabetes

- ◆ Excessive thirst
- ◆ Passing more urine than usual
- ◆ Tiredness
- ◆ Blurred vision
- ◆ Recurring skin, mouth and bladder infections
- ◆ Tingling/Numbness in hands or feet

## How do I risk my risks?

- ◆ Eat nutritious foods
- ◆ Regular physical activity (at least 30 mins on most days)
- ◆ Quit Smoking

## Diabetes and Alcohol

- ◆ The recommended alcohol intake is not more than 1-2 standard drinks per day and 2 alcohol free days per week.
- ◆ **Alcohol may react with Diabetes medication.**



## Footcare

- ◆ Discuss any troubling changes of the feet with your doctor.
- ◆ Visit your local podiatrist who can suggest preventative measures and treatment to avoid problems.

## Diabetes and Impotence

- ◆ Making sure that your Diabetes is well controlled will decrease the risk of any change in sexual function.

## Diabetes and your Eyes

- ◆ Regular eye examinations are recommended as the best method of early detection and treatment of vision problems.



## FURTHER INFORMATION

### Burwood Health Care

Marlene Jackson B.App.Sci.  
Health Educator

Talk to your doctor about attending an  
Education Session

### National Diabetes Services Scheme NDSS

Ph: 1300 136 588  
[www.ndss.com.au](http://www.ndss.com.au)

Has a range of Diabetes related products at subsidised prices and provides information and support services to people with Diabetes.

Registration is free and open to all Australians diagnosed with Diabetes.