

Diabetes

Diabetes is a long-term condition that causes blood sugar levels to become too high. There are two main types of diabetes: Type 1 and Type 2.

Symptoms of diabetes:

- Feeling hungry even whilst eating
- Extreme thirst
- Numbness in hands or feet
- Frequent urination
- Slow-healing cuts
- Blurred vision

Visit your GP as soon as possible if you experience any of these main symptoms

Tips to protect your heart:

Follow ABCs of diabetes by lowering:



A1c
(test that measures blood sugar)
Blood pressure
Cholesterol



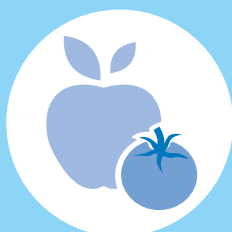
Quit smoking



Be active for 30 mins
5 times per week



Take medicine
(if prescribed)

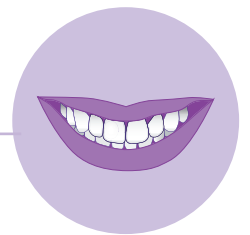


Eat more fruit
& vegetables

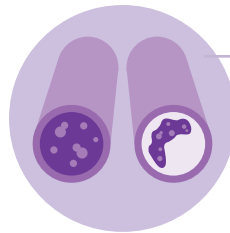
Parts of your body can be affected by diabetes:



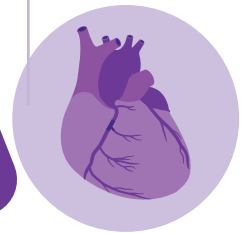
Nervous System



Eyes, teeth and gums



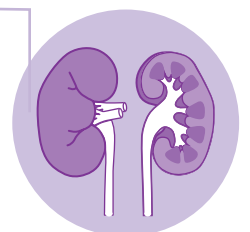
Blood vessels



Coronary arteries



Feet & Skin



Kidneys

High blood sugar levels can cause your body harm:



Increases risk of heart
disease or heart failure



Can lead to a stroke



Threatens vision, limbs
and extremities

Keep up with health visits to find & treat problems early.
With help, you can control diabetes.