

Type 2 diabetes

What is it and what can I do to avoid it?



What happens in the body

Type 2 diabetes develops when your body can't produce enough insulin, or when the insulin that is produced doesn't work properly.

Insulin is a hormone made by the pancreas that helps your body convert carbohydrates, from the foods you eat, into energy.

If you eat more carbohydrate than your body needs, more insulin is produced and the excess carbohydrate you don't use is stored as fat.

Insulin has to keep blood sugar levels within a safe range because consistently high blood sugar is damaging to the body.

If you want to be fit for work and fit for life, reduce your diabetes risk by reading on...

Disclaimer

While the information contained within this booklet has been sourced from credible sources it does not constitute medical advice. Any specific nutritional issue should be discussed with your GP or a registered dietitian.

Be aware of the symptoms

The main symptoms of diabetes include:

- 1** Increased thirst
- 2** Passing urine more often than usual, especially at night
- 3** Extreme tiredness
- 4** Unexplained weight loss
- 5** Re-occurring yeast infections
- 6** Slow healing of cuts and wounds
- 7** Blurred vision
- 8** Sexual dysfunction

Be aware of the risk factors

- Your blood pressure is over 140/85
- You have a history of diabetes in the family
- Your waist is too large
- Your cholesterol is high

I don't exercise regularly...

I eat a lot of sugary food and drinks...

I don't sleep well...

I am overweight...



I have heart disease...

I'm too stressed...

Measure your waist

Put the tape around your tummy between the top of your hips and the bottom of your ribs – usually an inch below your tummy button.



**Women –
Recommended waist
measurements**
< 80cm or 31.5 inches

**Men –
Recommended waist
measurements**
< 94cm or 37 inches

Reducing your risk – lifestyle choices

Do not smoke

Stay hydrated

and reduce caffeine intake

Relax to reduce stress

Don't drink alcohol to excess:

14 units per week for both men
and women

150 mins exercise

(light sweating) per week

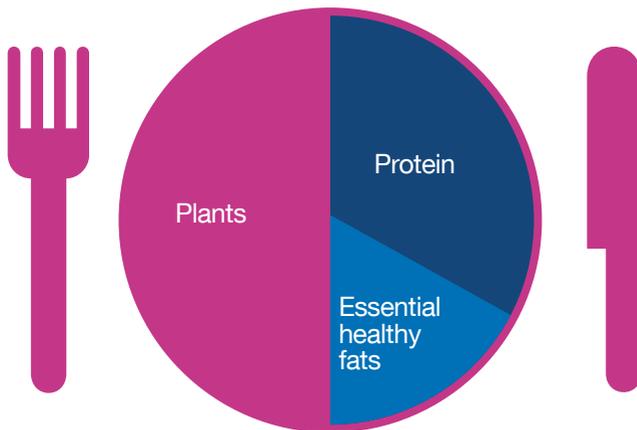
Use home scales or a Wellpoint kiosk
to track your weight



Reducing your risk – nutrition

Keeping your blood sugar balanced will reduce your risk of getting diabetes. This means avoiding refined carbohydrates and sugary foods.

Make sure you are including protein and essential fats in your daily food choices.



Prevention is better than cure

To avoid diabetes impacting your work and home life it is important to catch it early. Understanding the risk factors and symptoms of diabetes is vital. Eating fresh, unprocessed food and making sure you are taking regular exercise is a great start.

However, even if you find out that you have diabetes you can still reduce how much it affects you in the future by applying the advice in this booklet. You can see if you are at risk of diabetes and get excellent advice and support for you and your family at diabetes.org.uk

You can also step on a Wellpoint machine to try the new QDiabetes risk assessment.
Record your scores here quarterly.

| | Q1 | Q2 | Q3 | Q4 |
|----------------------|----|----|----|----|
| Weight | | | | |
| Waist | | | | |
| Diabetes Risk | | | | |



For more information please view our diabetes page on the SSR Health and Wellbeing pages on the Infonet.