

TYPE 2 DIABETES
KNOW YOUR

R I S K

DiABETES UK



**EVERY
TWO MINUTES
SOMEONE LEARNS THEY
HAVE TYPE 2
DIABETES**

DO YOU KNOW YOUR RISK OF GETTING TYPE 2 DIABETES?

11.9 million people in the UK are at increased risk of developing Type 2 diabetes.

Anyone can get it.

But there are simple things you can do to lower your risk. The first thing to do is find out your risk. It doesn't take long and could be the most important thing you do today.

**Find out your risk at
www.diabetes.org.uk/knowyourrisk**

**TYPE 2
DIABETES
IS SERIOUS**

WHY?

You might need to have medicine or injections every day for the rest of your life. It could lead to problems with your eyesight, including blindness. It increases your risk of a heart attack or stroke. You could even lose a limb.

HAVE YOU GOT ANY SIGNS OF TYPE 2 DIABETES?

It's important to know the risk factors and find out your risk but remember to look out for these signs:

- Need to wee a lot?
- Thirsty?
- Lost weight without trying?
- Feel tired?
- Blurred eyesight?
- Itchy genitals and thrush?
- Cuts that don't heal?

If you notice any of these, ask your doctor to test you for Type 2 diabetes. You and your doctor can then plan your next steps.

Find support with [#knowyourrisk](https://twitter.com/knowyourrisk)

DO YOU KNOW THE RISK FACTORS OF TYPE 2 DIABETES?

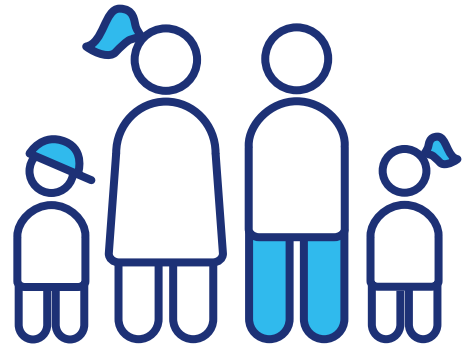
AGE:

↑ 40

Your risk increases with age.

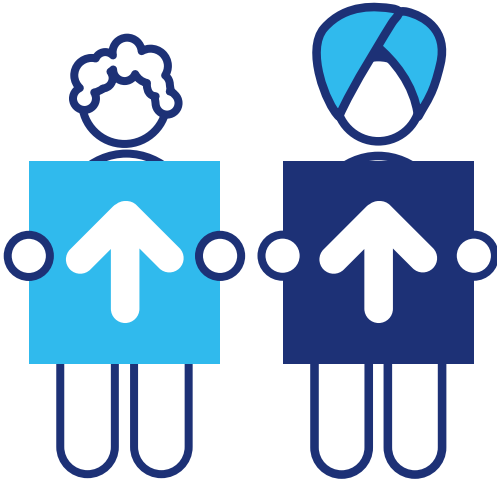
You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.

FAMILY HISTORY:



You're **two to six times more likely** to get Type 2 diabetes if you have a parent, brother, sister or child with diabetes.

ETHNICITY:



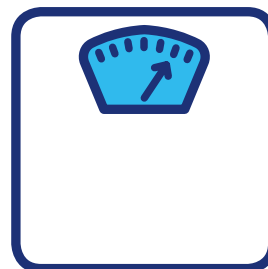
Type 2 diabetes is **two to four times more likely** in people of **South Asian descent** and **African-Caribbean** or **Black African descent**.

HIGH BLOOD PRESSURE:



You're more at risk if you've ever had **high blood pressure**.

OVERWEIGHT



You're more at risk of Type 2 diabetes if you're **overweight**, especially if you're **large around the middle**.

YOU'RE ALSO MORE AT RISK IF:

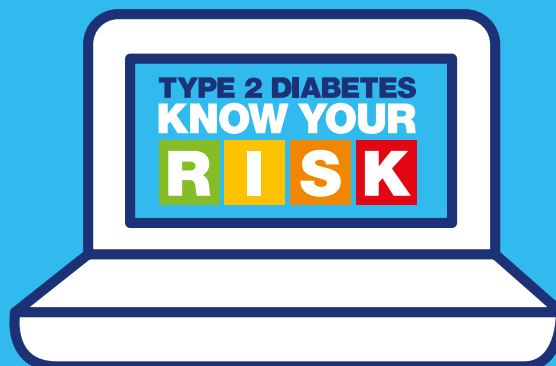
- you've ever had a heart attack or a stroke
- you have schizophrenia, bipolar illness or depression, or if you are receiving treatment with antipsychotic medication
- you're a woman who's had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds.

FIND OUT YOUR RISK

It's very important that you know your risk of getting Type 2 diabetes, because then you can do something about it.

You can find out online. You just need to answer a few questions about your age, ethnicity, and family background and take a few measurements. You will need a tape measure and set of scales.

If you find out that you're at a moderate or high risk, don't forget to visit your GP surgery. They will help you plan your next steps.



FIND OUT YOUR RISK ONLINE

Go to the **Diabetes UK** website to find out your risk online – it's free and only takes 3 minutes. Remember to tell your friends and family and they can find out their risk too.

www.diabetes.org.uk/knowyourrisk

GET SUPPORT

We all need a helping hand and the good news is, there is support out there.

If you're at moderate or high risk, ask your doctor about the support and services in your area. These could include:

- a weight loss programme or group
- a registered dietitian
- an exercise specialist or group
- a Type 2 diabetes prevention programme.

Share your story and find support with **#knowyourrisk**



DiABETES UK

TYPE 2 DIABETES
KNOW YOUR
RISK

WHAT TO DO NEXT

- 1 Find out your risk of Type 2 diabetes because then you can do something about it. And remember, there are simple things you can do to lower your risk.
- 2 If you notice any of the signs, book an appointment to see your doctor as soon as possible.
- 3 If you have any questions or concerns about diabetes, call the Diabetes UK Helpline 9am–7pm, Monday–Friday on **0345 123 2399** email helpline@diabetes.org.uk

FIRST STEPS TO LOWERING YOUR RISK

Once you've found out your risk – and knowing is a big first step – the important thing to do is take action to lower your risk.

Evidence shows the best way to reduce your risk of Type 2 diabetes is by:

- eating better
- moving more
- reducing your weight if you're overweight.

Here are some questions to ask yourself:

- What healthy changes can I make to eat better?
- How can I move more every day?
- Am I a healthy weight? If not, how can I lose weight?

For more information go to
www.diabetes.org.uk/knowyourrisk

For more top tips:
www.diabetes.org.uk/knowyourrisk

FIND OUT YOUR RISK OF TYPE 2 DIABETES TODAY

GO TO WWW.DIABETES.ORG.UK/KNOWYOURRISK



DIABETES UK

A charity registered in England and Wales (215199) and in Scotland (SC039136).
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