

5. **Dietitians** can help you understand the best foods to eat to take care of your blood glucose levels.

6. **Exercise physiologists** can help you learn to exercise in a way that is safe for you.

7. **Psychologists and counsellors** can help if living with diabetes is impacting on your emotions and wellbeing. They can help you learn ways to manage when feelings become very strong and overwhelming.

8. **An endocrinologist** is a specialist doctor for diabetes. Sometimes people need to see an endocrinologist for extra help with their medications.

Taking care of your diabetes can help you live a healthy and happy life.

This information is also available in Karen and Dari Languages



Looking After Your Diabetes

What is type 2 diabetes?

Diabetes is where there is too much glucose in the blood.

There are different types of diabetes. This information is about type 2 diabetes.

What do we need glucose for?

Glucose is important for our bodies to function. Our muscles and brain need a constant supply of glucose for energy. But too much glucose in our blood can cause health problems.

Diabetes is a lifelong condition. Taking good care of your diabetes means trying to keep your blood glucose at a safe level. This can help stop damage happening to different parts of your body.

You can take care of your diabetes by:

1



Not smoking

2



Exercising more often

3



Eating a healthy diet

4



Taking medications as explained by your doctor

5



Having regular health checkups with your GP and other health professionals.

Why is having high blood glucose a problem?

High levels of glucose in your blood can damage parts of your body overtime.

You can't always feel when your blood glucose levels are too high, so damage can be happening even if you feel well.

High blood glucose can lead to:

1



Blindness

2



Nerve damage

3



Stroke

4



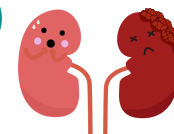
Heart attacks

5



Problems with your teeth

6



Kidney failure

7



Foot ulcers and lower limb amputations

Health professionals that can help with diabetes include:

1. **General practitioners:** visit your GP regularly so they can check your diabetes. Your GP can also help you to access the following services:

2. **Diabetes educators** can help you to understand diabetes and how to take care of your diabetes. They can give you information on:

- Healthy eating and healthy lifestyles
- How to check your blood glucose
- How to take your diabetes medications safely

3. **Podiatrists** take care of feet. Good foot care can help prevent injury and wounds that have difficulty healing.

4. **Optometrists and ophthalmologists** look after your eye health. They can check for damage that may be happening to your eyes.

NEXT