



What is type 2 diabetes?

Type 2 diabetes is a serious condition where there is too much glucose (a type of sugar) in the blood.

Symptoms of type 2 diabetes

- *Being very thirsty*
- *Urinating often and in large amounts*
- *Feeling weak and tired*
- *Blurred vision*
- *Skin infections*
- *Slow healing wounds*

There may not be any symptoms

Diabetes is serious

Type 2 diabetes can lead to nerve damage, heart attack, stroke, blindness or kidney damage.

Type 2 diabetes cannot be cured but can be managed with a healthy lifestyle and regular health checks.

See your doctor to ask whether you may have or are at risk of type 2 diabetes.

Type 2 diabetes can be prevented

1

Increase your daily physical activity.
Aim for at least 30 minutes each day.



2

Eat foods high in fibre
(more vegetables, fruit, whole grains and legumes).



3

Eat less unhealthy saturated fat, swap to small amounts of healthy fats.

5 ways you can reduce your risk of type 2 diabetes



4

Be a healthy weight.



5

Not smoking

6

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