

## Recommended levels:

Blood pressure	less than 130/80 mmHg
Total cholesterol	less than 4.0mmol/L
HDL (good cholesterol)	more than 1.0mmol/L (good cholesterol)
LDL (bad cholesterol)	less than 2.0mmol/L (bad cholesterol)
Triglycerides	less than 2.0mmol/L

If your levels are outside these ranges, making changes to your food and exercise will help. Your doctor may also prescribe medication.

## Kidney check

- Have a blood and urine test for protein every year (urinary microalbumin).
- See your doctor straight away if you have a bladder or kidney infection to prevent kidney damage.

## Eye check

- Have your eyes checked by an eye specialist (optometrist or ophthalmologist) at least every two years or more often if you have eye problems.



This information should not replace advice from your doctor or diabetes health care team. Diabetes Victoria recommends that you see your doctor or health educator for more detailed health information.

- Your eye specialist checks for diabetes related damage to the blood vessels (diabetic retinopathy), macular oedema and cataracts.
- See your doctor straight away if you notice any changes in your vision.

## Feet check

- Check your feet daily for cuts, blisters or red areas.
- See your doctor straight away if you notice ulcers, infection or any changes in your skin or how your feet feel.
- Have your feet checked by a podiatrist, doctor or diabetes educator every six to twelve months.
- See a podiatrist for treatment of ulcers, calluses, toe and foot problems as soon as you notice a problem.



For information on diabetes in your language, call 1300 801 164.

## Diabetes Victoria

570 Elizabeth Street  
Melbourne Victoria 3000

**t** 03 9667 1777

**f** 03 9667 1778

**infoline** 1300 136 588

**e** [mail@diabetesvic.org.au](mailto:mail@diabetesvic.org.au)

**w** [www.diabetesvic.org.au](http://www.diabetesvic.org.au)

**ABN** 71 005 239 510



support empower campaign

# Live well with type 2 diabetes



English

## Live well with type 2 diabetes

Your diabetes health care team includes you, your doctor, diabetes educator, dietitian, podiatrist and eye specialist, and may include a psychologist and an exercise specialist.



### Keep your diabetes in check by:

- Asking questions and following the advice of your doctor and health care team.
- Keeping your blood glucose level within the target range. Test your blood once or twice a day at different times or as directed by your doctor or educator.
- Have your HbA1c checked at least every six months. Your HbA1c is a measure of your blood glucose control over the past 2-3 months. Target is to not exceed 7% or 53 mmol/mol.



### Target blood glucose levels are:

before meals	6-8mmol/L
two hours after starting meals	6-10mmol/L

These targets are a guide only. Discuss your targets with your doctor or diabetes educator. They will advise you on the targets suitable for you.

If you are overweight, particularly around the waist, losing weight will help you to manage your diabetes. Even losing a small amount of weight will help to lower blood glucose, blood pressure and cholesterol.

## You can lose weight and reduce your waist measurement through:

- being active more often
- eating healthy foods.

### Be active!

- Do at least thirty minutes of physical activity, such as brisk walking, on most days of the week.
- Move more throughout the day and sit less.
- Do some more energetic activity if you can, such as fast walking, jogging or playing sport.
- Have a medical check-up before starting a new exercise program.



### Eat healthy foods

- Have three meals a day - breakfast, lunch and dinner.
- Eat a range of healthy foods at each meal including:
  - two fruit and five vegetable serves a day
  - lean meat, fish or chicken instead of fatty meat
  - wholegrain cereals and bread
  - milk, yoghurts and cheese (use 'reduced fat' products when you can)
  - drink lots of water.

- Eat less foods that are fatty or have a lot of salt.
- Limit food and drinks that have a lot of sugar.
- Have smaller serving sizes.
- If you drink alcohol, have no more than two standard drinks a day. Try to have several days each week with no alcohol.



Don't smoke - if you do, try to quit. Contact Quitline on 137 848 for support. Diabetes can cause damage to the blood vessels in your eyes, legs and feet, heart, brain and the nerves in your body. There are usually no symptoms until damage is severe.

### Visit your doctor regularly for your diabetes health check

Have your blood pressure checked every three months. Have a blood cholesterol test every year.

