



At high risk of

TYPE 2

DIABETES

Know the facts



Type 2 Diabetes

Diabetes is a complex condition that requires lifelong medical care and treatment to help control blood sugar levels.

Over 42,000 people in Lincolnshire have been diagnosed with Type 2 Diabetes.

Some areas of Lincolnshire have the highest numbers of people diagnosed with Type 2 Diabetes in England.

Type 2 Diabetes develops over a period of time. There is a stage where blood glucose levels are higher than normal but not high enough to be classed as Diabetes. This is when someone is "High Risk".

Often, by the time people are diagnosed they already have a complication caused by their Diabetes.

I don't feel unwell at the moment? Why should I worry?

There are no symptoms associated with being at high risk of developing Type 2 Diabetes.

Symptoms only occur when blood glucose levels are high enough to result in Type 2 Diabetes.

Often those at high risk already have high blood pressure and high cholesterol levels.

Small changes - Big results



90% of Type 2 diabetes diagnosis could have been prevented by undertaking simple lifestyle changes.



Managing your weight



Eating Healthily



Being more active



Reducing alcohol



Stopping smoking

“ Making quite minimal lifestyle changes like eating fruit instead of cakes and biscuits and taking regular short walks, delivers significant results. ”

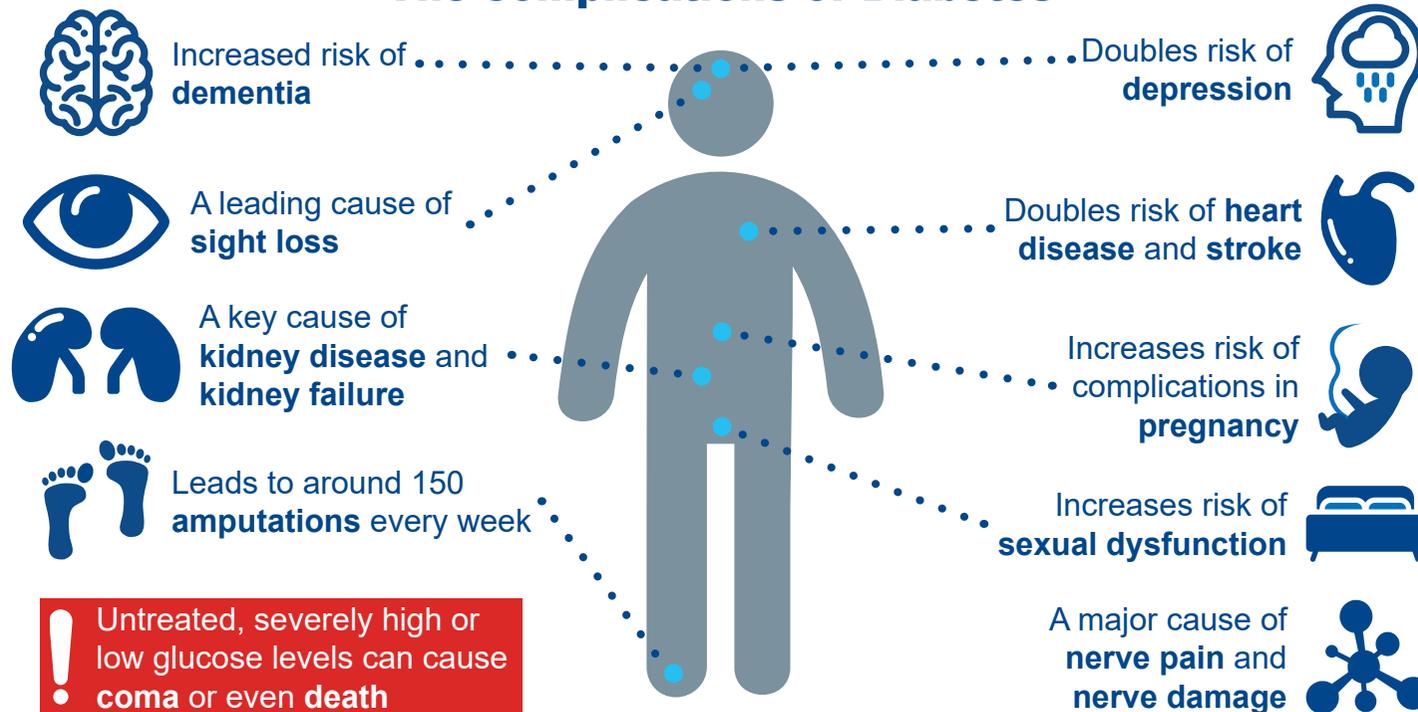
Devastating complications

Diabetes can lead to devastating complications which can affect many different parts of your body. **At worst, it can kill you.**

500 people per week die prematurely in the UK from Diabetes related complications.

Complications include **stroke, blindness, heart disease, kidney failure, and amputations.**

The complications of Diabetes



! Untreated, severely high or low glucose levels can cause coma or even death

Take action - lower your risk

Can I reduce my risk of developing Type 2 Diabetes?

Yes you can!

Everyone at risk of Type 2 Diabetes can do things to keep healthy and to slow down or even stop the development of Type 2 Diabetes.

Recent studies have shown that lifestyle changes are more effective than taking tablets in stopping the development of Type 2 Diabetes.

Where to get help

Speak to your GP practice who will be able to answer any questions about being at high risk of developing Type 2 Diabetes and provide you with help and support to get started on making lifestyle changes.

The “Healthier You” National Diabetes Prevention Programme is an education programme where you will receive tailored support to help you to make positive changes. Once you have your blood results from within the last 12 months you can refer yourself or ask your GP practice to make a referral for you.

www.preventing-diabetes.co.uk

Diabetes UK provides information and tips for preventing the development of Type 2 Diabetes.

www.diabetes.org.uk/Preventing-Type-2-diabetes

“One You” is here to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life.

www.nhs.uk/oneyou

You can also find out more about your risk factors using the ‘Know your Risk’ tool.
www.diabetes.org.uk/risk



If you require this leaflet in another language please contact: slccg.lincolnshirediabetesprevention@nhs.net.