ARE YOU AT RISK OF TYPE 2 DIABETES?
WHY DIABETES MATTERS
Diabetes is the number one threat to health in the UK. Around 3.75 million people have it, and seven million have a high risk of getting it. Many people don’t even know they’ve got it. This leaflet is about the most common type of diabetes, called Type 2 diabetes.

Type 2 diabetes can cause blindness, kidney failure, heart disease, stroke and can lead to premature death. So it’s important that you recognise the signs and know how to lower your risk of getting it. To start with, see if you’re at risk and look for the signs.

SEE IF YOU’RE AT RISK
You are more at risk of getting Type 2 diabetes if you:
• are overweight, especially if you have a large tummy
• are over 40 (or over 25 if you are South Asian)
• are Black African, Caribbean or South Asian
• have a parent, brother or sister with diabetes
• have ever had high blood pressure, a heart attack or a stroke
• have a diagnosed mental illness for which you take medication
• are a woman who has had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds.

Any of this sound familiar? If so, there’s lots you can do to lower your risk. Make sure you are active, eat a balanced diet and maintain a healthy weight.

You can find out if you are at risk by taking our quick test at www.diabetes.org.uk/riskscore or you can call us on 0845 120 2960.

LOOK FOR THE SIGNS
The signs of Type 2 diabetes can appear very slowly, and might not seem important. You might not even realise you have one or more of the signs. Do you:
• need to pass urine more than usual, especially at night
• often feel thirsty
• think you have lost weight without trying to
• often feel very tired
• have blurred eyesight
• often feel itchy around your genitals, or get regular infections like thrush
• take a long time to heal when you have a cut.

If you have any of these signs, contact your doctor’s surgery about a diabetes test. They will then discuss and agree with you the best treatment for you. Don’t ignore the signs – the earlier you take action, the sooner you can get the right care that will reduce your risk of serious ill health.

WHAT IS DIABETES?
Diabetes is a condition where your body cannot produce insulin or does not produce enough insulin or where the insulin produced does not work properly. There are two main types of diabetes:

Type 1
About one in 10 people with diabetes have Type 1. No one knows what causes it, but it’s not to do with being overweight. It usually affects children or young adults, starting suddenly and getting worse quickly.

Type 2
Most people with diabetes have Type 2. This type usually starts later in life. You might not notice anything to start with and it can be years before you realise you have diabetes. If you are not overweight, eat a balanced diet and keep active, you will reduce your risk of getting this type of diabetes.
WHAT HAPPENS IF YOU HAVE DIABETES?

There are lots of ways of treating Type 2 diabetes, including eating a balanced diet, keeping active and taking tablets and/or insulin injections. Everybody’s different, and your doctor or nurse will work with you to find the treatment that’s right for you.

If you have any questions or want to talk things through, you can call our Careline on **0845 120 2960** or email careline@diabetes.org.uk

SEE IF YOU’RE AT RISK
Take our online test at www.diabetes.org.uk/riskscore

LOOK FOR THE SIGNS
If you notice any of the signs of diabetes, visit your doctor’s surgery

DON’T WAIT
Diabetes is easier to manage if it’s identified and treated sooner rather than later

Diabetes UK is the leading UK charity that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes. If you’d like to know more about our work, please visit www.diabetes.org.uk, email info@diabetes.org.uk or call us on **020 7424 1000**.

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