The Self Care Guide for People with Type 2 Diabetes
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Questions and Answers

For Those Living With Type 2 Diabetes

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2. Which type of diabetes do I have?

There are two types of diabetes.

**Type 1**

In this condition, the pancreas stops producing insulin altogether. The cause of this problem is still unknown and it often occurs at a young age (less than 20 years old). Since the body is not producing any insulin of its own, people with this condition need insulin injections for life.

**Type 2**

This condition tends to occur in people over the age of 40 (though in certain cases and populations it can occur at a younger age). The pancreas still produces insulin but not enough to meet all of the body’s requirements, or the insulin it does produce does not work properly (insulin resistance).

Type 2 diabetes accounts for about 85% of all cases of diabetes. There are different ways of treating it, and the choice of therapy depends on many factors and so differs from individual to individual.

1) Diet and exercise
2) Diet, exercise and tablets
3) Diet, exercise and insulin injection.

*This booklet will concentrate on Type 2 Diabetes*

3. What is “Hypo”?

Some tablets and insulin treatment can sometimes cause the glucose level in the blood to fall to a very low level. This is especially so if meals are delayed following drug or insulin administration or if physical activity is greater than usual.
Questions and Answers

For Those Living With Type 2 Diabetes

Warning Signs that your blood glucose level is too low:-

What to do
Take some quick acting sugar such as:- sugar lumps, glucose tablets, boiled sweets, chocolate or sugary drinks. Once the symptoms have passed eat some starchy food, such as a sandwich, or your next meal if it is due. This will help prevent you going hypo again.

How to prevent “Hypos”
Try not to miss a meal. Try to eat carbohydrate at every meal (ie. Pasta, bread). If you exercise, eat a snack. Always carry something sugary with you. Have a contact number of your ambulance/hospital services to hand in case of an emergency.

4. How do I measure my glucose levels?

Urine Tests
Your doctor will advise you at what time and how often you should test your urine for glucose. Read and follow carefully the instructions on the container of your test strips.

Keep a record of your urine tests in the Home Test Diary section of this book and take it with you each time you visit your doctor.
If your urine tests persistently show any glucose, tell your doctor.

**Blood Tests**

Your doctor may ask you to do finger prick blood glucose tests instead of urine tests. These are more accurate and some people find them more convenient. The doctor will advise you how often you should test. Again, there is a section in the Home Test Diary for you to record the results of your blood glucose test.

**Interpretation of blood glucose levels**

<table>
<thead>
<tr>
<th>Less than 4 mmol/L</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 10 mmol/L</td>
<td>Ideal</td>
</tr>
<tr>
<td>Over 10 mmol/L</td>
<td>High</td>
</tr>
</tbody>
</table>

A. Wash your hands, then obtain drop of blood
B. Place on test strip
C. Read glucose level with meter (or colour chart)
   (Details vary with different devices)
5. What can I eat?

Special diabetic foods are not necessary.
See dietary advice later in information booklet.

SPEAK TO YOUR DIETITIAN
OR NURSE FOR FURTHER INFORMATION