

Reducing The Risk Of Complications.

- See your doctor and diabetes educator regularly.
- Check feet daily for any changes. See a podiatrist annually for an assessment. Have eyes examined when first diagnosed (Type 2) and then at least every 2 years or more often if recommended by your doctor, optometrist or ophthalmologist.
- Have weight and waist circumference checked regularly
- See a Dietitian to help with weight loss
- Have blood pressure checked every GP visit.
- Have cholesterol & triglycerides checked every 12 months.
- Have kidney function checked when first diagnosed (Type 2) and then at least every 12 months.
- Have dental checks at least every 6 months.
- Have HbA1c (Glycated haemoglobin) checked every 3 - 6 months.
- Do not smoke
- Keep a record of results from all tests.

About This Resource

This brochure has been developed by the Central Highlands Primary Care Partnership in consultation with diabetes clinicians as a way to assist and support you and/or your carer with your diabetes management.

It is not intended to replace health professional support and education.

We encourage you to seek further information from your general practitioner, diabetes educator and other health professionals.

Information was current at the time of development of the brochure however some changes over time are inevitable.

It is recommended to check with your health professional to see if there are any changes.

We wish you well with your diabetes self care and hope you find this brochure useful.

If you would like to provide feedback about this guide please contact:



15 Violet Grove
Wendouree VIC 3355
P: 53384774
E: admin@chpcp.org
W: www.chpcp.org

Diabetes

What Is Diabetes?



**Information on diabetes in the
Central Highlands region.**

What Is Diabetes?

Diabetes Australia Victoria (2009) define Diabetes Mellitus (Diabetes) as the name given to a group of conditions that occurs when the level of glucose (a type of sugar) in the blood becomes higher than normal.

Insulin is a hormone that moves glucose from your blood stream, into the cells of your body where it is used for energy. When you have diabetes, the body either can't make enough insulin or the insulin that is being made does not work properly. This causes your blood glucose level to become too high.

High blood glucose levels can affect both your short and long term health. There are two main types of diabetes - type 1 and type 2.

At this stage there is no known cure for either type of diabetes, although diabetes can be well managed.

Listed to the right are steps to good health that you can follow when living with diabetes. More details can be found on the Diabetes Australia Victoria website.

www.diabetesvic.org.au

10 Steps To Good Health

Step 1 - Follow a healthy eating plan (low in fat, particularly saturated fat, high in fibre and a suitable carbohydrate intake).

Step 2 -Have regular planned physical activity. Aim for 30-45 minutes on most days.

Step 3 -Measure your blood glucose levels and maintain them within the recommended range.

Step 4 -Have your blood pressure and cholesterol checked and treated if high.

Step 5 -If you drink alcoholic beverages, do so in moderation.

Step 6 -Do not smoke.

Step 7 - Check your feet daily for any changes.

Step 8 -Have regular eye examinations.

Step 9 -See your doctor regularly.

Step 10 -Maintain a positive 'stay well' attitude.

Source: 10 Steps to Good Health,
Diabetes Australia Victoria www.diabetesvic.org.au

Recommended Levels

Please note that these may vary with some individuals and should be discussed with your treating doctor.

Blood Glucose Level (Fasting) 4.0-6.0 mmol/L

Glycated haemoglobin (HbA1C) less than 7%

Cholesterol less than 4.0mmol/L

Triglycerides less than 1.5 mmol/L

LDL Cholesterol less than 2.5mmol/L

HDL Cholesterol more than 1.0mmol/L

Blood Pressure less than 130/80 mm Hg

Body Mass Index (BMI): less than 25 kg/m where practicable

Cigarettes 0 consumption

Alcohol: Limit consumption. Review with your doctor

Exercise: At least 30 minutes walking or equivalent 5 or more days per week

(subject to your doctor's recommendations)

Source for recommended levels:
Diabetes Management in General Practice -14th
Edn 2008/09; Diabetes Australia & The Royal
Australian College of General Practice.