

TYPE 2 DIABETES

Type 2 Diabetes accounts for almost 90% of all cases of diabetes that occur in the population. With Type 2 Diabetes the pancreas produces some insulin but not enough or the insulin that you are producing is not working efficiently. Therefore by making changes to the diet, cutting back on carbohydrates, and increasing activity to burn off sugar, decreases the amount of sugar in the bloodstream. But sometimes this is not enough and person with Type 2 diabetes will need to take tablets, even insulin injections.

Risk factors for Type 2 Diabetes:

- **Age:** Over the age of 40
- **Family history:** Having a 1st degree relative such as a parent or sibling with diabetes can increase your risk of developing Type 2 diabetes by up to 50%.
- **Gestational Diabetes:** diabetes in pregnancy.
- **Ethnic Origin**
- **Poor Lifestyle Habits:** Overweight, lack of physical activity, diet high in simple carbohydrates
- **High Cholesterol**
- **High Blood Pressure**
- **Taking certain types of medications long term such as steroids, some statins, anti-depressants**

Symptoms of Type 2 Diabetes

- Excessive tiredness
- Increased thirst
- Passing urine more frequently especially at night
- Genital Itching and thrush
- Slow healing of wounds
- Recurring infections
- Blurred vision
- Tingling sensation in fingers & toes/leg cramps at night in particular

By the time symptoms of Type 2 Diabetes appears it is estimated an individual may have had Type 2 Diabetes for up to 7 years and not be aware of it, as mostly it is a silent condition.

If you have ANY of the above risk factors/symptoms & are worried/concerned please contact your medical practitioner for investigation

Services Available At Diabetes Insight for Type 2 Diabetes

- 1-2-1 consultations
- Diabetes Weight Management Programme
- Dietary & Lifestyle Management
- Lifetime journey
- Psychological supports
- Cookery Courses
- Supermarket Tours
- 20 years' experience of Pre-Diabetes to Insulin Initiation in Type 2 Diabetes
- HbA1c Screening as well as Cardiac ECG & Cholesterol



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