



WORKERS HEALTH CENTRE

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Health And Safety

Fact Sheet

TYPE 2 DIABETES: WHAT YOU SHOULD KNOW

Type 2 diabetes is caused when your body does not produce enough insulin or does not use insulin to properly regulate glucose.

A metabolic disorder, type 2 diabetes is caused by genetic and environmental factors and in many respects is largely preventable if you live a healthy lifestyle.

Symptoms of type 2 diabetes usually develop very slowly and you may not notice any symptoms at all. Things to watch out for include:

- excessive thirst and frequent urination
- constant hunger
- unexplained weight loss
- nausea or vomiting
- blurred vision
- fatigue or irritability
- skin infections
- slow healing; or
- tingling and numbness in the feet

If you notice any of these symptoms, speak to your GP who can arrange a blood glucose test.

There are a number of risk factors:

- being over 45 years old
- having a family history of diabetes
- having a poor diet
- being overweight or obese
- not exercising
- having Aboriginal, Torres Strait Islander, Pacific Islander, Indian or Chinese ethnicity; and
- having pre-existing medical conditions such as high blood pressure, heart disease, previous heart attack, pre-diabetes or polycystic ovary syndrome.

If you have been diagnosed with type 2 diabetes, you will need to regularly monitor and control your glucose levels. See your GP for further advice.



For further information and advice contact the Workers Health Centre

The Workers Health Centre provides a range of quality services in occupational health and safety including:

➤ Medical Screenings & Health Checks	➤ WHS Training
➤ Hearing Tests	➤ Rehabilitation & Return To Work
➤ Workplace Assessments	➤ Related Services In Psychology, Acupuncture And Massage Therapy

For further information and advice ring us on 02 9749 7666



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