



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



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