



I do have diabetes. But I'm glad I found out. I can manage it now and I'm not so tired all the time.

## Do I need to find out about diabetes?

Many people have diabetes and don't know they have it.

People with diabetes have too much glucose, or sugar, in their blood because their bodies can't make enough insulin.

Diabetes can be treated. And you can reduce your risk of getting type 2 diabetes.

### Who is most at risk of getting type 2 diabetes?

You are more at risk of getting type 2 diabetes if you:

- are 40 or over
- are Māori, Pasifika, Asian or Middle Eastern and are 30 or over
- are overweight
- have high blood pressure
- have a family history of diabetes
- have had a heart attack or a stroke.

# How do I know if I might have diabetes?

Some people have no symptoms at all, but sometimes people:

- are thirsty all the time
- pee a lot
- lose lots of weight
- feel tired all the time
- have blurry vision
- have sores and infections that don't get better.

# What can happen if I have diabetes and don't treat it?

If you don't treat your diabetes, you are at risk of having serious health problems. Some possible effects of diabetes are:

- going blind
- having a heart attack or a stroke
- bad circulation (blood flow around your body)
- problems with organs in your body (eg, liver, kidneys).

# Diabetes can be treated in different ways

Most people can just make changes in their lives. This can include losing weight and doing more exercise. Some people need injections of insulin. Some people need pills.

**You can talk to a corrections nurse about diabetes. Put in a health request form (health chit) and one of the nurses will see you.**