

## Diabetes type 2



Diabetes Type 2 happens when your body can't control how much sugar there is in it.



It usually affects people over the age of 40.

However, it can affect anyone.



If you think you might have diabetes you should see your doctor straight away.



Diabetes needs treatment.

If you do not treat diabetes it can badly damage your body.



Diabetes is a long-term condition.

This means it won't go away.

## The symptoms of diabetes type 2



Feeling very thirsty.



Weeing a lot, particularly at night.



Feeling very tired .



Weight loss.



Itchiness around the vagina or penis .



Blurred vision.



Skin infections.

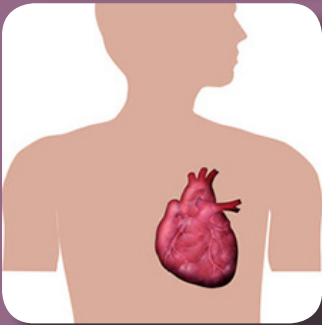


You should visit your GP as soon as possible if you notice these symptoms.

## Diabetes can cause these:



A stroke (a bleed in the brain).



Heart disease.



A numb feeling in your body.

This can make you sick and have diarrhoea or be constipated.



Serious eye problems.



Kidney disease or your kidneys could stop working.

(Your kidneys help to keep your body healthy).



Foot problems like cuts that do not heal or ulcers (a break in the skin).



Problems with sex.



A miscarriage if you are pregnant...

...or a still birth.

(When the baby is born dead)

## Treating Diabetes Type 2



A healthy lifestyle may control your diabetes.



Eat healthy meals.



Stop smoking.



Be careful about how much alcohol you drink.



Take plenty of exercise.





**Some people may also need to take medicines.**



Other people may need to have injections with insulin.

(Insulin controls the sugar in your body).



**Your doctor or nurse will work out what you need.**



You can also talk to someone in a diabetes care team.



If you don't treat diabetes you can badly damage your body.



For more information about diabetes contact:

**Diabetes UK** [www.diabetes.org.uk](http://www.diabetes.org.uk)

020 7424 100

# easyhealth.org.uk

This leaflet was made by the Easyhealth team  
at Generate Opportunities Ltd.



NHS choices

Easyhealth was given permission by NHS Choices to use their health information.



The '**Quality Checking Group**' at Generate checked that the information is easy to understand.

This is a group of advisors with learning disabilities.



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THE BRIGHTER BOROUGH  
Wandsworth

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