

Risk Factors for type 2 diabetes

If one or more of the following apply to you, see your doctor about being tested for type 2 diabetes:

- An immediate family member has type 2 diabetes.
- You are over 45 years of age and overweight.
- You have had gestational diabetes.
- You are over 45 years of age and have high blood pressure.
- You are over 35 years of age and from Aboriginal or Torres Strait Islander background.
- You are over 35 years of age and from a Pacific Island, Indian subcontinent or Chinese cultural background.
- You are over 55 years of age.
- You have heart disease or have had a heart attack.
- You have impaired fasting glucose or impaired glucose tolerance, sometimes also called prediabetes.
- You have polycystic ovarian syndrome and are overweight.

Gestational diabetes

- Gestational diabetes mellitus (GDM) is diagnosed when higher than normal blood glucose levels first appear during pregnancy. Pregnant women need two or three times more insulin than normal. If the body is unable to produce this much insulin, gestational diabetes develops.
- Between 3 and 8% of pregnant women will develop gestational diabetes around the 24th to 28th week of pregnancy, however, some may develop it earlier.
- If gestational diabetes is not well looked after it may result in problems such as having a large baby, miscarriage and stillbirth.
- Women who have had gestational diabetes are at an increased risk of developing type 2 diabetes later in life.

Act Now

- Contact Diabetes SA to know more about diabetes.
- If you have one or more risk factors, see your GP for a blood glucose test.
- Contact Diabetes SA for everything you need to manage your diabetes.



Diabetes SA

Diabetes SA is a not-for-profit charity organisation. We exist solely to minimise the impact of diabetes in the South Australian community. Through raising awareness, providing information, developing education, facilitating support and supplying products we will continue our commitment to help all people living with diabetes. Our key areas of focus are prevention, detection, management and a search for a cure.

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DIABETES

WHAT DO **YOU** KNOW?

TYPE 1 & TYPE 2

THERE IS A DIFFERENCE

KNOW THE FACTS

See your GP for a blood glucose test or call Diabetes SA on **1300 136 588** or visit our website www.diabetessa.com.au for further information.



What is the difference between type 1 and type 2 diabetes?

TYPE 1

- 50% of the cases of type 1 diabetes occurs in children and young adults, although it can occur at any age.
- **type 1 diabetes is an autoimmune disease** where the beta cells in the pancreas are destroyed and can no longer produce insulin to transport the glucose from the blood into the cells of the body for energy. This causes the blood glucose levels to rise dramatically. People who develop type 1 diabetes will usually seek medical advice quickly as they can become seriously ill from the onset of the disease.
- **It is not caused by lifestyle factors and cannot be prevented.**
- type 1 diabetes accounts for 10-15% of all cases of diagnosed diabetes.
- **The symptoms are often sudden and can be life threatening** they can include; extreme thirst, frequent urination, sudden unexplained weight loss, extreme fatigue, blurred vision, muscle cramps, nausea, vomiting and constant hunger.
- The treatment for type 1 diabetes is life long multiple daily injections of insulin or through having a constant supply of insulin through using an insulin pump. This is combined with blood glucose monitoring, following a healthy eating plan and physical activity.
- **Affects over 140,000 people in Australia.**
- Incidence is increasing at 3.2% each year.

TYPE 2

- **The most common cause of diabetes affecting 85-90% of all cases of diagnosed diabetes.** While it usually affects older adults, more and more younger people, even children are developing type 2 diabetes.
- **It occurs when the beta cells in the pancreas still function and produce insulin but the insulin produced is not working as effectively as it should, often called insulin resistance.** This causes a rise in blood glucose levels. People who develop type 2 diabetes often do not seek medical advice as the symptoms develop slowly and may not be obvious and are often diagnosed through other medical conditions.
- **It results from a combination of genetic and environmental factors.** Risk is greatly increased by lifestyle factors such as high blood pressure, being overweight or obese, insufficient physical activity and poor dietary choices.
- **People at risk of type 2 diabetes can delay and even prevent developing it by following a healthy lifestyle by up to 60%.** This includes regular physical activity, making healthy food choices and not putting on excess weight.
- **In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'.** Therefore, by the time symptoms are noticed, complications of diabetes may already be present. Common symptoms include: increased thirst, frequent urination, feeling tired and lethargic, always feeling hungry, having cuts that heal slowly, itching, skin infections, blurred, gradually putting on weight, mood swings, headaches, feeling dizzy and leg cramps.

Symptoms for type 1 diabetes

Symptoms are often sudden and can be life threatening. They can include:

- extreme thirst
- frequent urination
- sudden unexplained weight loss
- extreme fatigue
- blurred vision
- muscle cramps
- nausea
- vomiting
- constant hunger

Symptoms for type 2 diabetes

In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'. Therefore, by the time symptoms are noticed, complications of diabetes may already be present.

Common symptoms include:

- increased thirst
- frequent urination
- feeling tired and lethargic
- always feeling hungry
- having cuts that heal slowly
- itching, skin infections
- blurred vision
- gradually putting on weight
- mood swings
- headaches
- feeling dizzy
- leg cramps

TYPE 1 & TYPE 2
THERE IS A DIFFERENCE