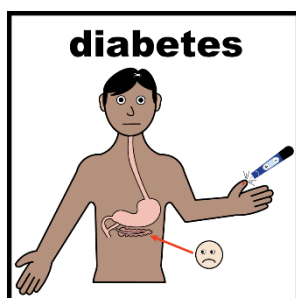
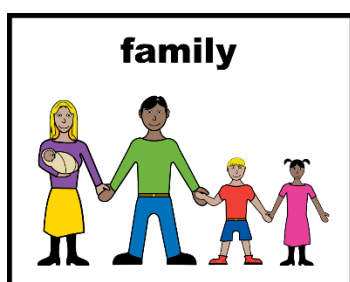


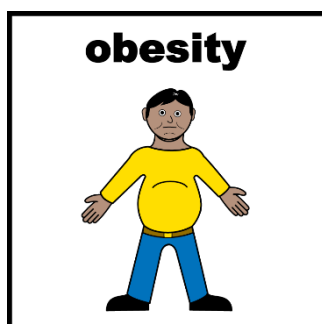
Are you at high risk of Type 2 Diabetes?



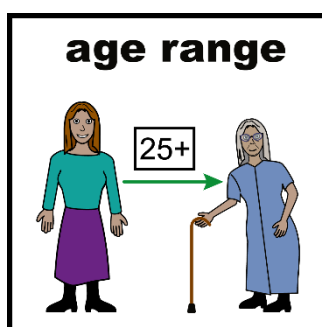
You are at risk of developing Type 2 Diabetes if you:



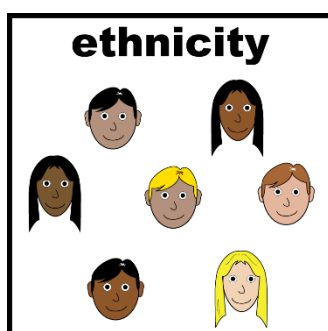
have a close relative with diabetes (such as a parent, brother or sister)



are overweight or obese



are over **40** (or **25** for south Asian people)



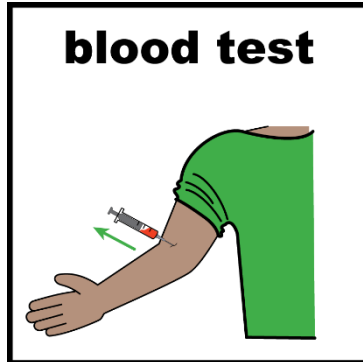
are of Asian, African-Caribbean or black African origin (even if you were born in the UK)

Diabetes UK

NHS (2020) Type 2 Diabetes. Available at: Type 2 diabetes - Symptoms - NHS (www.nhs.uk). Last accessed 19/11/2021.

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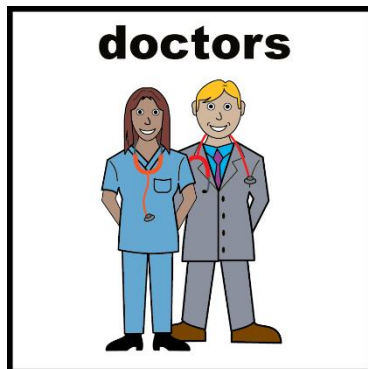
What is prediabetes?



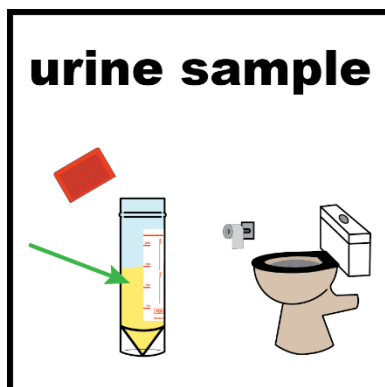
A blood test can check your blood sugar levels. A blood test may show you are **prediabetic**.



Your doctor can carry out the blood test at your GP practice.



Your doctor will tell you your results. HbA1c is your blood sugar levels. If your blood sugar (HbA1c) is between **42** and **47** mmol/mol you are **prediabetic**.

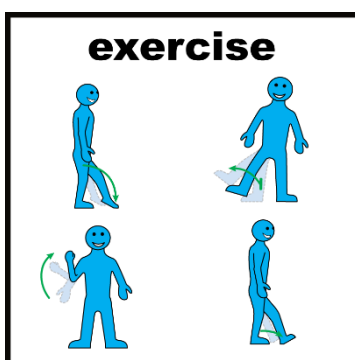


Your doctor may ask you for a urine sample.

What to do to stay healthy with prediabetes?



You can help your blood sugar levels by:



getting more active

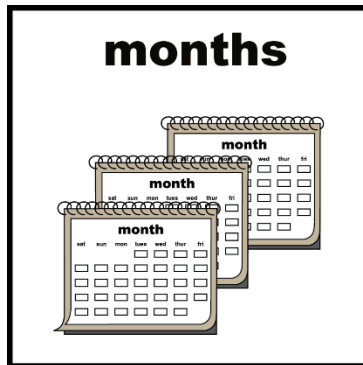


eating healthier



stopping smoking

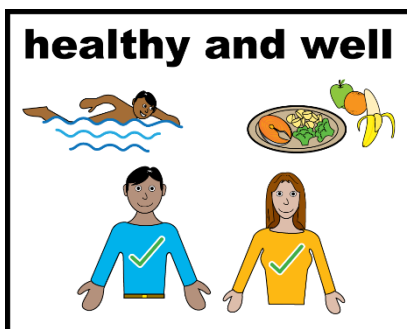
What happens next?



Your blood can be tested again after **3** months. This will depend on the result.



Your blood sugar levels may get better.



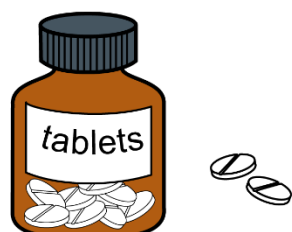
You will need to continue with the lifestyle changes you have made.



Your blood sugar levels may continue to get higher.

What happens if you develop Type 2 Diabetes?

tablets



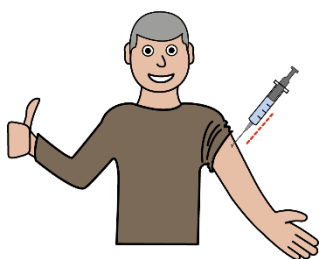
You may need to take tablets to help control your blood sugar levels.

blood sugar test



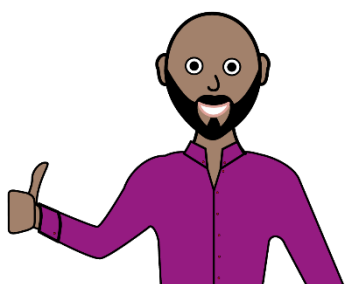
You may need to use a finger prick to monitor your blood sugar levels.

injection



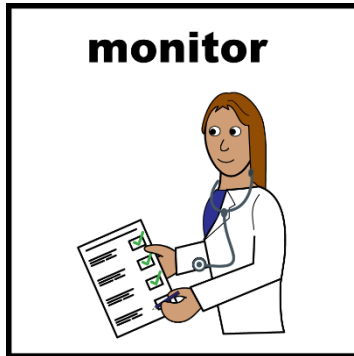
You may then use insulin to control your blood sugar levels. This is given by injection.

working well

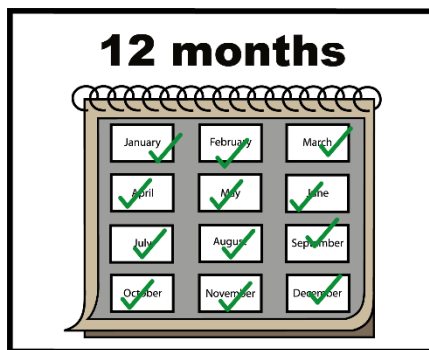


The diabetic nurse and doctor will advise the best way to control your blood sugar levels.

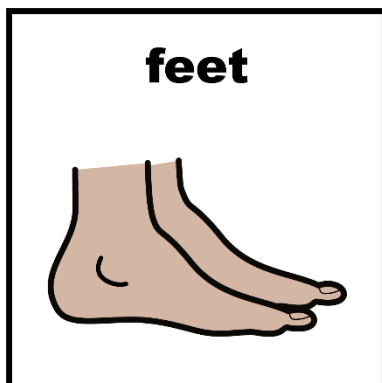
To keep yourself healthy with Type 2 Diabetes:



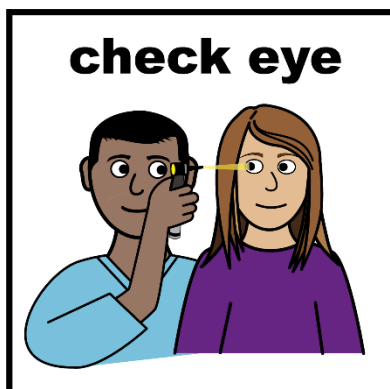
You will be monitored by your doctor and a diabetic nurse.



You will have a diabetic review every **12 months**.



You will have your feet checked every **12 months**. This is called a doppler test.



You will have your eyes checked every **12 months**. This is called retinal screening

Diabetes UK

NHS (2020) Type 2 Diabetes. Available at: Type 2 diabetes - Symptoms - NHS (www.nhs.uk). Last accessed 19/11/2021.

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