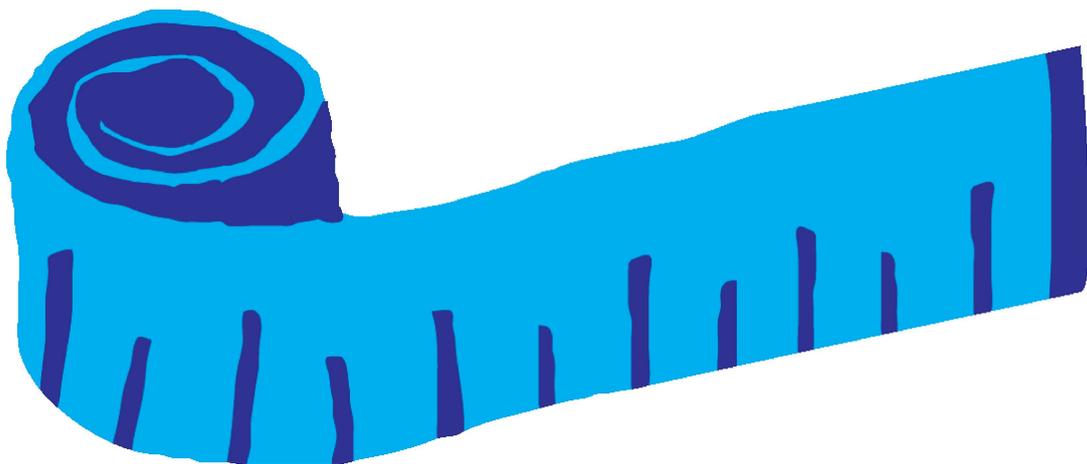
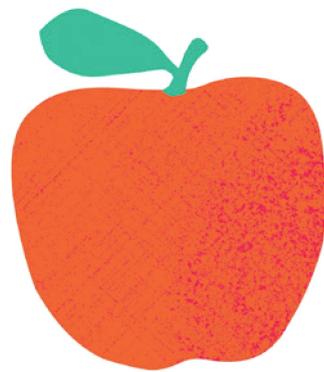


TYPE 2 DIABETES KNOW YOUR RISK



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

There are more than 4.9 million people living with diabetes in the UK and 90% of them have type 2.

Do you know your risk of getting type 2 diabetes?

13.6 million people in the UK are at increased risk of developing type 2 diabetes. Anyone can get it.

But there are things you can do to lower your risk. The first thing to do is find out your risk. It doesn't take long and could be the most important thing you do today.

Find out your risk at
diabetes.org.uk/knowyourrisk



Type 2 diabetes is serious

Why?

Type 2 diabetes can cause complications that could seriously affect your everyday life. It could lead to problems with your eyesight, including blindness. It increases your risk of a heart attack or stroke. You could even need to have a toe, foot or lower limb amputated.



Have you got any signs of type 2 diabetes?

It's important to know the risk factors and find out your risk but remember to look out for these signs:

- Needing to wee a lot.
- Feeling very thirsty.
- Losing weight without trying.
- Feeling tired.
- Blurred eyesight.
- Itchy genitals and thrush.
- Cuts that don't heal.

Ask your GP if you can be tested for diabetes. You and your healthcare team can then plan your next steps.

What to do next

1 Find out your risk of type 2 diabetes. There are lots of reasons why some people are more at risk of type 2 diabetes than others and you can't change all of them. But there are some things you might be able to change, like your weight and waist size.

2 If you notice any of the signs, book an appointment with your GP surgery as soon as possible.

3 If you have any questions or concerns about diabetes, call the Diabetes UK Helpline 9am to 6pm, Monday to Friday on **0345 123 2399** or email **helpline@diabetes.org.uk**



First steps to lowering your risk

Discovering your risk is the big first step. The important thing to do next is to take action to lower your risk.

Research has shown that, for some people, making changes to your lifestyle, including to your diet, moving more and losing weight, can help reduce your risk of type 2 diabetes by about 50%.

Here are some questions to ask yourself:

- What healthy changes can I make to eat better?
- How can I move more every day?
- Am I a healthy weight? If not, how can I lose weight?
- What support do I need to make any changes?

For more top tips go to diabetes.org.uk/risk-tips

Find out your risk of type 2 diabetes today.

You just need your:

- height
- weight
- waist measurement.

Then go to diabetes.org.uk/knowyourrisk

Search **Diabetes UK** on Facebook, Twitter, YouTube, Instagram and TikTok



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136).

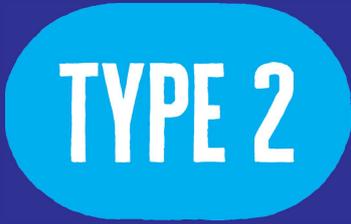
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DO YOU KNOW THE RISK FACTORS OF TYPE 2 DIABETES?

Age	Your risk increases with age. You're more at risk if you're white and over 40, or over 25 if you're from an African Caribbean, Black African, Chinese or South Asian background.
Family history	You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with diabetes.
Ethnicity	You're two to four times more likely to get type 2 diabetes if you're from an African Caribbean, Black African, or South Asian background.
High blood pressure	You're more at risk if you've ever had high blood pressure.
Overweight	You're more at risk of type 2 diabetes if you're living with obesity or overweight or if you have a high waist measurement.

You're also more at risk if:

- you've ever had a heart attack or a stroke
- you have schizophrenia, bipolar disorder or depression, or if you are receiving treatment with antipsychotic medication
- you've had polycystic ovaries, gestational diabetes or a baby weighing over 10 pounds.



TYPE 2

Find out your risk

It's very important that you know your risk of getting type 2 diabetes, because then you can do something about it.

You can find out online. You just need to answer a few questions about your age, ethnicity and family background and take a few measurements. You will need a tape measure and set of scales.

If you find out that you're at moderate or high risk, don't forget to make an appointment with your GP surgery. They will help you plan your next steps.

You can find out your risk on our website in only three minutes. Remember to tell your friends and family so they can find out their risk too.

diabetes.org.uk/knowyourrisk

Get support

We all need a helping hand and the good news is, there is support out there.

If you're at moderate or high risk ask your healthcare team about the support and services in your area.

These could include:

- a weight loss programme or group
- a registered dietitian
- an exercise specialist or group
- a type 2 diabetes prevention programme.

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