

Don't **RISK** diabetes

Symptoms and health complications associated with diabetes

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

Type 1 diabetes

Symptoms usually occur in childhood or young adulthood, although it can occur at any age. Generally there is an abrupt onset. Symptoms include excessive thirst and urination, unexplained weight loss, weakness and fatigue, and irritability.

Type 2 diabetes

Symptoms usually begin in adults over the age of 45 but it is increasingly occurring at a younger age. Often symptoms go unnoticed as the disease develops gradually. Symptoms may include blurred vision, skin infections, slow healing, tingling and numbness in the feet. Sometimes no symptoms are noticed at all.

To find out if you are at increased risk of type 2 diabetes – **take the online diabetes risk assessment at www.diabetesqld.org.au**

Complications

The 'complications' or damage to the organs of the body resulting from high blood glucose levels are similar for both types of diabetes.

- People with diabetes are up to four times more likely to develop cardiovascular disease.
- Eye damage affects about one in six people with diabetes and is the most common cause of blindness in people aged 30 – 69 years.
- People with diabetes develop impaired kidney function at three times the rate of those who do not have diabetes, and diabetes is a leading cause of kidney failure.
- Nerve and blood vessel damage may lead to leg ulcers, serious foot problems and limb amputation. It is estimated that amputation is 15 times more common in people who have diabetes.
- Erectile dysfunction, oral complications and complications during pregnancy are also more common in people with diabetes.

Don't be the **TYPE** to leave it too late

To find out more call **1300 136 588**

