

My life with

Type 2-diabetes

English



What is type 2–diabetes

Diabetes is a disease where you have increased sugar content in the blood. If you have type 2-diabetes, you lack the ability of exploiting insulin. The hormone insulin regulates your blood sugar. If you lack insulin, the sugar content in your blood increases.

The disease is inheritable but is often triggered by an unhealthy lifestyle such as physical inactivity and unhealthy eating habits.

Type 2-diabetes cannot be cured. You can live a good life with diabetes with a careful and correct treatment and by taking care of yourself. By keeping your blood sugar at a normal and stable level, the risk of developing complications will be reduced.



How do I live with type 2–diabetes

Food and exercise are the most important elements in the treatment of type 2-diabetes. The correct diet and exercise can reduce your blood sugar, cholesterol level and blood pressure. If lifestyle changes are not sufficient to achieve a stable blood sugar, different types of blood sugar stabilising medicine is given and later on insulin injections might be necessary.



- **Eat healthy**

- Eat a varied diet and aim at eating three meals and three snacks.
- Eat lots of vegetables and preferably 2-3 fruits a day.
- Eat many dietary fibres such as vegetables, wholemeal bread and legume.
- Eat low-fat food, cut off visible fat, cut back on butter and oil.
- Eat and drink sugar-free drinks – avoid juice, sugary squash and soft drinks.

- **Exercise daily**

Daily exercise can reduce the need for medicine. The physical activity should be increased by 30 minutes per day on average. It can be any type of exercise and it can easily be done in small steps. Hiking, gardening, walk up the stairs or cycling are some of the activities that gradually can be incorporated in the everyday life. It is important that the activities are incorporated as an integral part of your everyday life.



- **Take the medicine prescribed by your doctor**

- You must measure your blood sugar as recommended by the doctor if you are in medical treatment.
- You must inject the insulin recommended by the doctor yourself or get help to do it if you are in insulin treatment.
- You must learn the signs of too low or too high blood sugar.
- You must always have something sugary (e.g. juice) near-by if your blood sugar gets too low.

- **Involve the family**

Talk to your family, their support is crucial. The whole family should change their lifestyle and diet.



The possibilities of changing you lifestyle are best if you:

- Set minor goals step by step.
- Have a good cooperation with your doctor.
- Seek support from your family and friends.
- Lose weight (if you are overweight).
- Stop smoking (if you smoke).



What should I keep an eye on

Type 2-diabetes may give complications thus check of blood sugar, blood pressure and fat in the blood is crucial to avoid late complications from eyes, kidneys, nerves and embolus in brain and heart due to your diabetes.

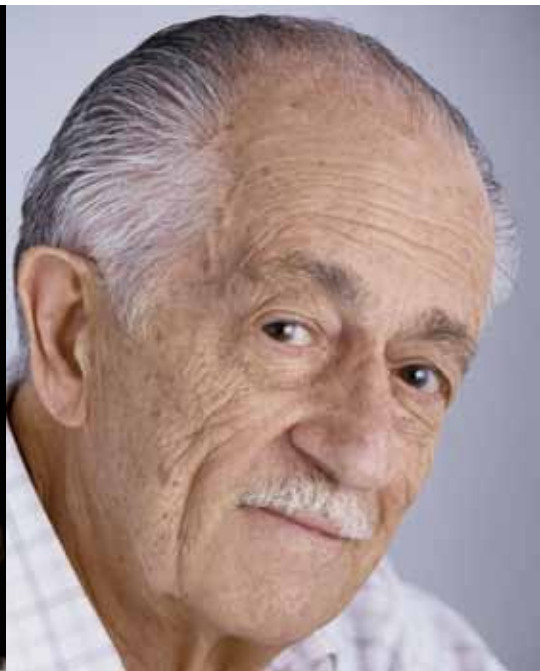
Take care of your life. It is important that you take your diagnosis seriously and take responsibility for your well-being.

It is your life and your disease. Contact your doctor if you experience changes.

Cooperate with your doctor: It is important that you go to regular check-ups at your doctor's where you will receive an optimal treatment of type 2-diabetes through a close cooperation and a good dialogue with your doctor. It is recommended that you see your doctor at least every third month to have your long term blood sugar measured.

Regular check-ups at the eye doctor are recommended to avoid complications, it is recommended to get pedicures.

If you get a wound, you must be aware of the fact that wounds take more time to heal if you have diabetes. If you have had a wound for 14 days, you should see the doctor.



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