

Because Health Matters...

STOP THE SILENT THIEF!

TYPE TWO DIABETES.

Diabetes can cause serious health issues.

BUT...it doesn't have to!

Serious health issues can develop without you noticing. Have regular checkups and learn how to manage your condition well.

Complications that can be delayed or prevented:

Heart and Blood Vessels

- Hardening and thickening of blood vessels
- High blood pressure
- Increased risk of heart attacks and strokes
- Slower healing of injuries
- Increased infections - Urinary Tract Infections, Boils, Cellulitis - skin infection
- Sexual Impotence
- Gangrene



Kidney

- Damaged kidneys causing leakage
- More urinary tract infections
- Kidney failure can result in needing kidney dialysis



Eyes

- Blindness
- Bleeding at the back of the eye
- Twice as likely to have sight threatening glaucoma and cataracts



Feet

- Reduced feeling due to nerve damage
- Burning, tingling, pain
- Slow healing ulcers
- Skin and nail changes
- Risk of gangrene and ultimately amputation



For further information contact
Pukekohe Family Health Care
10 West Street Pukekohe
09 237 0280



Rhonda Mountfort



Joyce Roberts

Meet our team - Specialty Diabetes Nurses

DID YOU KNOW?

- Diabetes is easy to diagnose
- Pre diabetes can be detected with a simple blood test and progression to diabetes significantly delayed
- Development of serious health issues can be prevented in most cases by simple lifestyle changes

WAYS TO STOP THE THIEF!

- Keep your weight in a healthy range
- Eat the right foods: 5+ a day, low fat, low GI
- Stay physically active
- Have regular checkups with your health team
- Keep blood sugars in a good range by eating less refined sugar and testing regularly
- Stop smoking
- Maintain BP in good range: 130/70
- Maintain healthy blood lipids
- Take medication regularly if prescribed
- Report changes immediately

How Can We Help

AT PUKEKOHE FAMILY HEALTH CARE WE CAN PROVIDE:

- **FREE** advice sessions with our diabetes nurses for those patients who might be likely to develop diabetes in the future and newly diagnosed diabetic patients.
- **FREE** Yearly comprehensive diabetic check.
- **FREE** Regular checks throughout the year with our General Practice team to monitor and treat your diabetes or factors that may lead to diabetes.
- **FREE** eye testing and dietary advice with visiting specialists at the practice. ■

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