



INSULIN RESISTANCE & TYPE 2 DIABETES

WHAT IS INSULIN RESISTANCE?

This is the result of the body's insulin not working effectively.

Also known as pre-diabetes, impaired glucose tolerance and impaired fasting glucose.

This can occur due to a combination of genetic and environmental factors.

WHY IS IT A CONCERN?

Left untreated it may develop into type two diabetes within 5-10 years.

WHAT IS DIABETES (TYPE 2)?

Previously known as mature age onset diabetes, 7.5% of Australians 25 years and older have diabetes.

When the body does not make enough insulin or when the insulin produced does not do its job properly, glucose stays in the blood stream rather than moving into the cells where it can be used.

High blood glucose can cause heart attacks, strokes, increased risk of infections. diabetic retinopathy (eye condition) decreased sensation in extremities (leads to pain/ulceration) and gum/tooth disease,

HOW DO I AVOID GETTING DIABETES?

- ✓ Exercise for at least 30-40 minutes 4 times per week (ideally daily).
- ✓ Have a healthy well balanced diet. People with insulin resistance should follow a low GI diet. A low GI diet combined with exercise has been proven to reduce the development of diabetes.
- ✓ Have regular check ups with your doctor that includes blood pressure, weight & blood tests.
- ✓ If you are less than 50 with no family history, have a blood test every 5 years.
- ✓ Have an annual blood test to check blood glucose and cholesterol once you are 50 years, or from 45 if you have a family history of diabetes.
- ✓ Take medication for cholesterol and/or blood pressure if your doctor prescribes them.

WHAT ARE THE SYMPTOMS?

As diabetes develops gradually the symptoms may go unnoticed. Some people may have frequent urination, thirst, blurred vision, skin infections, slow healing or tingling/numbness in the legs.

WHO IS AT RISK?

People with a family history of Type 2 diabetes and/or heart disease

- ◆ People who lead a sedentary lifestyle
- ◆ Being overweight: there is a further increased risk for men with a waist measurement over 94cm and women over 80cm (the metabolic syndrome).
- ◆ If you have high blood pressure or high cholesterol
- ◆ Women who have diabetes in pregnancy (gestational diabetes) or given birth to a big baby (>4.5kg)
- ◆ Women with Polycystic Ovarian Syndrome.
- ◆ Having Aboriginal, Torres Strait Islander, Pacific Islander, Asian or Indian heritage can increase the risk once you are over 35 years.

Source: Diabetes Australia

Useful Links

- www.diabetesaustralia.com.au
- www.diabetesnsw.com.au

Remember

- ✓ Maintain a regular exercise regime at least 30 minutes 4 days per week
- ✓ Maintain a healthy diet
- ✓ Know your family history

www.glycemicindex.com

For information about all our services and our doctors, please visit us on

www.cremornemedical.com.au

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.

