

# Diabetes



## WHAT IS DIABETES?

Diabetes is a condition in which the body cannot make proper use of carbohydrate in food. This happens if the pancreas does not make enough insulin or the insulin produced is ineffective, or a combination of both.

Insulin helps glucose (sugar) from the digestion of carbohydrate in food, move into the body's cells where it is used for energy. When insulin is not present or is ineffective, glucose builds up in the blood.

The two most common forms of diabetes are:

### Type 1

In type 1 diabetes the pancreas produces no insulin, usually because the cells which make it have been destroyed by the immune system. People with type 1 diabetes therefore require insulin injections to control their blood glucose levels. It accounts for 10%<sup>1</sup> of all people with diabetes.

### Type 2

In type 2 diabetes, the body often produces enough insulin but it is ineffective. In some situations, less insulin may be produced over time. It accounts for 85% of people with diabetes.

Type 2 diabetes is managed by a healthy eating plan, regular exercise, weight reduction, and, when needed, oral medication and insulin.

## HOW IS DIABETES DIAGNOSED?

Most people with type 1 diabetes and many with type 2 diabetes will present with symptoms. However, the main diagnostic tool for confirming diabetes is taking a blood test to measure HbA1c or glucose, such as a random or fasting blood glucose test, or an oral glucose tolerance test (type 2).

## WHAT ARE THE SYMPTOMS OF DIABETES?

In type 1 diabetes, symptoms are often sudden and can be life-threatening. In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed.

## **COMMON SYMPTOMS INCLUDE:**

- Extreme thirst
- Frequent urination
- Feeling tired and lethargic
- Constant hunger
- Having cuts that heal slowly
- Blurred vision
- Unexplained weight loss (type 1)
- Gradually putting on weight (type 2)
- Headaches
- Feeling dizzy
- Itchy rashes and skin discolouration

## **WHAT ARE THE COMPLICATIONS OF DIABETES?**

People with diabetes can be at risk of developing severe complications such as:

- Kidney failure
- Blindness
- Nerve damage to the feet and other parts of the body
- Heart disease (for example, angina or heart attacks), strokes and circulation problems in the legs
- Amputation

## **WHAT IS THE TREATMENT OF DIABETES?**

There is no cure for diabetes, but the condition can be managed. Treatment depends on the type of diabetes but the general aim is to control blood glucose levels and keep them within the normal range. Treatment options may include:

- Insulin injections (type 1)
- Medication and (potentially) insulin at a later stage (type 2)
- A balanced, healthy diet
- Monitoring blood glucose
- Physical activity
- Smoking cessation
- Having regular check ups and screening tests

## FURTHER INFORMATION

### **Please speak with your doctor, or contact:**

Carers Australia:

[www.carersaustralia.com.au](http://www.carersaustralia.com.au)

Diabetes Australia:

[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

Juvenile Diabetes Research Foundation (JDRF):

[www.jdrf.org.au](http://www.jdrf.org.au)

American Diabetes Association:

[www.diabetes.org](http://www.diabetes.org)

Canadian Diabetes Association:

[www.diabetes.ca](http://www.diabetes.ca)

Diabetes New Zealand:

[www.diabetes.org.nz](http://www.diabetes.org.nz)

Diabetes Self-Management:

[www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

Diabetes United Kingdom:

[www.diabetes.org.uk](http://www.diabetes.org.uk)

International Diabetes Federation:

[www.idf.org](http://www.idf.org)

<sup>1</sup>Diabetes Australia (<https://www.diabetesaustralia.com.au/diabetes-in-australia> accessed 5th Sep 2016)

Please consider your individual circumstances and consult your healthcare professional if you have any questions relating to the information contained in this brochure.

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