

Type 2 Diabetes

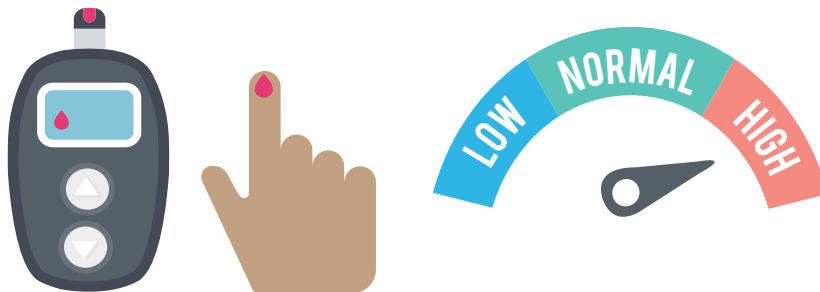
IN YOUNG PEOPLE

What is Diabetes?

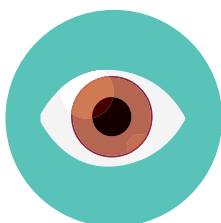


DIABETES CAN AFFECT ANYONE, EVEN YOUNG PEOPLE

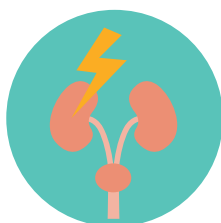
Young/old, man/woman, pregnant



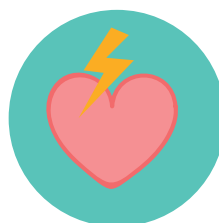
**DIABETES IS WHEN YOU HAVE TOO MUCH SUGAR (GLUCOSE)
IN YOUR BLOOD**



EYES



KIDNEY



HEART



FEET

CAN BE HURT BY DIABETES



If you need an interpreter when
when reading this leaflet, please
ask a staff member.



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Type 2 Diabetes

IN YOUNG PEOPLE

Stay healthy



DRINK WELL - WATER NOT SOFT DRINK



EAT WELL



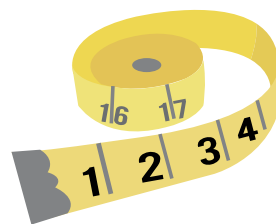
PLAY WELL - SPORT AND FITNESS

Get a health check at the clinic



VISIT THE CLINIC

See the nurse or doctor every 6 months



HAVE A HEALTH CHECK-UP

Weight, Blood pressure, Blood sugar



STAY WELL, STAY STRONG



TO STAY OUT OF HOSPITAL



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