



# Type 2 Diabetes: Just Diagnosed

What it means — and the first steps that put you back in control

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PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

## A diagnosis — not a dead end.

Type 2 diabetes is common and very manageable, and the steps you take now make a real difference. Many people bring their blood sugar back into a healthy range — and for some, it can even go into remission.



**1M+**  
Australians live with type 2 — you're far from alone




**5–10%**  
weight loss can sharply improve your blood sugar




**3 months**  
of average blood sugar is what your HbA1c shows


### The things that help most




**Eat well, not perfectly**  
More veg, fibre and protein; fewer sugary drinks and refined carbs — steady swaps beat crash diets.




**Move most days**  
Any regular activity helps your body use insulin better — even a daily walk genuinely counts.




**A little weight loss**  
Losing even a modest amount can lower your blood sugar a lot — and sometimes far more.



**Medicines when needed**  
Tablets such as metformin, or newer options, help when lifestyle alone isn't enough. Your GP tailors them.



**Protect your sleep**  
Poor sleep and high stress push blood sugar up, so resting well is part of the plan.



**The biggest heart win**  
If you smoke, quitting protects your heart and kidneys more than almost anything else.

**What is HbA1c?**  
It's a single blood test showing your average blood sugar over about three months. You and your GP agree a target together (often around 7%) and use it to steer your plan — it's a guide, not a grade.



# Diabetes Care — Staying Well

The checks that keep you well, your team, and your first steps

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## Your yearly checks & your care team



### Checks through the year

- ✓ HbA1c blood test, usually every 3–6 months
- ✓ Blood pressure, cholesterol & kidney checks
- ✓ An eye (retinal) check, then regular screening
- ✓ A yearly foot check — circulation and feeling
- ✓ Weight, and an overall yearly review



### People in your corner

- Your GP, with a care plan tying it together
- A diabetes educator and a dietitian
- A podiatrist for your feet
- An optometrist for your eyes
- Ask your GP to register you with the NDSS

## Get help — and get started



### See your doctor if you have:

- Much more thirst, frequent urinating, or blurred vision
- Unexpected weight loss, or feeling very tired
- A new foot sore, blister, or numbness
- You're unwell or vomiting — ask about 'sick-day' advice
- Shakiness or sweats, if you take insulin or certain tablets



### Your first steps now:

- ✓ Book a follow-up and ask about a GP care plan
- ✓ Get registered with the NDSS (it's free)
- ✓ Pick one small food change to start this week
- ✓ Add a short daily walk
- ✓ Write down your questions — none are silly

### This isn't a personal failure

Type 2 diabetes runs in families and builds quietly over years — it's not about willpower or being 'bad'. What matters now is the plan ahead, and you don't have to do it alone.

## Small steps, real control

You can't undo the diagnosis — but you decide what happens next.

*We'll build a plan that fits your life, and review it together. — Dr Regu*