



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