

**TYPE 2 DIABETES  
KNOW YOUR**

**RISK**

**DiABETES UK**  
**CARE. CONNECT. CAMPAIGN.**



**EVERY  
TWO MINUTES  
SOMEONE LEARNS THEY  
HAVE TYPE 2  
DIABETES**

## **DO YOU KNOW YOUR RISK OF GETTING TYPE 2 DIABETES?**

**11.9 million people in the UK are at increased risk of developing Type 2 diabetes.**

**Anyone can get it.**

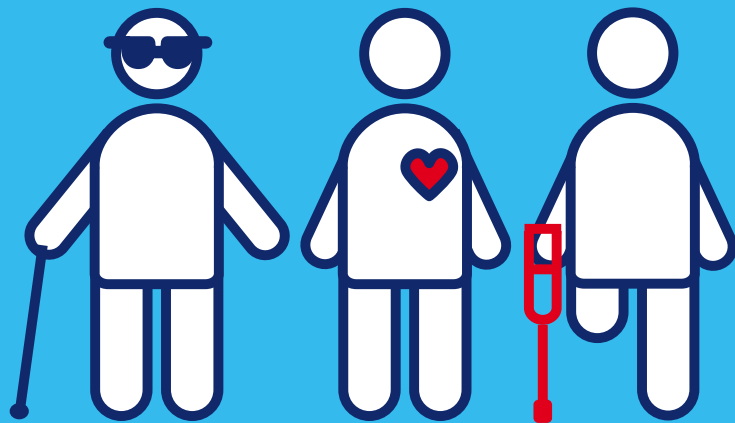
But there are simple things you can do to lower your risk. The first thing to do is find out your risk. Finding out your risk doesn't take long. It could be the most important thing you do today.

**Find out your risk at  
[www.diabetes.org.uk/knowyourrisk](http://www.diabetes.org.uk/knowyourrisk)**

# TYPE 2 DIABETES IS SERIOUS

## WHY?

You might need to have medicine or injections every day for the rest of your life. It could lead to problems with your eyesight, including blindness. It increases your risk of a heart attack or stroke. You could even lose a limb.



# DO YOU KNOW THE RISK FACTORS OF TYPE 2 DIABETES?

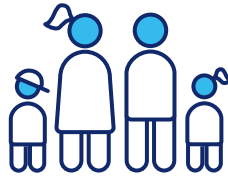
## AGE:

↑ 40

### Your risk increases with age.

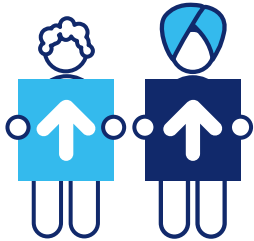
You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.

## FAMILY HISTORY:



**You're two to six times more likely** to get Type 2 diabetes if you have a parent, brother, sister or child with diabetes.

## ETHNICITY:



Type 2 diabetes is much more likely in people of **South Asian descent** and **African-Caribbean** or **Black African descent**.

## HIGH BLOOD PRESSURE:



You're more at risk if you've ever had **high blood pressure**.

## OVERWEIGHT



You're more at risk of Type 2 diabetes if you're **overweight**, especially if you're **large around the middle**.

## YOU'RE ALSO MORE AT RISK IF:

- you've ever had a heart attack or a stroke
- you have schizophrenia, bipolar illness or depression, or if you are receiving treatment with antipsychotic medication
- you're a woman who's had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds.

# FIND OUT YOUR RISK

It's very important that you know your risk of getting Type 2 diabetes, because then you can do something about it.

Finding out your risk doesn't take long. It could be the most important thing you do today.

You can find out at a Know Your Risk event or online. You just need to answer a few questions about factors such as your age, your weight and family background.

If you're found to be at a moderate or high risk, don't forget to visit your GP surgery. They will help you plan your next steps.



## FIND OUT YOUR RISK ONLINE

**Go to the Diabetes UK website to find out your risk online – it's free and only takes 3 minutes. Remember to tell your friends and family and they can find out their risk too.**

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



## FIND OUT YOUR RISK AT AN EVENT

**Come along to a Know Your Risk event in your local area to find out your risk for free. You can chat to our team, ask questions and get tips to help you eat well and be active.**



**DiABETES UK** TYPE 2 DIABETES  
CARE. CONNECT. CAMPAIGN. **KNOW YOUR RISK**

## HAVE YOU GOT ANY SIGNS OF TYPE 2 DIABETES?

It's important to know the risk factors and find out your risk but remember to look out for these signs:

- Need to wee a lot?
- Thirsty?
- Lost weight without trying?
- Feel tired?
- Blurred eyesight?
- Itchy genitals and thrush?
- Cuts don't heal?

**If you notice any of these, ask your doctor to test you for Type 2 diabetes. You and your doctor can then plan your next steps.**

## WHAT TO DO NEXT

- 1** Find out your risk of Type 2 diabetes because then you can do something about it. And remember, there are simple things you can do to lower your risk.
- 2** If you notice any of the signs, book an appointment to see your doctor as soon as possible.
- 3** If you have any questions or concerns about diabetes, call the Diabetes UK Careline 9am–7pm, Monday–Friday on **0345 123 2399** email [careline@diabetes.org.uk](mailto:careline@diabetes.org.uk)

Share your story and find support  
with **#knowyourrisk**

For more information go to  
[www.diabetes.org.uk/knowyourrisk](http://www.diabetes.org.uk/knowyourrisk)

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TYPE 2 DIABETES TODAY**

**GO TO [WWW.DIABETES.ORG.UK/](http://WWW.DIABETES.ORG.UK/)  
KNOWYOURRISK**



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