

Important points to discuss with your doctor or nurse at your next type 2 diabetes review

Diet & Exercise



Diet, exercise and weight management play a key part in the success of your type 2 diabetes journey. Body Mass Index (BMI) is a measure calculated from your weight and height. It is an easy way to determine where your weight falls in the range from healthy to unhealthy. If you have a high BMI, you may be more likely to have long-term complications. Your diabetes team can measure your BMI at each of your appointments. Discuss treatment options that support your type 2 diabetes and weight management with your diabetes team.

Glucose Control



When you have type 2 diabetes, is it important for you to understand what high blood glucose levels are so that you can better manage your condition. Your medication may need to be adjusted to ensure that you maintain good blood glucose control. Ask your diabetes team about your blood glucose levels and how best to control them.

Cardiovascular Health



As a person with type 2 diabetes, you may be at higher risk of cardiovascular disease. Discuss the management of your cardiovascular health with your diabetes team and suitable treatment options if necessary.



Foot Health

Your feet may be affected by your type 2 diabetes. It is important to get them checked regularly. This means making an appointment with your diabetes team or podiatrist who can make sure your feet are in good condition.



Eye Health

Having uncontrolled type 2 diabetes may cause difficulties with your vision. Make sure you attend the retinal screening program annually and if you have concerns or issues in relation to your eye health, discuss these with your Healthcare Professional. For more information on retinal screening, visit www.HSE.ie