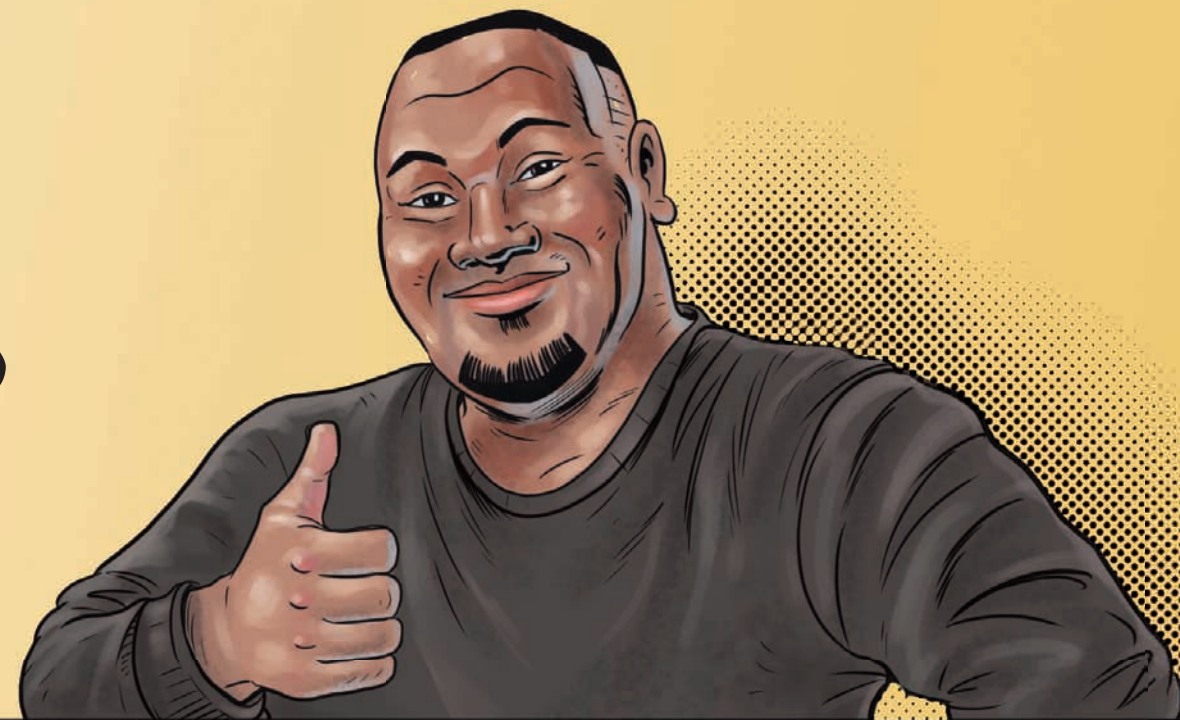


Do I need to find out about diabetes?



Find out about diabetes

Many people have diabetes and don't know they have it.

Who is most at risk of getting type 2 diabetes?

You are more at risk of getting type 2 diabetes if you:

- are 40 or over
- are Māori, Pasifika, Asian or Middle Eastern and are 30 or over
- are overweight
- have high blood pressure
- have a family history of diabetes
- have had a heart attack or a stroke.

How do I know if I might have diabetes?

Some people have no symptoms at all, but sometimes people:

- are thirsty all the time
- pee a lot
- may lose weight
- feel tired all the time
- have blurry vision
- have sores and infections that don't get better.

Find out more

Put in a health request form (health chit) to talk to a corrections nurse from your health centre.

New Zealand Government



hpa health promotion agency

