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Understanding Type 2 Diabetes

What it is, why it matters and how to control it

PATIENT INFORMATION LEAFLET



Type 2 diabetes happens when the body does not use insulin properly, so sugar (glucose) builds up in the blood. It is very common in Pakistan, often runs in families, and can be controlled very well with the right care.

1 Common symptoms

- Passing urine often, especially at night
- Feeling very thirsty or tired
- Blurred vision
- Slow-healing cuts and repeated infections
- Many people have no symptoms at all

2 Your key numbers

- HbA1c: most people aim for about 7% (53 mmol/mol) or below
- Fasting sugar: 80–130 mg/dL
- 2 hours after meals: below 180 mg/dL
- Blood pressure: below 130/80
- Your doctor will set your personal targets

3 How to control it

- Take your medicines every day, even when you feel well
- Walk 30 minutes on most days
- Eat smaller portions of rice, roti and sweets
- Lose 5–10% of your weight if you are overweight
- Stop smoking

4 Yearly checks

- HbA1c every 3–6 months
- Kidney blood and urine tests
- Eye (retina) screening
- Foot examination
- Cholesterol and blood pressure

⚠ When to get medical help

- Sugar above 300 mg/dL with vomiting, drowsiness or fast breathing
- Sugar below 70 mg/dL that does not improve after treatment
- A new foot wound, redness or swelling

TIP Good control in the first years protects your eyes, kidneys, nerves and heart for decades.

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