



## Week 1: Understanding Type 2 Diabetes

Type 2 diabetes happens when your body cannot use insulin properly, or does not make enough. This leads to high sugar levels in your blood. Over time, high blood sugar can damage blood vessels and organs.

### Why this matters:

- Diabetes can increase the risk of heart disease, kidney disease, liver problems, and weight gain.
- Good control can help prevent or slow down these problems.

### Top tips:

- Know your target blood sugar (usually HbA1c 48–53 mmol/mol, but this may vary).
- Attend your regular diabetes reviews.
- Ask questions – understanding your condition is the first step.

### Did you know?

Keeping your blood sugar, blood pressure, and cholesterol in range can cut your risk of complications by more than half.

