



## Why has my GP or nurse referred me to Diabetes Education?

Your GP or practice nurse has referred you because they have diagnosed you with type 2 diabetes. Your GP has confirmed your diagnosis by a blood test, called an HbA1c test. If you think your diagnosis is wrong, please contact your GP surgery.

### **Your symptoms may be mild or you may have no symptoms at all.**

Type 2 diabetes is still a serious illness. When diabetes is not controlled, it can affect your body in many ways and lead to long-term health problems.

The good news is that you can manage your diabetes by taking your medication as prescribed and making changes to your eating and activity levels. It is important to start making changes as soon as possible to improve your health. This is why you have been referred to our service.

### **You may have been told that your diabetes is borderline.**

If you have been referred to our service, it's because your blood test showed a reading of 48mmol or higher. If your blood test was between 42mmol and 47mmol, you would be pre-diabetic. If you are unsure about your blood test results, please contact your GP surgery.

### **You may feel that you have all the support you need.**

This could be from your GP practice or your family. Having people around you who can help you make changes can make a big difference when self-managing diabetes. Your GP should also support you with a check-up every year.

However, to self-manage your diabetes, you need to learn what you can do to help your health, now and in the future. You also need to learn about the complications to look out for.

There is a lot of information available on the internet, some of which may not be true or accurate. Taking part in our evidence-based program will help you take charge of your health and wellbeing.

Over 1,000 people complete one of our programs each year. More than 90% of them say they have a better knowledge of type 2 diabetes and how to manage it. The sooner you take part in one of our programs, the sooner you will be supported to make changes.

[Click here](#) to return to our main website and find out more about our education programmes.

