

Blood Glucose Level Test

What is Diabetes?

Diabetes is when the amount of glucose (sugar) in the blood is too high because the body cannot use it properly

There are two types of diabetes:

Type 1 Diabetes:

This usually develops before the age of 40

Type 2 Diabetes (Non Insulin dependent):

This usually occurs in the over 40s (or over 25s for people of South Asian or Afro-Caribbean origin).

Afro-Caribbean and Asian people are up to 6 times more likely to develop Type 2 Diabetes than people from other ethnic groups.

Diabetes can be controlled by diet, exercise, tablets and insulin injections.

Q. Why is testing for Diabetes important?

A. Diabetes is a common condition and if left untreated can cause long term damage to the eyes, kidneys, nerves, heart and major arteries.

Q. Who should have a diabetes test?

A. People over the age of 40 who are over weight, have heart disease or have had a stroke have a high risk of developing Type 2 diabetes.

Q: I have Diabetes. Am I more at risk of CHD?

A: Yes, if you are diabetic then you are three times as likely to get heart disease than if you are not diabetic.

For more information:

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