

FACTSHEET

Are you at risk?

Your type 2 diabetes risk score – what to do if you are at increased risk

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

If you scored 15 points or more in the Diabetes Risk Assessment:

- You are in the high risk group. See your doctor to discuss your risk assessment score. Be prepared and make a list of the things that you want to discuss.
- Your doctor may check your blood pressure and ask you to have a test for blood glucose and cholesterol levels.
- It is also recommended that you ask your doctor to check your waist measurement and do a full assessment of your risk of developing type 2 diabetes.
- Ask your doctor when you need to come back to discuss the results.

When you come back for the results:

- Ask your doctor for a copy. You will be able to compare them to results of any tests you have in the future.
- Ask what the results mean in terms of your risk of developing type 2 diabetes.
- Ask what you need to do to reduce your risk and who can provide the support and advice you need. Your doctor may refer you to people with specific expertise such as dietitians, exercise physiologists, personal trainers, your practice nurse or a diabetes educator.
- Ask when you should come back for another appointment.

If you scored 6-14 points in the Diabetes Risk Assessment:

- You may have undiagnosed type 2 diabetes or be at increased risk of developing type 2 diabetes.
- Discuss your score and your individual risk the next time you go to your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.



For more information call
1300 136 588


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