



ADULT COMMUNITY  
HEALTH SERVICES  
**CHRONIC  
DISEASE  
WELLNESS  
PROGRAM**

# TYPE 2 DIABETES SERVICE

Type 2 Diabetes is marked by high levels of glucose (sugar) in the blood due to lack of insulin or insulin becoming ineffective. It is the most common form of diabetes. While it is usually found in older adults, it is now becoming more prevalent in younger people.



**Queensland**  
Government

**Gold Coast Health**  
Building a healthier community



## ABOUT TYPE 2 DIABETES

Type 2 diabetes is sometimes considered a lifestyle disease, but there is also a genetic (or inherited) factor. It is strongly associated with extra weight around the waist, high blood pressure and high cholesterol.

Type 2 Diabetes is a chronic condition meaning it will not go away, but it can be well-managed. The complications are reduced by healthy eating, weight management, medications and exercise.

## CAN THE PROGRAM HELP ME?

**Yes, if you have:**

- Impaired glucose tolerance or Pre-diabetes
- A diagnosis of Type 2 diabetes
- Poor control of your Type 2 diabetes

It can also help if you would like to learn more about self management of your condition

## WHAT CAN WE OFFER YOU?

- Weekly group education sessions over several weeks during the daytime or in the evening
- Individual assessment with the diabetes educator including referral onto other health professionals (e.g. dietitian, podiatrist, exercise physiologist etc.)

## ENQUIRIES

**You can refer yourself. For more information contact our Central Intake Unit: 1300 668 936**

**Ask your GP to refer you and include the following information with your referral:**

- Pathology
- Serial HbA<sub>1c</sub>
- Fasting blood glucose/OGTT
- Full Lipid profile Tg, HDL, LDL
- Random urine albumin
- Creatinine ratio
- eGFR, FBE, LFTs, U&Es
- Optional: Eye screen (Optometrist)

GP referral forms can be found at [www.gpgc.com.au](http://www.gpgc.com.au)

**Fax to Central Intake Unit: 1300 668 536**



Please be aware that this brochure may contain images of deceased people. Queensland Health strives to treat Indigenous culture and beliefs with respect. We acknowledge that to some communities, it is distressing and offensive to show images of people who have died.

