

Type 2 Diabetes

AWARENESS

22-26 July, 2013

Stop into Cairde from

10am-5pm

For more Information



Cairde is a community development organisation working to tackle health inequalities among ethnic minority communities by improving ethnic minority access to health services, and ethnic minority participation in health planning and delivery.



Resources tailored to challenges ethnic minorities face in Dublin including:

- One-to-one support
- Quizzes (self-assessment)
- Important facts: what you need to know
- Screenings
- Culturally-relevant Information

And More!



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Do you have the symptoms?

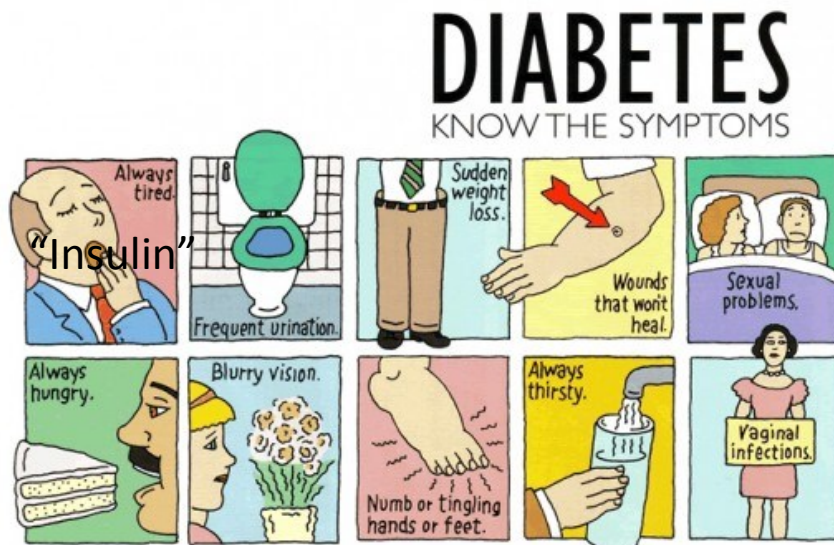


image source: wholsdiabetes.blogspot.com

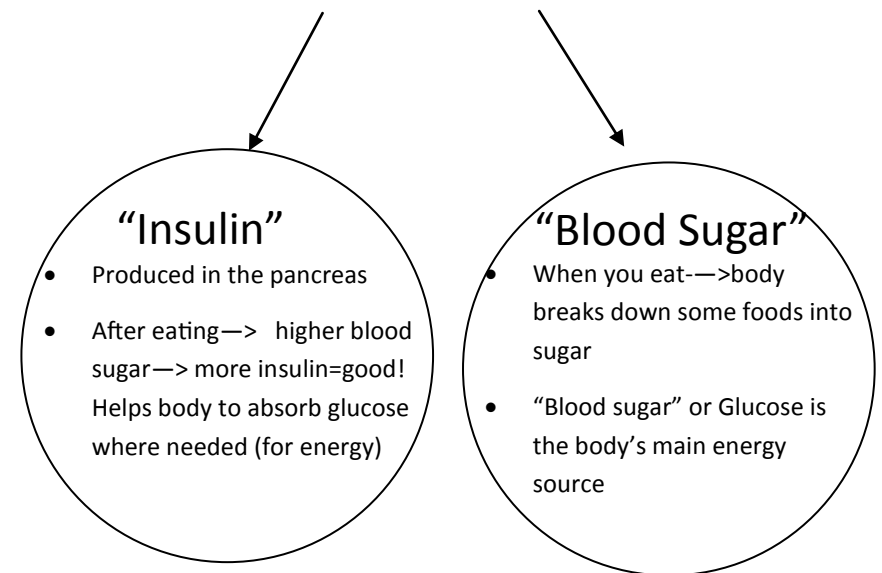
Other symptoms include:

- Nausea; perhaps vomiting
- Genital itching and thrush
- Sudden weight loss or gain

Contact your GP if you display any of these symptoms.

What is Type 2 Diabetes?

Diabetes occurs when your insulin levels are low and the amount of sugar in your blood is high.



By taking a blood test, you can find out how high your blood sugar is and whether or not you have (or are at risk for) Diabetes.