

Am I at risk for type 2 diabetes? (Står jeg i fare for å utvikle diabetes type 2?)

[engelsk]

What is type 2 diabetes

Type 2 diabetes is a chronic disease caused by the body producing insufficient and ineffective insulin. Many people manage to control their blood sugar by making lifestyle changes, others will eventually have to take tablets, and others will have to start injecting insulin. People from South Asia are at much greater risk for developing type 2 diabetes than ethnic Norwegians.

To develop type 2 diabetes, a decisive factor is a genetic predisposition for the disease. If someone in your family has diabetes, your risk increases. Along with hereditary factors, lifestyle and lack of physical activity are some of the main triggers for type 2 diabetes.

Visit www.diabetesrisiko.no to take a test showing how great or small your risk for type 2 diabetes is over the next decade.

Symptoms of type 2 diabetes

The symptoms of type 2 diabetes tend to be slight, so it's possible to have type 2 diabetes for years without realising.

If the level of sugar in your blood rises, sugar will be released into your urine. This causes an increase in urine volume and **frequent urination**. The body responds by making you **thirsty**. Sugar excretion in your urine results in loss of calories and so often causes **unintended weight loss**. **Urinary tract infections** and itching in the groin area may also be a symptom of diabetes.


In many people, this process is so slow the symptoms go unnoticed. Eventually, however, the metabolic changes will affect all bodily functions so the person feels lethargic, tired and low.

Where can I get help?

- If you have several of these symptoms, you should see your regular GP for a full checkup.
- If you have any questions, you can contact the Norwegian Diabetes Association's information service, the Diabetes Helpline (Diabeteslinjen), and talk to us in Norwegian, English, Urdu/Punjabi, Somali, Turkish or Arabic; telephone 815 21 948 or write to us at www.diabeteslinjen.no.

How can I delay diabetes?

A change in lifestyle is the best advice for people at high risk for type 2 diabetes:

- Make sure you are physically active for at least 30 minutes daily, at least 5 days a week. All kinds of exercise count, such as walking, dancing, swimming, cycling and housework.
- Vegetables, berries and some types of fruit are good for you, as are fish, non-fatty meat and high-fibre foods. Opt for wholemeal bread or wholemeal flour when baking chappatis/nan bread.
- Choose food and drink that are low in fat, and only lightly salted and sweetened.
- Use more unsaturated fats (fats from fish and vegetable oils), and less saturated fat (fat from meat and dairy products). Opt for foods that are key-hole labelled as healthy foods. 
- If you are overweight, losing weight will benefit you.

For more tips about a healthier lifestyle, visit:

www.diabetes.no

www.diabetes.no/innvandrerer

or call the Norwegian Diabetes Association switchboard on 23 05 18 00 or the Diabetes Helpline on 815 21 948

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