

### IF YOU ARE:

- **MAORI**
- **PACIFIC**
- **ASIAN**
- **CHINESE**
- **INDIAN**

### OR HAVE:

- **HAD DIABETES DIAGNOSED DURING A PREGNANCY**
- **A FAMILY HISTORY OF DIABETES AND HEART DISEASE**



**YOUR RISK OF A DIABETES DIAGNOSIS IS HIGHER THAN THE GENERAL POPULATION**

### GP

Visit your GP at least once a year to stay well.

Do not be afraid. Be aware.

If you are diagnosed with diabetes there is a lot of help for you and your Whanau to manage this condition.

Your main aim should be to learn as much as you are able about diabetes, Be aware of the complications, and be aware that with a little effort you can be the master/mistress of your destiny.

First and foremost you must have a GP that you see on a regular basis. Certainly if you are diagnosed as being Diabetic you will need to see your GP or Practice Nurse at least three or four times a year.

You are entitled to one free GET CHECKED visit per year. Some practices have a program called CHRONIC CARE MANAGEMENT which will enable you to have 4 free visits per year.

Your Practice may well have Community Co-ordinators or Community Health Workers who are available to help you NAVIGATE your way through the health system.

### PODIATRIST

Currently the Diabetes service takes referrals for current foot ulcer patients or those with high risk feet. High risk feet are defined as: PVD, peripheral neuropathy, previous amputation or past history of ulceration, charcot foot or foot infection.

The Podiatrist will also see patients with pre ulcer callus for debridement, ERSF or those on renal replacement therapy,

blind or partially sighted who are unsupported in the community.

### DIABETES AND PREGNANCY

If you have a diagnosis of Diabetes it is very important that see your GP before you decide to have a baby. He or she will explain to you the importance of keeping your Blood Sugars under good control before you make a baby and whilst you are pregnant.

If not diagnosed, at 25 weeks you will be sent to have a POLYCOSE TEST. If positive, there are options as to how to be cared for over the duration of your pregnancy. These options also apply to confirmed Diabetics.

You may remain with your MidWife and GP, with support from Secondary Care, or you may need to be cared for by the DIABETES AND PREGNANCY CLINIC which has a mixture of Nurses and Consultants.

Following delivery of your child it is really important to return to the care of your GP. Your child will require immunisations so it is a good opportunity for you to have a health visit as well.

You are going to the GP TO STAY WELL NOT JUST TO GET BETTER.

### HEALTH PSYCHOLOGIST

Whitiora Secondary Diabetes Service also has a HEALTH PSYCHOLOGIST that you may wish to speak with, who will see patients and whanau to assist with:

- **Adjusting to the Diagnosis of Diabetes**
- **Adjusting to complications**
- **Lifestyle changes**
- **Fear of medical procedures**
- **Fear of injections and blood testing**
- **Emotional distress**
- **Other illnesses as well as diabetes.**



### ADOLESCENTS

We have a new developing service for Teenagers/Young adults with Diabetes Type 1 and Type 2.

We run an early evening clinic and it is an opportunity to meet others with Diabetes and perhaps share some of the frustrations (and solutions) this chronic disease presents. You may wish to have the occasional group outing organised, or there may be a guest speaker you'd like to invite. Because this is a work in progress it provides the perfect opportunity for you to participate and mould the service into something you will enjoy and benefit from.

### OTHER SERVICES

You may require assistance with TRANSPORT (you could also contact Red Cross 0800 733 27677) to assist with transport to your appointment, or someone to talk to about your condition. You may need assistance to speak to other agencies. If so, please ask your Doctor or Nurse.

As a diabetic, you will also need to have your eyes screened every two years by a RETINAL SCREENER. Your GP will refer you to this service and you will be seen by either the Manukau SuperClinic, Gary Filer Optometrist or Stephanie Emma from the Mangere Community Health Trust. It is very important that you attend these retinal screening appointments.

Sometimes your GP will need to get a SPECIALIST opinion on your diabetes. Some practices have a Secondary Diabetes Specialist Nurse visiting on certain days, and she will review your case notes. If this service is not available at your GP, you will be referred to the SuperClinic, or Otara secondary clinic or Mangere secondary clinic or Botany Downs.

If your GP wants you to see a DIABETES CONSULTANT you will be referred to the same venues. Please attend as there is often a waiting list. Don't lose your opportunity. The Consultant will return you to the care of your GP.

You may also need to speak to a DIETITIAN. You will be referred to the same venues. There is also the option of a GROUP SELF MANAGEMENT EDUCATION course for newly diagnosed Diabetics and their Whanau to learn how to better manage your diabetes. This can be at the SuperClinic, or your GP may refer to your PHO (Public Health Organisation) to their Self Management Education Team.