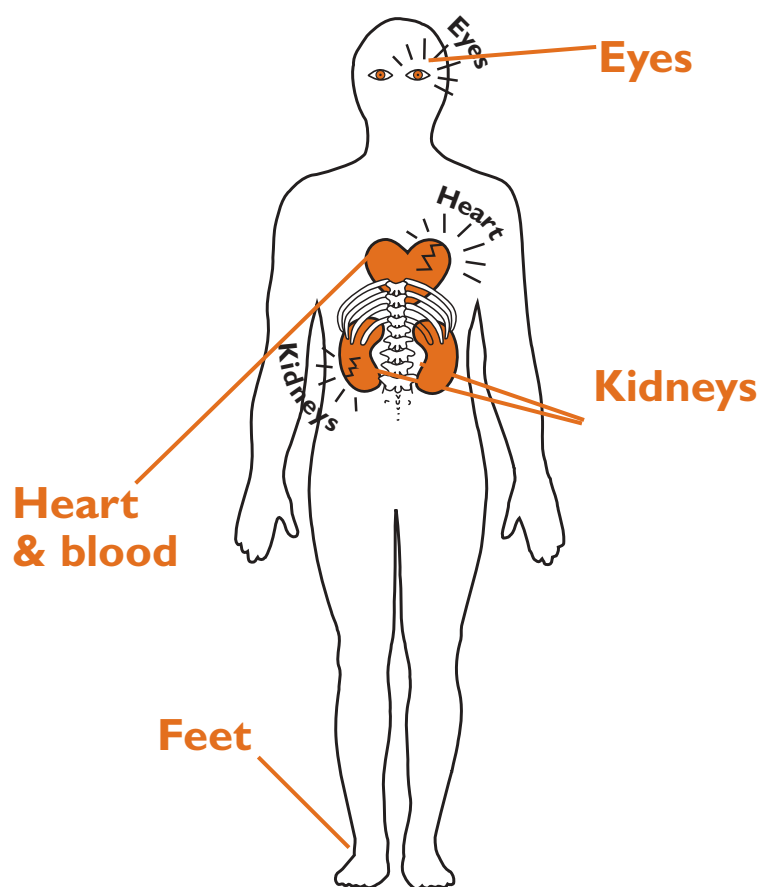


Yarning About Diabetes

What you need know about diabetes?

- Everyone needs insulin in their body to live. Diabetes happens when insulin doesn't work properly and our body gets weak.
- Diabetes can cause problems with our heart and blood vessels, kidneys, eyes and feet.
- Diabetes can also occur in pregnancy. If you're pregnant see your doctor.
- We can prevent and control diabetes by eating health tucker and being active.



✓ Be active:

- Try activities with your family and friends such as walking, dancing, hunting or fishing.
- Enjoy other activities such as swimming, cricket, footy or basketball.



✓ Eating health tucker:

1. What can we have more of?

- Vegetables and fruit
- Grain breads and cereals
- Bush tucker
- Water





2. What can we do to make family foods healthier?

- Take skin off chicken
- Steam fish
- Cut fat off meat
- Grill your chops
- Buy low fat milk

3. We should have less:

- Takeways
- Salty foods
- Smokes
- Grog
- Cordial and soft drinks
- Cakes and biscuits
- Chocolates and lollies

• Some signs that you may have diabetes include:

- Feeling tired or weak
- Have strange pains in legs or feet
- Get dry mouth or feel thirsty
- Frequently going to the toilet
- Have sores that won't heal
- Have itchy skin

If you have more than one of these signs or you have family with diabetes, it's very important to get tested for diabetes.

Your Aboriginal Health Worker, nurse or doctor can do simple tests that will show if you have diabetes.

• People to talk to or see:

- Your Aboriginal Medical Service
- Your local Aboriginal Health Worker
- Someone else who has diabetes
- Your Doctor
- Diabetes Australia - WA (08) 9325 7699
- Your local nurse
- Your local clinic
- Your hospital

You don't have to be shame to get tested for diabetes!

