



Western Sydney Diabetes

ARE YOU AT RISK OF DIABETES?

Is this a member of your family?

Western Sydney is a diabetes hotspot, with rates of diabetes more than double that of Sydney's northern beaches and eastern suburbs.

50% OF PEOPLE IN WESTERN SYDNEY ARE AT RISK OR HAVE TYPE 2 DIABETES

1 IN 2 PEOPLE DON'T KNOW THEY HAVE TYPE 2 DIABETES

Should you have the HbA1c test?

Yes! Especially if you are an adult in western Sydney with one or more of these risk factors:

- A family history of diabetes
- Have a Pacific Island, Indian subcontinent, Chinese, South East Asian, Middle Eastern, African, Aboriginal or Torres Strait Island background
- Had diabetes during a pregnancy
- Are overweight or obese
- Don't do any regular physical activity.

A blood test can tell you if you are at risk of developing Type 2 diabetes. This is covered by Medicare and can be done once a year – ask your GP.

The HbA1c Test and YOU



What is the HbA1c test?

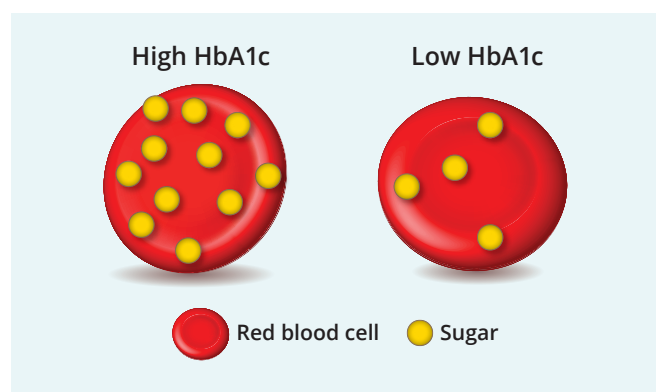
- HbA1c stands for glycated haemoglobin and is one of the ways we find out how much sugar is in your blood.
- It is measured from a single blood sample and does not need any special preparation before testing.
- This test tells us what your average sugar levels are over the last 3 months.

Why should I have the test?

The amount of sugar in your blood tells us if you have diabetes or pre-diabetes. Early diagnosis and treatment can help you to reverse pre-diabetes and avoid complications if you have diabetes.

How do I get tested?

Your doctor can send you to get a HbA1c test.



Is there a cost?

Medicare covers one HbA1c test each year to check for diabetes. **There is no cost.**

What does the test result tell me?

NO DIABETES

HbA1c =
less than 5.7%

Great news!

Keep choosing healthy food options, check your meal portion sizes and be physically active on most days to stay in the No Diabetes range.

PRE-DIABETES

HbA1c =
5.7 to 6.4%

What next?

If you lose weight and become physically active for 30 minutes on most days, you may be able to return to the No Diabetes range.

DIABETES

HbA1c =
6.5% or above

What next?

You will need to have a second blood test to confirm you have diabetes. If you have diabetes, talk to your doctor about a care plan. Your doctor can also register you with the National Diabetes Services Scheme (NDSS).

Talk to your doctor about the HbA1c test

Visit www.westernsydneydiabetes.com.au