

## What is diabetes mellitus?

The words “diabetes mellitus” literally mean “honey-sweet discharge” and refer to urine containing sugar. Diabetes mellitus, or simply diabetes, is a chronic metabolic disease characterised by constantly elevated blood sugar levels. This high blood sugar may be caused by a lack of insulin and/or by insulin resistance (i.e. failure to respond to the body’s insulin).

## Complications

Complications are the result of a constant or recurring high blood sugar level. These long-term complications cause changes in the blood vessels and nerves. Nowadays, however, they can largely be avoided with the help of a good medical therapy, competent support from a diabetes adviser, and your own commitment.

### What other risk factors can lead to complications?

- ... High blood pressure
- ... Overweight
- ... Lack of exercise
- ... High blood lipid levels (cholesterol and triglycerides)
- ... Smoking
- ... Blood coagulation disorders, etc.

### Which complications are there?

Generally speaking, both the large and small blood vessels (macro- and microangiopathy) as well as the nervous system (neuropathy) may be damaged. The organs/parts of the body at risk are the heart, brain, legs, eyes, kidneys and nerves.



“Therapy Active – Living with Diabetes” is a treatment programme designed specifically for people with type 2 diabetes. Ask your doctor about this programme.

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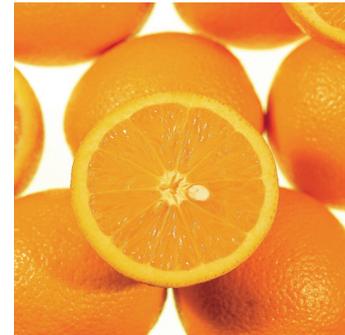


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LIVING  
WITH  
DIABETES



## Information for type 2 diabetics



# WHAT IS “THERAPY ACTIVE – LIVING WITH DIABETES”?

“Therapy Active – Living with Diabetes” is a long-term support programme designed specifically for patients with type 2 diabetes mellitus. This programme provides type 2 diabetics with more intensive medical care as well as more knowledge about the disease.

## Benefits for diabetics

The individual, comprehensive medical care provided by your doctor is the main focus of “Therapy Active”. Together, you will set sensible, attainable goals. At your regular check-ups these goals are monitored, adapted and updated. On top of that, you can take part in courses relating to diabetes. By actively participating in the programme, you can optimise your therapy, are well informed and have comprehensive advice at your disposal.

You can expect to improve your quality of life and increase your life expectancy. The risk of complications connected with the disease is also reduced.

### THE GENERAL GOALS ARE:

- ... To achieve a stable blood sugar level
- ... To avoid or delay complications: loss of eyesight, kidney failure, nerve damage, diabetic foot syndrome, etc.
- ... To avoid side-effects of the therapy (e.g. low blood sugar)
- ... To motivate you to be proactive and responsible for your own health

## Eligibility requirements for “Therapy Active”:

- ... You have been positively diagnosed with diabetes.
- ... You intend to participate actively in the programme.
- ... You have signed or will sign the declaration of participation and consent, available from your doctor.

## On-going support

Regular check-ups and the corresponding documentation (at least once a year) are part of the programme, so that treatment strategies can be adapted accordingly. On-going care from an authorised “Therapy Active” doctor ensures that patients get a long-term therapy that is tailored to their particular needs and symptoms.



## Diabetes training

In a group session, a doctor and a diabetes adviser help each participant to lay down measures for better dealing with the disease in daily life. You will learn interesting facts about diabetes, nutrition, exercise, methods of self-monitoring, etc.



- ... Can I still go bowling with friends?
- ... Which has more calories – butter or margarine?
- ... What is HbA<sub>1c</sub>?
- ... Why does my doctor use a tuning fork to examine my feet?
- ... Why should I always carry dextrose with me?
- ... Why do I need insulin injections?
- ... Are there any simple instruments for the job?
- ... How much insulin do I need for one slice of birthday cake?