

## What is diabetes mellitus?

The words diabetes mellitus literally mean “honey-sweet flow”. It is a chronic metabolic disorder. Due to a lack of insulin and/or a reduced insulin effect, there are elevated glucose levels in the blood

## Secondary conditions

Secondary conditions result from constant or recurring high glucose levels in the blood. These late complications cause changes to the blood vessels and nerves. They do not necessarily occur and nowadays they can be largely avoided through good medical treatment, competent supervision by a diabetes consultant and your active cooperation.

### What are the additional risk factors for secondary conditions?

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

### What secondary conditions are there?

Both the large and small vessels (macro- and microangiopathy) and the nervous system (neuropathy) can be damaged. Endangered organs/parts of the body are the heart, brain, legs, eyes, kidneys and nerves.



## LIVING WITH DIABETES



With “Active therapy – living with diabetes”, a treatment programme was created for patients with type 2 diabetes mellitus.

Ask your doctor about this programme.

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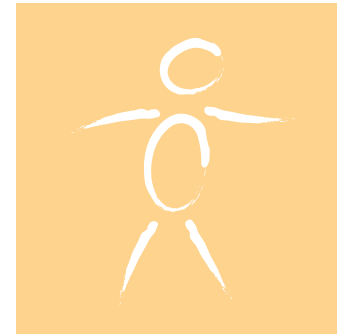


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For reasons of easier legibility, gender-specific formulations always apply equally to women and men.

## Information for type 2 diabetics



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

With “Active therapy – diabetes under control”, a long-term care programme has been developed for patients with type 2 diabetes mellitus. It offers more intensive care by the doctor, as well as greater knowledge about the disease.

## Your benefit as a diabetic

The core feature of the “Active Therapy” is the individual and comprehensive supervision by your doctor. Together you set effective and achievable objectives. These are checked, modified and updated at the regular check-ups. You also have the option of taking part in corresponding training programmes. An improved quality of life and greater longevity are to be expected. Secondary complications are also reduced.

### GENERAL OBJECTIVES ARE:

- ... Achieving an optimal blood sugar balance
- ... Avoidance or delay of consequential damages
- ... Avoidance of the side effects of the condition (e.g. hypoglycaemia)
- ... Motivation for active and self-responsible cooperation

## Conditions for participation in “active therapy”

- ... Diagnosed type 2 diabetes mellitus
- ... You are prepared to be actively involved in your treatment.
- ... You sign the participation and consent declaration that your doctor provides for you.

## Continuous care

The programme includes regular visits to the doctor and the associated documentation (at least once a year). This enables treatment that is adapted longterm to the requirements and symptoms of the patient.



## Diabetes training

On the courses you meet people who also have high blood sugar and therefore have similar questions, concerns and fears. At the same time, you get to know a variety of ways of handling it and managing everyday life.



- ... What is an HbA<sub>1c</sub> value?
- ... Must I cut out sugar totally?
- ... Why should I have my feet examined regularly?
- ... How can I influence my blood sugar through exercise?
- ... Why should I always have dextrose with me?
- ... How does one administer insulin?