

Support Information for type 2 diabetes

www.diabetes.ie

Living well with type 2 diabetes




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Diabetes Ireland
Free e-learning
programme for those with
Type 2 Diabetes

www.diabetes.ie

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www.diabetes.ie

Healthy eating and diabetes

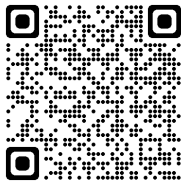



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Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g:697kJ/167kcal



Understanding food labels

www.diabetes.ie

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www.diabetes.ie

Getting active for better health




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www.getirelandwalking.ie

Get Ireland walking

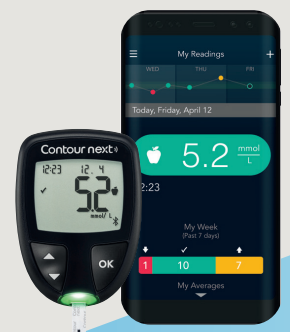



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This support document is to help direct you to helpful resources on the internet. Ascensia has no control of these third party websites or their content, nor does it formally endorse them. QR code links are accurate as of 1st April 2023



CONTOUR®DIABETES app – Simplify the management of your diabetes. Pairing a CONTOUR® connected meter with the CONTOUR®DIABETES app allows readings to be automatically synced.



www.diabetes.ascensia.ie

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www.diabeticretinascreen.ie

Diabetes retina screen



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Diabetic RetinaScreen
An Clár Náisiúnta Scaghdála Retíne do Dhiabéitigh
The National Diabetic Retinal Screening Programme

About diabetic retinopathy screening

www.diabetes.ie

Your feet & diabetes



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www.dentalhealth.ie

Diabetes and oral health



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Diabetes and Oral Health

Gum disease can make it more difficult to manage your diabetes. Help reduce your risk by controlling your blood glucose level and practising good oral hygiene.

Research shows a link between diabetes and oral health. There is a greater risk of developing gum disease, dry mouth and oral infections.

Visit your dental team every 6-12 months for advice and a check-up. Always advise your dentist that you have diabetes.

DHF
Dental Health Foundation Ireland
Charity No. 6200

www.dentalhealth.ie | info@dentalhealth.ie

www.diabetes.ie

Driving & type 2 diabetes



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DRIVING AND DIABETES

www.diabetes.ie

Pre diabetes



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Living well with Pre-diabetes

Diabetes Ireland

www.diabetes.ie

Frequently asked questions



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Diabetes Ireland

FAQ

Instructional videos for the CONTOUR® meters are available on www.diabetes.ascensia.ie or scan the QR code



Contour® Next



GMS code is 15963



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