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Having the right information can make living with diabetes much easier for you. We have some great resources available, with locally sourced information to help Kiwis living with diabetes live full and active lives. ... Feel free to look around - you might be surprised by all the useful things you

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learn! Diabetes New Zealand. Level 10, 15 ...

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Diabetes New Zealand Incorporated is a charity that represents and supports people with diabetes. We've been supporting Kiwis with information and resources to help identify and manage

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diabetes symptom

Diabetes New Zealand

diabetes in pregnancy; large babies.
Managing diabetes. There is no cure for diabetes. But there are things you can do to stay well. Your doctor or diabetes nurse will teach you how to keep your blood sugar at a healthy level and to

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keep healthy. Managing your diabetes might mean: eating healthy food and exercising regularly, or

Keeping Well with Diabetes - English version | HealthEd

Keep Active Regular physical activity has many benefits:

- Lowers blood glucose levels.
- Makes the body work better.
-

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Helps with weight control.

Diabetes New Zealand information booklets, Pre-diabetes ...

If this is the case for you, Diabetes NZ and your local diabetes service want to help you build confidence, and provide back-up and support as you learn how to live well with diabetes. Visit the Diabetes

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NZ website for information about Type 1 diabetes, Type 2 diabetes, gestational diabetes, and how to live with diabetes.

Diabetes NZ: Pamphlets, Booklets, Support + Advice - CarersNZ

The increasing prevalence of diabetes in New Zealand will have a major impact on the health system. This is because

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more people will need to access secondary and tertiary health services for treatment

Living Well with Diabetes - Ministry of Health

DIABETES NEW ZEALAND NATIONAL OFFICE. Phone: +64 4 499 7145 Level 10, 15 Murphy Street Wellington, 6011

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New Zealand PO BOX 12441 Thorndon
Wellington, 6144

Diabetes New Zealand

Healthy eating is an essential part of managing both type 1 and type 2 diabetes. The following facts about food and healthy eating will help you understand the requirements of a

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healthy food plan to maintain the balance required between food, physical activity and insulin or medication, depending on the type of diabetes you have been diagnosed ...

Diabetes New Zealand

Handouts for People with Diabetes; What to Do with Used Sharps - sponsored by

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SafeNeedleDisposal.org: ... Your Game Plan to Prevent Type 2 Diabetes: Booklet: Take Care of Your Feet for a Lifetime: Take Care of Your Feet for a Lifetime (Spanish) Know Your Blood Sugar Numbers:

Patient Education Handouts - Diabetes DPG

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Managing diabetes. Having diabetes increases your risk of heart attack or stroke. Learn more about the link between diabetes and your heart. Diabetes (Mate Huka) happens when the body has trouble making or using a hormone called insulin. Insulin transports glucose (sugar) from your blood into your cells where it is used to

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make energy.

Managing diabetes | Diabetes and your heart - Heart Foundation

To order the Diabetes New Zealand information booklets and pamphlets, phone Diabetes Supplies Ltd at 0800 DIABETES (0800 342 238), or email info@diabetes.org.nz, fax 03 434 5281

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or Freepost DNZ, PO Box 54, Oamaru.
Diabetes New Zealand is a national membership organisation.

Pre-diabetes - bestpractice

Diabetes New Zealand - Food and nutrition for diabetes. Comprehensive advice about eating healthy food to help you manage your diabetes. Healthy

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recipes. Healthy Food Guide. A variety of healthy recipes including diabetes-friendly recipes. The first few views are free, but then you'll need to register for a small fee. My Family Recipes

Eating well with diabetes - HealthInfo Canterbury

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Give this booklet to patients with type 2 diabetes. Available in English or bilingual Spanish, this booklet offers answers to many of the questions patients have at diagnosis. Help your newly diagnosed patients enroll in the FREE Living With Type 2 Diabetes program.

Living With Type 2 Diabetes |

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American Diabetes Association

Free Program for Your Patients - Order free booklets for our program for newly diagnosed type 2 diabetes patients and encourage your patients to enroll in this free year-long program. Education Recognition Program - Learn how you can for Diabetes Self-Management Education with our Education recognition

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Diabetes Educator Resources | American Diabetes Association

Working in conjunction with Diabetes New Zealand, Simon & Alison Holst have produced this book, which makes healthy eating not only fun, but tasty and affordable. Product code:

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9781877382093 More from this author

GENERAL - NZ Diabetes Cookbook - Paper Plus

This booklet contains general information on Type 1 diabetes. It is for adults living with Type 1 diabetes and aims to support you in managing your type 1 diabetes well on a daily basis.

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The contents are divided into three sections, an introduction to Type 1 diabetes, ongoing care of Type 1 Diabetes and Living well with Type 1 diabetes.

Patient Booklets - Diabetes Ireland : Diabetes Ireland

New Zealand assessing the use of these

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tablets during pregnancy. The study showed that metformin was effective in lowering the mother's blood glucose levels and safe for both mother and baby. Metformin has been used for many years for people with type 2 diabetes with good results. Most people have no problems taking metformin

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**Gestational Diabetes Information -
Metformin information**

American Diabetes Association 2451
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DBP Footer Main

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