

Diabetes Ireland: ‘Living Well with Type 2 Diabetes’ Booklet **(<https://www.activelink.ie/node/107551>)**

Empower Your Journey: Introducing the Revamped ‘Living Well with Type 2 Diabetes’ Booklet

Diabetes Ireland is thrilled to introduce the newly updated “Living well with Type 2 Diabetes” booklet. This resource serves as a valuable guide for individuals and families affected by Type 2 diabetes, offering easily understandable information from diagnosis to daily management to promote a healthy lifestyle.

Navigating a diagnosis of Type 2 Diabetes can be overwhelming due to the abundance of information available, which can often be confusing. To address this, the booklet has been divided into two sections. The first section provides essential information for individuals who are newly diagnosed, assisting them as they embark on their journey with Type 2 diabetes. The second section offers more comprehensive guidance on managing the condition on a day-to-day basis.

A notable addition to this updated version is the inclusion of a Personal Plan and record of results. This feature transforms the booklet into a comprehensive tool for information, goal setting, and tracking personal data such as blood results, blood pressure, and BMI. Additionally, it serves as a convenient place to record appointments, including retina screening schedules.

The redesign and reprint of this booklet were made possible through an educational grant from A. Menarini Pharmaceuticals Ireland Ltd. It's important to note that the content of the booklet underwent thorough review and revision by healthcare professionals affiliated with Diabetes Ireland. A. Menarini had no influence on the content of this booklet.



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