



## Information Sheets

The following consumer diabetes and cardiac information sheets are available from Healthy Living NT or from our website [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au).

These Information Sheets are **FREE**

### NDSS Information Sheets

1	Understanding Pre-Diabetes	22	Your Diabetes Annual Cycle of Care
2	Understanding Type 2 Diabetes	23	Alcohol
3	Understanding Type 1 Diabetes	24	Alternative Sweeteners
4	Understanding Gestational Diabetes	25	Carbohydrate Counting and Diabetes
5	Blood Glucose Monitoring	26	Eating Out
6	Coeliac Disease and Diabetes	27	Food Choices for People with Diabetes
7	Insulin	28	Glycemic Index
8	Managing Hypoglycaemia	29	Healthy Meal Ideas
9	Managing Sick Days for Type 2 Diabetes	30	Healthy Snacks
10	Managing Sick Days for Type 1 Diabetes	31	Hints for Healthy Cooking
11	Pregnancy and Diabetes	32	Physical Activity
12	Steroid Medications and Diabetes	33	Understanding Food Labels
13	Surgeries and Hospital Stays	34	Adjusting to Life with Diabetes
14	Travel	35	Concern about starting Insulin
15	Diabetes Related Complications	36	Diabetes and Anxiety
16	Looking after your Dental Health	37	Diabetes and Disordered Eating
17	Looking after your Eyes	38	Diabetes and Distress
18	Looking after your Feet	39	Fear of Hypoglycaemia
19	Looking after your Heart	40	Peer Support for Diabetes
20	Looking after your Kidneys	41	Polycystic Ovary Syndrome
21	Sexual Health and Diabetes		

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Healthy Living NT  
is the trading name of the  
Diabetes Association  
of the Northern Territory  
Incorporated.

Healthy Living NT  
is the registered NT  
licence holder for  
Life. Be in it.



### HLNT Diabetes Information Sheets

- Blood Ketone Monitoring
- Storage of Test Strips
- Glycemic Index for Carbohydrate Foods
- HbA1c and BGL
- Healthy Living NT Standard Drink Guide
- Insulin Pen Device
- Melioidosis
- Safe Sharps Disposal
- Storage of Insulin Revised
- What is a Serve of Dairy and Meat
- Diabetes Facts
- Free Foods
- Goals of Management for People with Type 2 Diabetes
- Healthy Eating for Mothers to be with GDM
- How to get a Drop of Blood
- Insulin Titration Type 2
- Mixing Insulin
- Sources of Carbohydrate Foods
- Whoever said Exercise was easy?
- What is a Serve of Vegetable and Fruit

### Cardiac Information Sheets

- Ace Inhibitors
- Activity at Home
- AICD – Automated Implantable Cardioverter Defibrillator
- Angina Management Plan
- Atrial Fibrillation
- Blood Pressure
- Cardiac Risk Factor
- Clopidogrel
- Heart Exercise Booklet
- Making the most out of your GP
- Relaxation Technique
- Driving Restriction - Cardiac
- Activities Pamphlet Heart Attack
- Activity Guidelines after a Heart Attack Surgery
- Amiodarone
- Aspirin
- Beta Blockers
- Calcium Channel Blockers
- Cholesterol Lowering Agents
- Digoxin
- Loop Diuretics
- Nitrates
- Information for People travelling to Adelaide for Heart Procedures
- Brilinta

#### To obtain copies of any of the resources listed:

- Download Information Sheets from [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au)
- **Some Information Sheets are available in a variety of languages**  
Phone 8927 8488 to confirm availability
- For information about Health Professional Indigenous Resources please contact our office or visit our web site [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au) **Member discounts apply**
- For bulk orders please contact Healthy Living NT on 89278488 or [info@healthylivingnt.org.au](mailto:info@healthylivingnt.org.au)