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Diabetes Awareness



Diabetes is a common life-long health condition. There are 3.5 million people diagnosed with diabetes in the UK and an estimated 549,000 people who have the condition, but don't know it.

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly.

This is because your pancreas doesn't produce any insulin, or not enough insulin, to help glucose enter your body's cells – or the insulin that is produced does not work properly.

The common symptoms of diabetes

- Going to the toilet a lot, especially at night.
- Being really thirsty.
- Feeling more tired than usual.
- Losing weight without trying to.
- Genital itching or thrush.
- Cuts and wounds take longer to heal.
- Blurred vision.



If you have any of symptoms of diabetes, you should contact your GP. It doesn't necessarily mean you have diabetes, but it's worth checking – early diagnosis, treatment and good control are vital for good health and reduce the chances of developing serious complications.

It's hard to ignore the signs of Type 1 diabetes because symptoms can often appear quite quickly. But leaving it untreated can lead to serious health problems.

Type 2 diabetes can be easier to miss as it develops more slowly, especially in the early stages when it can be harder to spot the symptoms.

But untreated diabetes affects many major organs, including your heart, blood vessels, nerves, eyes and kidneys. Being diagnosed early and controlling your blood sugar levels can help prevent these complications,

Check your Risk Score here:

http://riskscore.diabetes.org.uk/start?_ga=1.6971121.2131366383.1438179449

Myths and Facts about Diabetes:

<https://www.playbuzz.com/diabetesuk11/diabetes-do-you-know-the-myths-from-the-facts#half>

Managing your Diabetes

Managing your diabetes, making changes and fitting the demands of diabetes into your lifestyle can be challenging at times.

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Effective diabetes care can only be achieved through working closely with your diabetes healthcare team – they are there to support you in self-managing your diabetes.



Support from other people

- Talk about your feelings with your family and friends - they may be concerned and wish to help.
- Involve family and friends in your understanding and care for your diabetes – they may be able to help.
- Ask someone to go with you to your healthcare team appointment especially if they care for you.
- Get to know other people with diabetes.
- Join one of Diabetes UK's voluntary groups, take part in a support weekend or discussion forum on the internet.

Taking control

- Get the information you need. The more you know, the more confident you will become and and the easier it will be to manage your diabetes.
- Recognise your role: take some personal responsibility for managing your diabetes day-to-day
- Be honest: give accurate information about your health and how you are really feeling.
- Set goals: put into everyday practice the goals you may have agreed in your care plan.
- Examine your feet regularly between reviews, or ask someone you know to check them for you.
- Ask for help if you are ill, and know the 'sick day rules'.
- Know when, where and how to contact your diabetes healthcare team.
- Attend your appointments or rearrange them as soon as possible.
- Make a list of points to bring up at your appointments.
- Carry some form of medical identification about your diabetes.
- Discuss with your diabetes healthcare team if you are pregnant or planning to become pregnant, so that pre- and post-pregnancy advice can be organised with your obstetric team.
- Give feedback to your healthcare team about the treatment and care you have received.

For more information:



<https://www.diabetes.org.uk>

<https://jdrf.org.uk>

<http://www.iddt.org>