

Diabetes (Type 2)

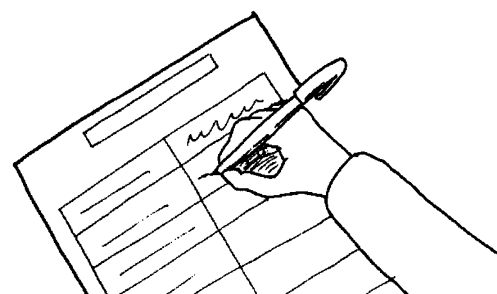
A guide for People with Learning Disabilities and Carers



How many people have diabetes?

There are about 2 million people in England with diabetes. You are not on your own.

There may be many more people who have the symptoms of diabetes. They may not know that they may have diabetes



What is diabetes?

Diabetes is when the amount of sugar (glucose) in the blood is too high.

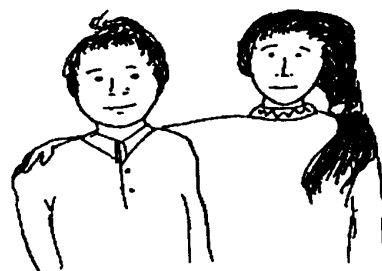
This can happen because the body is unable to produce enough insulin or not able to use the insulin effectively.

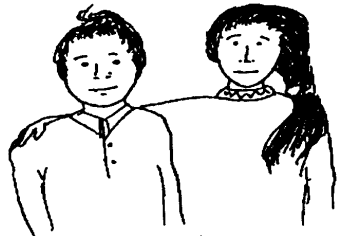
Insulin helps the body to use glucose allowing it to be used for energy.



The main symptoms of diabetes are

- feeling very tired
- having to go to the toilet frequently (urine)
- weight loss
- blurred vision





Those most at risk of developing Type 2 diabetes are:

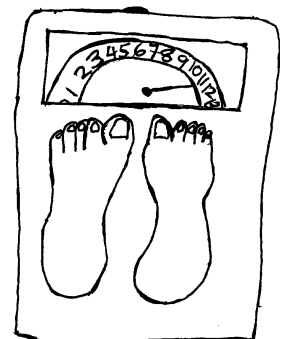
- people with a family history of diabetes
- people over 40 years old
- people who are overweight
- people of Asian or Afro-Caribbean origin

What are the health risks associated with diabetes?

- An increased risk of heart attacks and stroke
- Changes to the eyes (*loss of sight*)
- Loss of feeling (sensation) particularly in feet
- Changes in circulation

What can I do to keep fit and healthy?

- Eat a healthy diet
- Exercise regularly
- Keep your weight down
- Stop smoking
- Visit your doctor regularly (he or she will tell you how often to come to the surgery)



Eating well with diabetes

- It is very important that you keep to a healthy diet
- The diet for people with diabetes is a balanced healthy diet, the same kind that is recommended for the rest of the population.
- Some foods also contain high amounts of sugar and fat. These foods should be avoided by people with diabetes.

General Healthy Eating Advice

- Eat regularly
- Include starchy foods at each meal
- Reduce fat intake
- Reduce sugar intake
- Eat 5 portions of fruit and vegetables each day

Foods can be divided into four main groups:

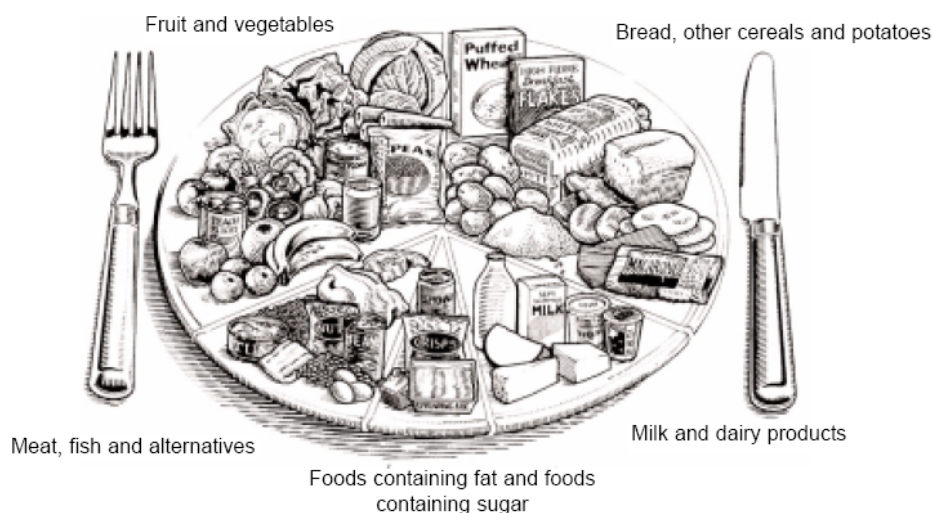
Fruit and vegetables

Bread, cereals and potatoes

Meat and fish

Milk and dairy products

In order for us to enjoy a balanced diet we need to eat foods from all these groups.



Taking care of your health.

Your doctor or nurse will tell you what you will need to do to remain healthy.

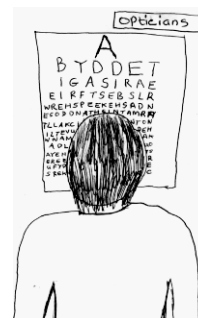
Some of the things that he or she may suggest are:

Make sure that you eat a healthy diet and take part in physical activity

Take all your diabetes medication as prescribed

Attend yearly eye screening. (An invite letter will be sent from Wokingham Hospital).

You may be required to do some home blood testing to check you blood sugars.



Taking care of your Feet

It is important that you also look after your feet and make sure the nurse does a foot check at least a once a year.

Wear shoes that fit properly

Before putting on shoes you should check that there are no sharp objects or anything that could cause the shoes to rub.

Do not walk around without shoes

Do not put feet near heat or put your feet in hot water.



Exercise and sport

Daily exercise and activity help maintain health for people with diabetes.

- It helps to keep weight stable
- It helps to lower blood glucose
- It has a protective effect on the heart
- It creates a sense of well being

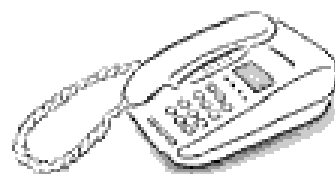
You do not need to run a marathon. If you are not used to exercise, start gently. As your body gets used to exercising, you can start to exercise for longer each time.

Try to make time for exercise every day. You could try walking, dancing or swimming. Think about if you could exercise with others.

You can speak to your GP or nurse if you are unsure.

How can I get more information about diabetes?

- You can speak your doctor or Practice Nurse
- Your Community Nurse:
- Diabetes UK Website:- www.diabetes.or.uk



Your Nurse or Doctor may use this space for any information that is important to you

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