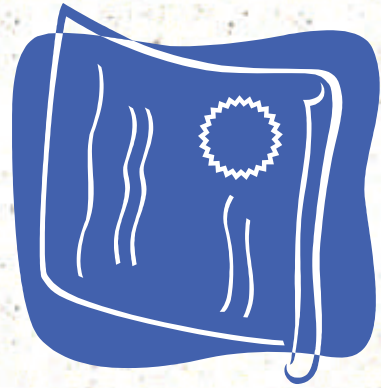


*Well Done*

*You have learnt about diabetes*



*Signed:*

*Date:*

Derbyshire County   
Primary Care Trust

Derbyshire County   
Primary Care Trust



**You Have Diabetes**

## Learning Disabilities Booklet

### Contents:

### Client Information:

You have diabetes

Going to the clinic

Staying Healthy

Food and Diabetes



Well I hope this information has been helpful in helping you understand diabetes  
There are lots of other people who have diabetes just like you

### **Designed by:**

**Michelle Denyer** Diabetes Specialist Nurse  
**Lorna Wynne** Learning Disabilities Nurse

## Doing more exercise will help you

How much do you do?

Can you do more each day?

### Monday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

### Tuesday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

### Wednesday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

### Thursday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

### Friday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

### Saturday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

### Sunday

2mins 5mins 10mins 15mins 20mins 25mins 30mins

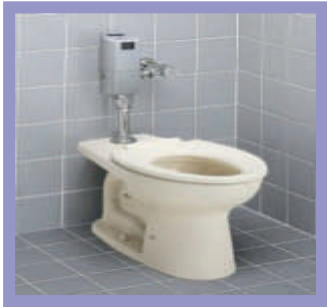
Try to do 30 minutes 5 days a week



Hello my name is Sam and I've got diabetes just like you and I'm here to help you to understand more about diabetes and how to stay fit and healthy.



I found out that I had diabetes because I was going to the toilet for a wee more often.



And I was very thirsty all the time and had to drink lots of water.

## Staying Healthy Quiz

Circle  your answers

It is good to walk more

Yes No

Do you like

walking dancing swimming sports

What will help you to be healthy

TV walking sitting workshop  
bowling

What is better for you

Riding in the lift walking up the stairs

What would you like to do to keep healthy

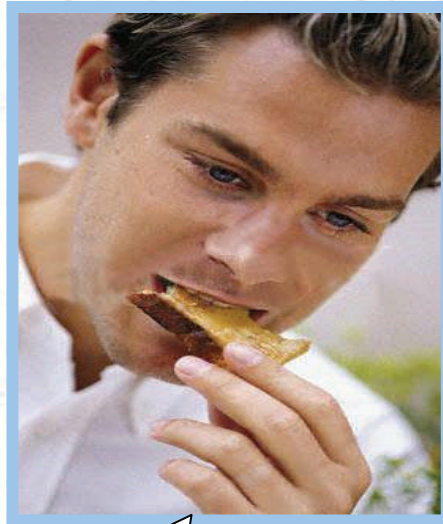
Walking dance sport swimming

Gym bowling gardening



## What is Diabetes?

The food that you eat is used for energy  
This helps you to do all the things you like, football and swimming, walking even watching television  
Your body needs energy from food



Insulin is normally made in the body so that the food you eat can give you the energy you need.

Some foods are not good for you if you eat too much of them

What do you like



## Food and Diabetes

Some foods are better for you and will keep you well



Because you have diabetes your body is not making enough insulin  
This is why you need medicine for your diabetes.



Some people need insulin injections for their diabetes because the tablets won't work.

People with type 2 diabetes do not make enough insulin in their bodies.

They may have to take tablets to help their bodies make more insulin

Or have insulin injections.



Insulin injections  
this looks like a pen  
It has a small needle on it



You will have your feet looked at to check  
they are healthy  
The doctor will check that you can feel him  
when he touches your feet



Blood machine



wee tests

To check that your medicine is working you  
may need a blood test from your finger  
A machine helps to check how much sugar  
is in your blood  
Some people have tests done on their wee.





## Other Tests

You will have a special eye test with some  
eye drops in your eyes  
The doctor will look into your eyes with a  
little torch



You will need to have your  
wee tested



Everyone with diabetes needs to  
eat a healthy diet  
This helps to keep you well.





Vegetables

Eat lots of these,  
try to have 5 portions  
a day



Fruit

A healthy diet is the  
same for  
everyone plenty of  
fruit, vegetables and  
starchy foods such as  
potatoes, rice, bread  
and pasta.



You will have blood taken from your arm  
This tells the doctor if you are on the right  
medicine



The doctor may ask you about keeping  
healthy and fit



You will be weighed standing on some scales



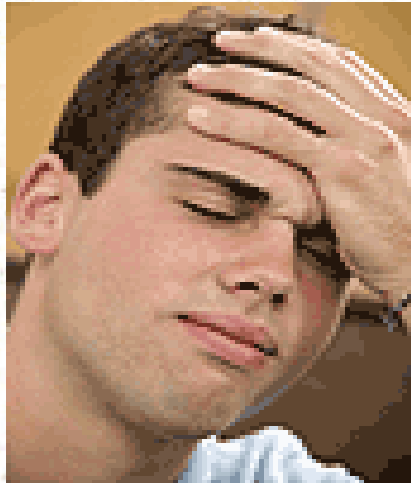
Cakes and sweets are for treats  
The best time to eat these is with your meals  
Try to avoid adding sugar to anything and  
**DO NOT** have sweet drinks



You will have your blood pressure checked  
a cloth is wrapped around the top of your  
arm and will get a bit tight like an arm band



Eat small amounts of these



## Going To The Clinic

At the clinic you can take someone with you who knows you well

You will see the doctor

Low blood sugar  
if you feel unwell dizzy sweaty and  
shaky you may need a blood test to see  
if you need to eat something sweet  
this will help you feel better  
this shouldn't happen often

