

**JUST DIAGNOSED
WITH DIABETES?**



DiABETES UK
CARE. CONNECT. CAMPAIGN.

Being told that you have diabetes can be a real shock. And learning to live with it can be a challenge.

You might be going through all sorts of emotions. It's perfectly normal to feel upset, angry, confused or even guilty. You might be struggling to understand why you've got diabetes, or worried about how you're going to manage with it.

DIABETES UK IS HERE FOR YOU

We'll give you detailed information about your condition, and support and advice to help you deal with it. We can also put you in touch with people in the same situation as you. We'll help you and your family to understand and manage what's happening, so you can get on and enjoy your life.

1 KNOW THE FACTS

2 LOOK AFTER YOURSELF

3 GET IN TOUCH WITH US

1 KNOW THE FACTS

WHAT IS DIABETES?

Diabetes is a condition where your body can't produce insulin, or doesn't produce enough, or where your insulin doesn't work properly. Insulin helps your body use the glucose in your blood to give you energy. If you don't have the right amount of insulin, or if your insulin isn't doing its job properly, you can get very ill.

Around 3.75 million people in the UK have diabetes. Another seven million people are at high risk of getting it. Although diabetes is a serious condition, with the right treatment it won't stop you living a full and happy life.

WHAT TYPE DO YOU HAVE?

Your doctor or practice nurse will tell you what type of diabetes you have. There are two main types:

Type 1

About 1 in 10 people with diabetes have Type 1. It usually affects children or young adults, starting suddenly and getting worse quickly. People with Type 1 diabetes cannot produce insulin naturally. No one knows what causes it, but it's not to do with being overweight.

Type 2

Most people with diabetes have Type 2. This type usually starts later in life. You might not

2 LOOK AFTER YOURSELF

notice anything to start with, and it can be years before you realise you have diabetes. You might get Type 2 diabetes because of your family history. You are also more likely to get Type 2 diabetes if you are overweight.

WHAT'S YOUR TREATMENT?

Your doctor or practice nurse will talk to you about how to manage your diabetes. You might need to eat more healthily and be more physically active. You might need to take tablets, or have insulin injections, or both. You might use an insulin pen or pump.

Everybody's different, and it can sometimes take a while to find what works. You might need to change your treatment over time. Your doctor or nurse will continue to work with you to find the treatment that's right for you.

Make sure you understand what you need to do and that you are happy to do it. You might want to make another appointment to go over things again, and to make sure you have all of the information you need.

MORE ABOUT TYPE 1 AND TYPE 2 DIABETES

You can find out more about Type 1 and Type 2 diabetes and the different treatments at our website:

www.diabetes.org.uk

As well as following your treatment, it's a good idea to think about your lifestyle. If you can live more healthily, you will improve your quality of life and help yourself to feel better.

The main things you can do are eat well, keep active and don't smoke.

EAT WELL

You should still be able to enjoy a wide range of food. Having diabetes means it's more important than ever to have a balanced diet. It's a good idea to get some expert advice about exactly what the right food is for you, so ask your doctor or practice nurse about seeing a dietitian.

You can get more information about eating well on our website. Visit www.diabetes.org.uk/HealthyLifestyle.

KEEP ACTIVE

It's good for everyone to keep physically active, but especially if you have diabetes. Most people should try to do 30 minutes of moderate exercise five times a week. Ask your doctor or practice nurse about ways to keep active that are right for you.

You can get more information about keeping active in the Healthy lifestyles section of our website – see above.

DON'T SMOKE

Smoking is bad for everyone. But if you smoke when you have diabetes, you can also increase your resistance to insulin and reduce your control over your blood glucose levels. This can lead to serious health problems.

You can get help to give up smoking from www.smokefree.nhs.uk or call the NHS Smokefree helpline on **0800 022 4332**.

THE CARE YOU SHOULD RECEIVE

As well as looking after yourself, everyone with diabetes can get a range of free care services. Diabetes UK's **15 HEALTHCARE ESSENTIALS** describes the care and services you should have, such as:

Blood tests

Eye, kidney and weight checks

Help to stop smoking

Advice on getting specialist care

You can find out more at
www.diabetes.org.uk/15-essentials.

3 GET IN TOUCH WITH US

We're here to help you live well with diabetes. We give information and support to anyone affected by the condition, including families and carers.

Once you've spoken to us, we'll be able to send you useful and detailed information about your type of diabetes and how to manage it, along with tips and advice that are just right for you.

Just call our **Careline** on **0845 120 2960** or email careline@diabetes.org.uk.

You can also talk to one of our Careline counsellors about anything to do with diabetes. For example:

- your treatment
- your feelings and concerns
- your rights and benefits
- how to deal with work, college or school
- how to eat healthily and keep active.

TALK TO SOMEONE LIKE YOU

If you'd like to talk to someone who's in the same situation as you, we can put you in touch through our peer support scheme. Or you could join one of our volunteer groups – there are over 300 of them across the country so there should be one near you. To find out more, call **0845 123 2399**.

JOIN DIABETES UK

Many people affected by diabetes choose to become a member of Diabetes UK. We have 300,000 members who support our work and help us to care for, connect with and campaign on behalf of all people affected by and at risk of diabetes. To find out more about joining us, call **0845 123 2399**. You can also find us at:

 **@DiabetesUK**

 **facebook.com/DiabetesUK**

WE'RE HERE TO HELP

Please keep this card handy – in your purse or wallet. That way, you can always call us if you have a question or just want to talk something through.



Call our Careline on
0845 120 2960

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