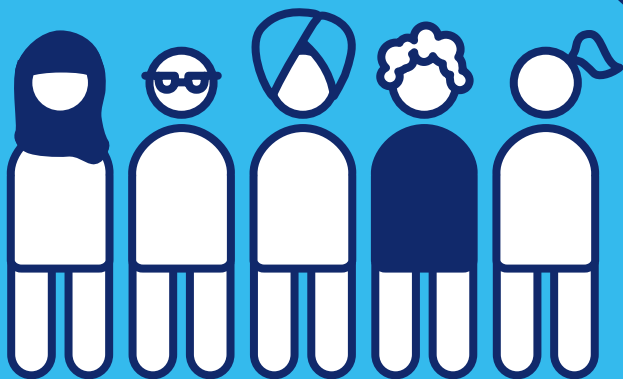


DIAGNOSED WITH DIABETES?



DiABETES UK
CARE. CONNECT. CAMPAIGN.



**4 MILLION PEOPLE
ARE LIVING WITH
DIABETES
IN THE UK**

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, support and advice to help you feel more confident about managing your condition. 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.

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 (sugar) 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, your blood sugar will remain high which can make you very ill.

Around 4 million people in the UK are living with diabetes. Another 6 million people are at high risk of developing Type 2 diabetes, and that number is rising every year. 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 nurse will tell you what type of diabetes you have. There are two main types of diabetes – Type 1 and Type 2, but there are a range of other types of diabetes.

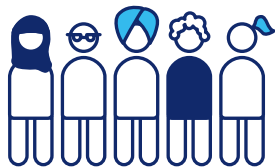
TYPE 1

About one 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 and it isn't currently preventable.

TYPE 2

Most people with diabetes have Type 2. This type usually starts later in life. It starts gradually and it can be years before you realise you have it. You might get Type 2 diabetes because your family history, age or ethnic background puts you at increased risk. You are also more likely to get Type 2 diabetes if you are overweight.

LOOK AFTER YOURSELF

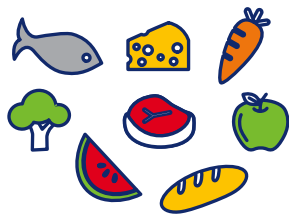


As well as following your treatment, it's important to think about your lifestyle. If you can live more healthily, you will improve your quality of life and help yourself to feel better. The main things you can do are eat well, keep active and give up smoking.

EAT WELL

Having diabetes means it's more important than ever to have a healthy diet, but you can still enjoy a wide range of food. It's important to get expert advice about exactly what the right food is for you, so ask your doctor or nurse about seeing a dietitian.

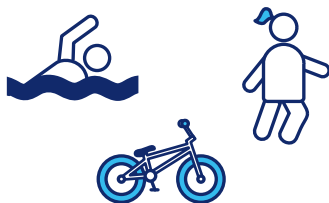
For helpful advice, recipe ideas and more information about eating well go to www.diabetes.org.uk/enjoyfood



KEEP ACTIVE

It's good for everyone to keep physically active, but especially if you have diabetes. Most adults should try to do at least 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 find more information about keeping active on our website at www.diabetes.org.uk



GIVE UP SMOKING

Smoking is bad for everyone. But if you smoke when you have diabetes, you can also increase your risk of diabetes complications, such as heart disease. Smoking can also lead to other serious health problems.

For help giving up smoking, go to www.nhs.co.uk/smokefree or call the NHS Smokefree helpline on **0800 022 4332**. In Scotland, go to www.canstopsmoking.com or call Smokeline on **0800 848 484**.



WE'RE HERE TO HELP

INFORMATION AND SUPPORT

Diabetes UK is here with the information and support you need to help you manage your diabetes well. There are lots of different ways we can help.

GO TO www.diabetes.org.uk
CALL **0345 123 2399***

Our website has information and practical tips about many aspects of living with diabetes from care and treatment to eating and living well and understanding your condition. You can also find out about support available in your area.

SPEAK TO OUR HELPLINE

Calls are answered by trained counsellors with extensive knowledge of diabetes, who can give you specialist information and practical advice on many aspects of living with diabetes including food, diet, driving and travel.

We're here to answer your questions, offer support, or just to chat when you need to speak to someone who knows about diabetes.

CALL **0345 123 2399***
Monday-Friday, 9am-7pm

EMAIL helpline@diabetes.org.uk

GUIDES TO DIABETES

Our practical guides include Your Guide to Type 1 Diabetes, A Parent's Guide to Type 1 Diabetes, Your Guide to Type 2 Diabetes, Gestational Diabetes, Enjoy Food and Know Your Labels. You can order these from our online shop free of charge at shop.diabetes.org.uk

They are also available by calling us or downloading them to your mobile-device (search for Diabetes UK Publications Lite in app stores).



SUPPORT FROM PEOPLE WITH DIABETES

For advice and support from thousands of other people living with diabetes join the Diabetes UK Support Forum, our online community where people living with any type of diabetes can share experiences, ask questions, and get information and advice on a huge range of topics.

GO TO forum.diabetes.org.uk

DIABETES UK
CARE. CONNECT. CAMPAIGN.

MANAGE YOUR DIABETES

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

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

For more information on Type 1, Type 2 diabetes and other types of diabetes, go to www.diabetes.org.uk

If you have Type 2 diabetes, you can also access our free step-by-step online guide to help you understand and manage your condition on a daily basis at www.type2diabetesandme.co.uk

JOIN DIABETES UK

Become a member of Diabetes UK and you'll receive many benefits, including our magazine and updates on the latest developments in diabetes treatment, care and research.

To find out more, go to
www.diabetes.org.uk/join
or call 0345 123 2399*

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. You can also find us at:



/diabetesuk



@DiabetesUK

DiABETES UK
CARE. CONNECT. CAMPAIGN.

*Calls may be recorded for quality and training purposes.

A charity registered in England and Wales (215199) and in Scotland (SC039136).
© Diabetes UK 2016 0090C 9885INT/0416