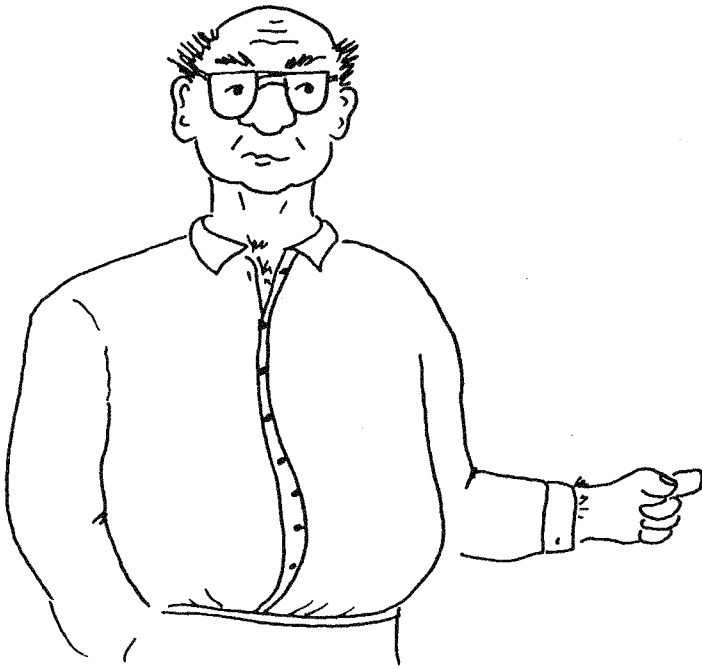


What to do when you have Type 2 diabetes?



What is diabetes?



People with diabetes get too much sugar in their blood.

Sometimes your body does not make enough insulin.

Sometimes your body can't use insulin properly.

Insulin helps you to use blood sugar. It helps you to be active.

Diabetes can happen to anyone.

You will always have diabetes, but the right treatment will help you to stay well.

Type 2 diabetes

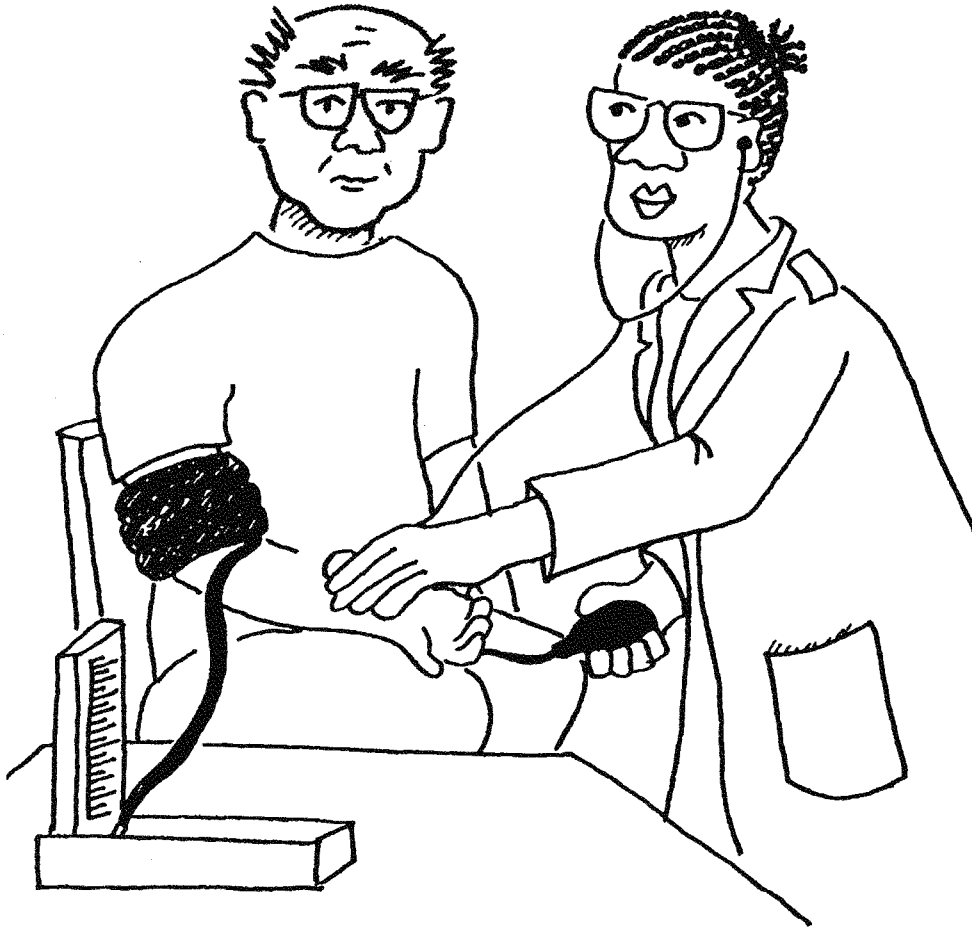
There are 2 kinds of diabetes – Type 1 and Type 2.

We have got Type 2 diabetes.



Type 2 diabetes usually starts in older people after the age of 40.

See a doctor



Go to a doctor.

Your doctor will give you a check-up.

See a nurse



The nurse will tell you what diabetes is.

See a dietitian



Talk to the dietitian at the clinic who knows about food and health.

They will help you to choose the right foods to eat.

Useful information



The clinic will tell you about Diabetes UK and how it can help you.

Will I feel better ?

Will my treatment
make me feel better?

Yes, but...



Sometimes you may feel unwell.

This could be because your blood sugar is high.

What is blood sugar?



Blood sugar is found in your blood. Everyone has this.

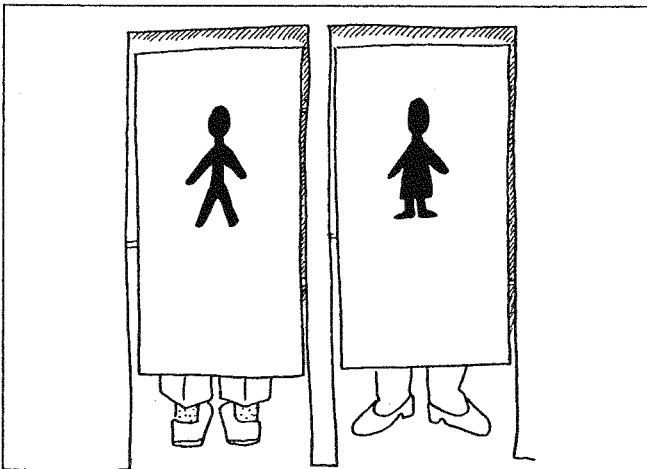
Your body makes blood sugar when you eat bread, potatoes and sweet things like biscuits.

High blood sugar

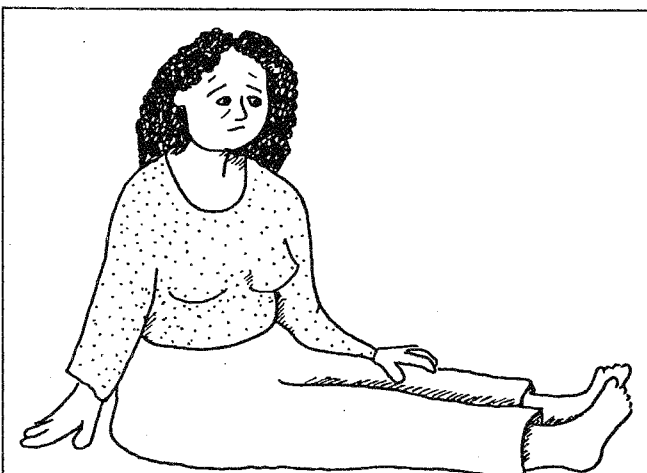
How do you know if your blood sugar is high?



You may feel very thirsty.

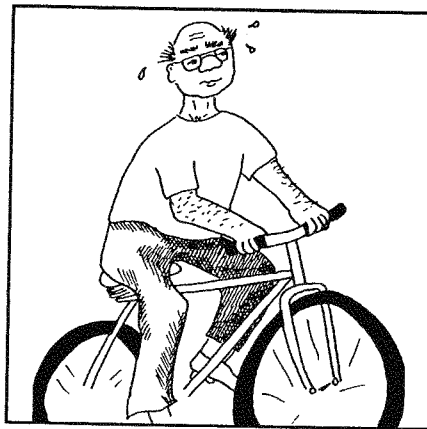
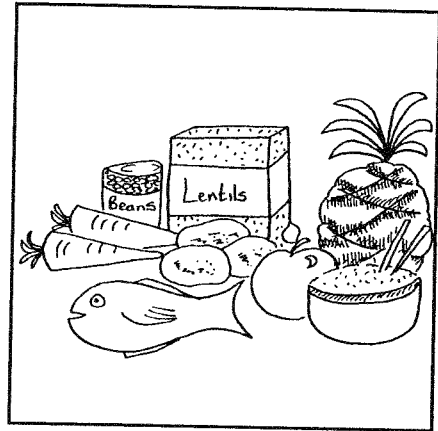
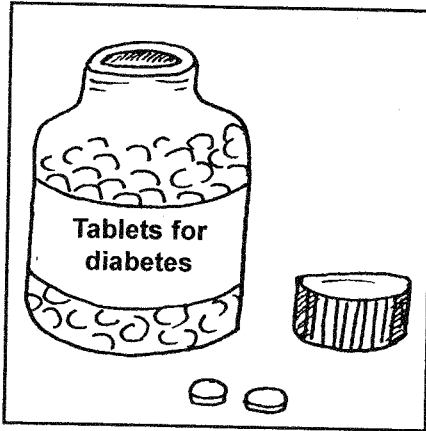


You may go to the loo a lot.



You may feel more tired than usual.

What should I do?

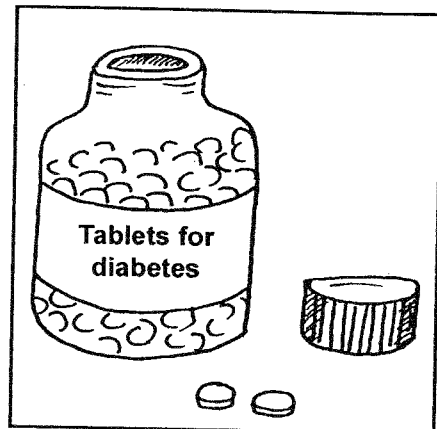


Make sure you take the right treatment, food and exercise.

If you still feel unwell, you must see your doctor or nurse.

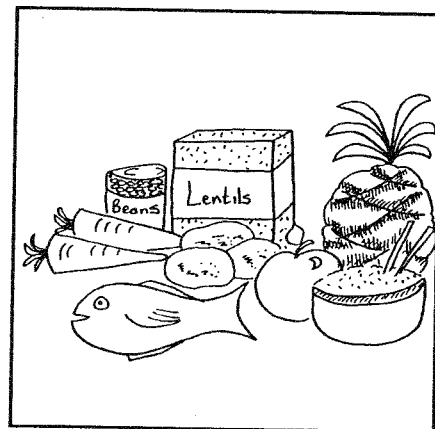
Your treatment

As your body does not make enough insulin or does not use it properly, you may need to take tablets.

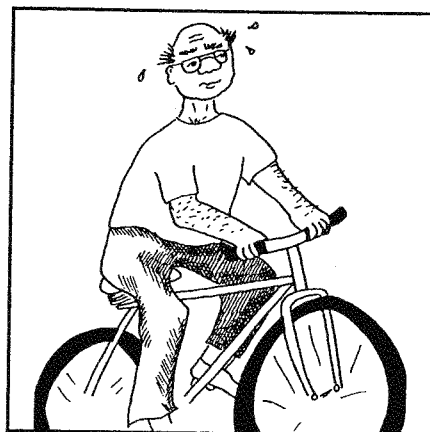


Sometimes you may need insulin injections.

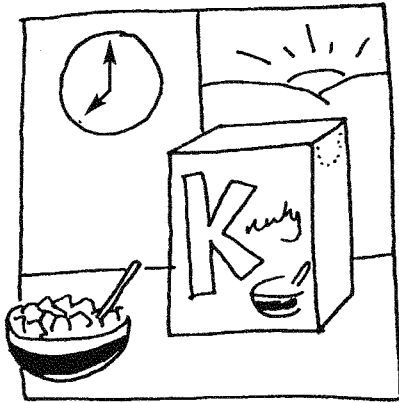
You need to eat a healthy diet.



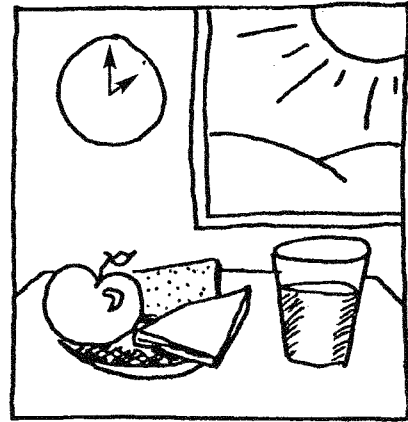
You need to exercise.



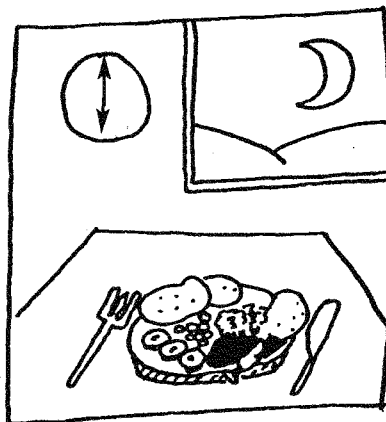
Eat regular meals



breakfast



lunch



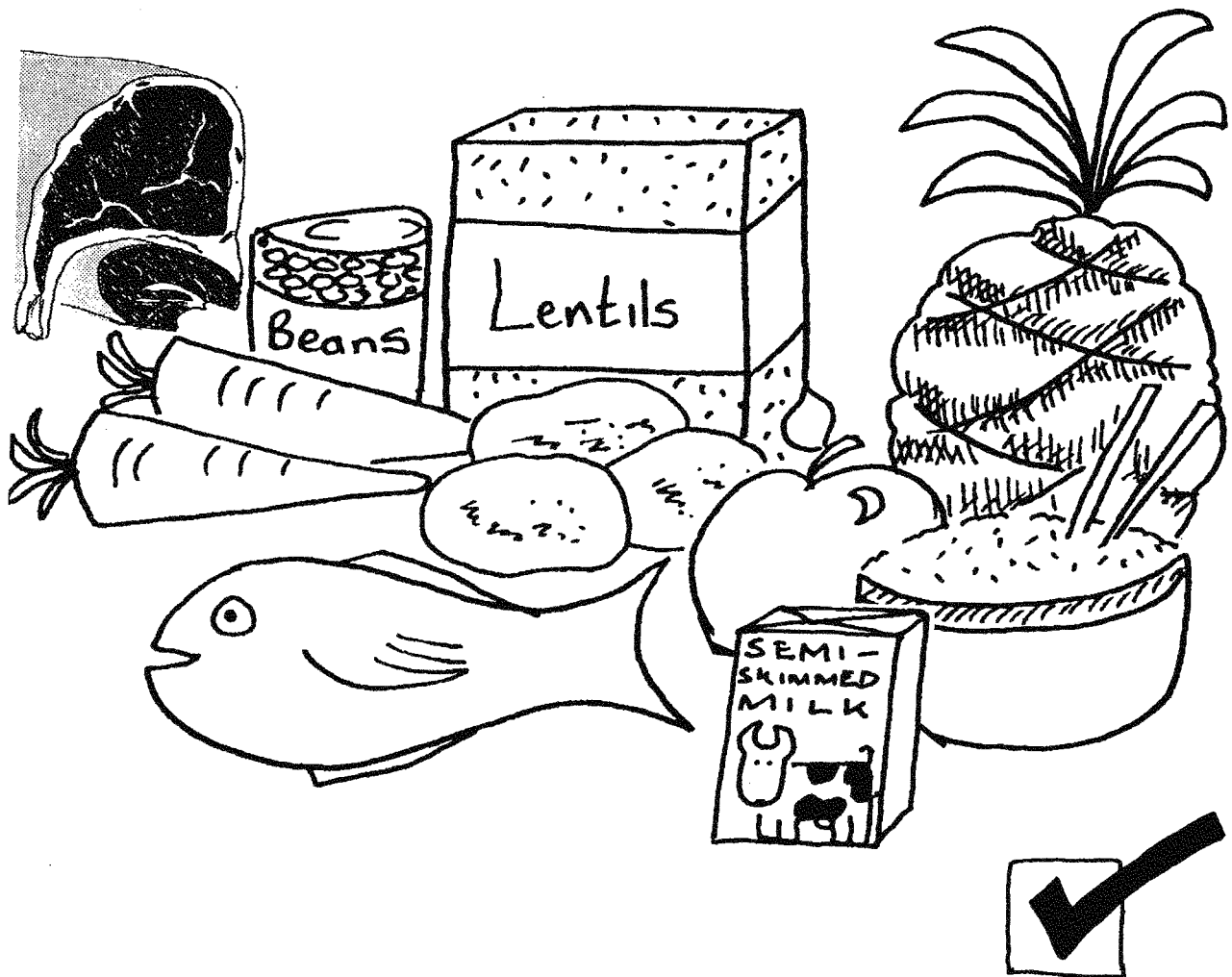
dinner

Don't miss meals.

Eat plenty of foods, like cereals, bread, pasta, rice and potatoes.

They will help your body to stay healthy.

Choose the right foods



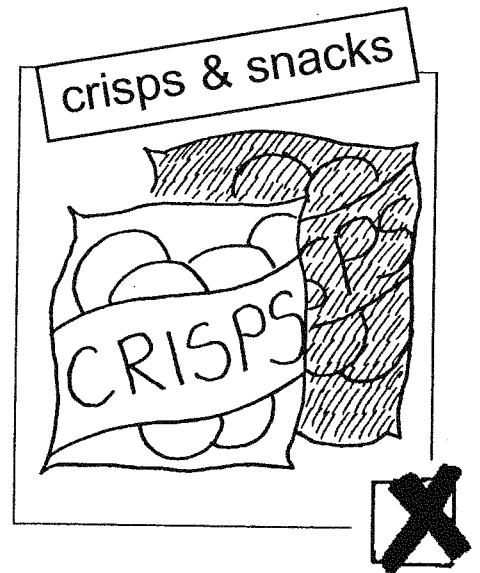
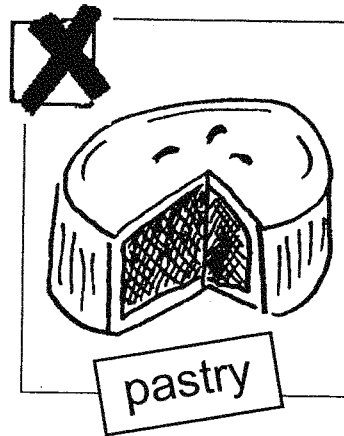
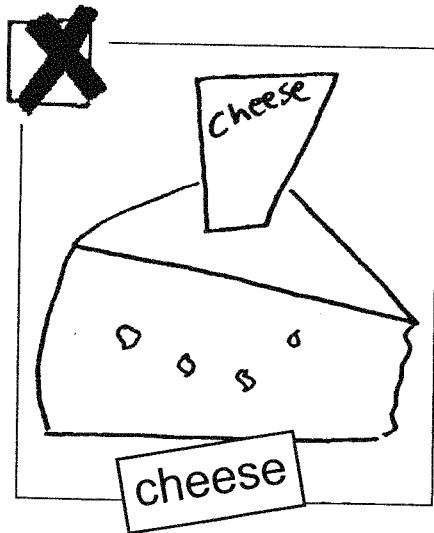
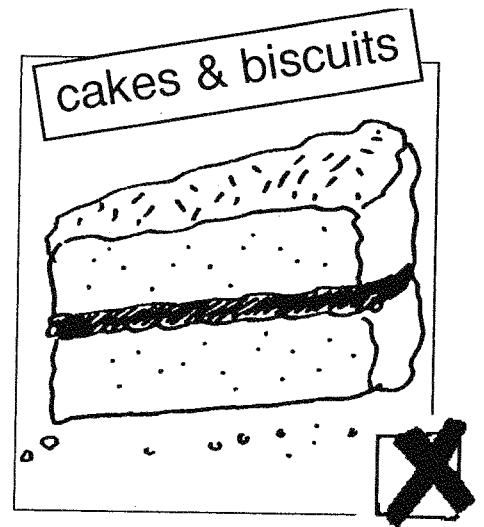
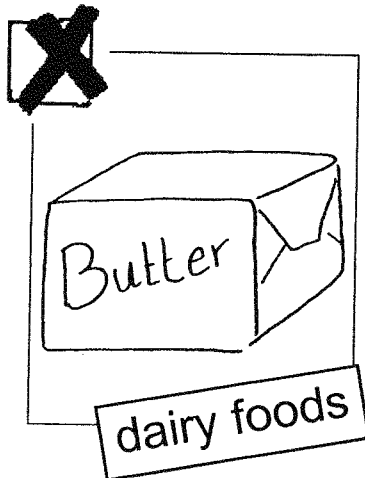
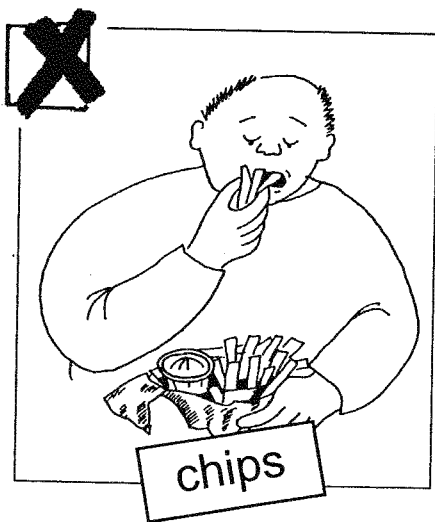
Choose good healthy foods.

Eat fruit and vegetables, beans and lentils, meat, fish and dairy products.

Be careful with these foods

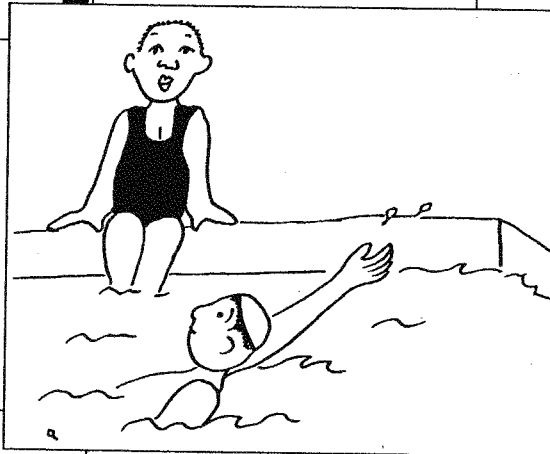
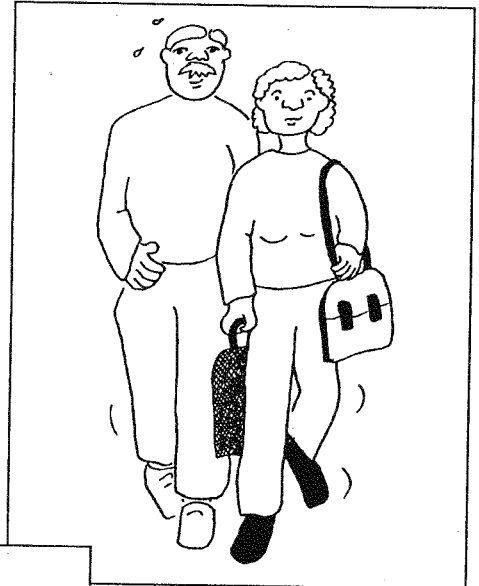
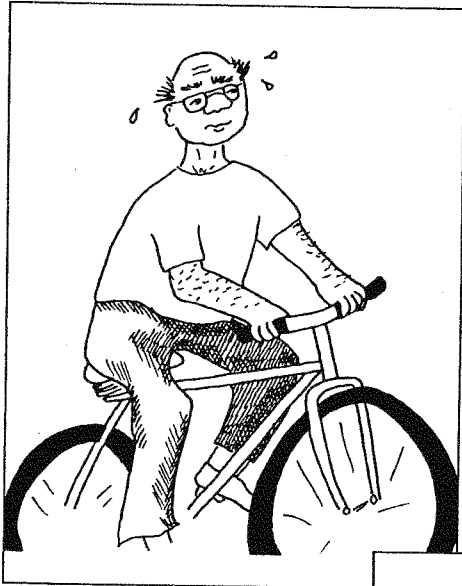
Some foods have a lot of fat in them.

Don't eat too much.

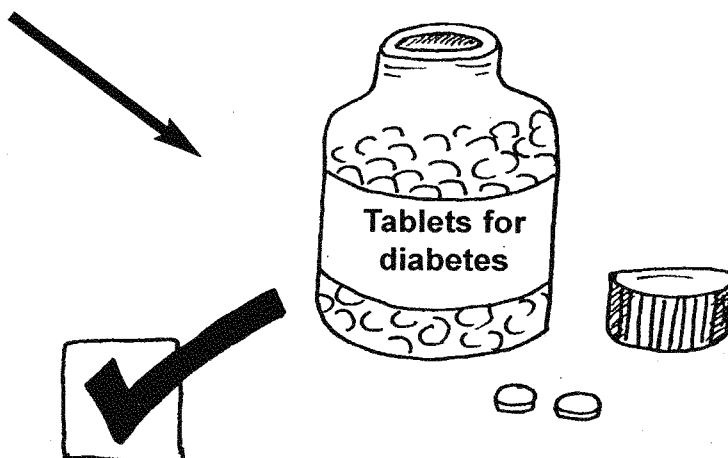
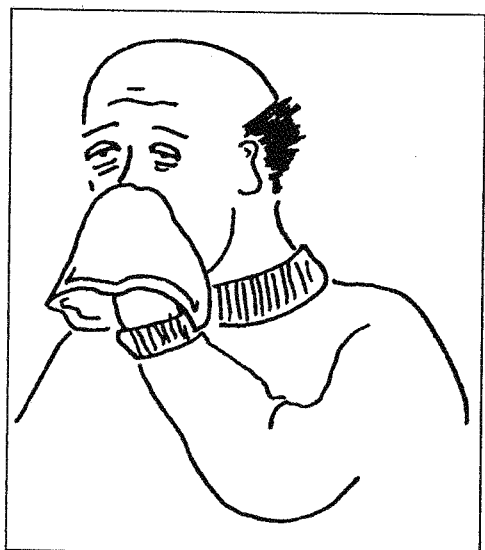


Choose low-fat foods.

Exercise is good for you



When you are ill



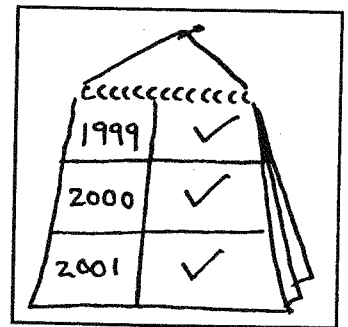
If you are ill or have a cold, you must still need to take your tablets for diabetes.

This is very important.

Check-ups

It is important to have regular check ups.

You should see your doctor at least once every year for a full check up.



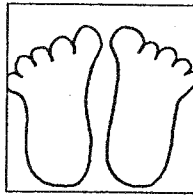
1999	✓
2000	✓
2001	✓



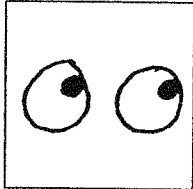
You can tell the doctor if you have any problems with your diabetes.

Check-ups

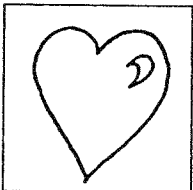
The doctor or nurse will check:



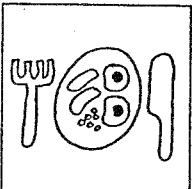
your feet



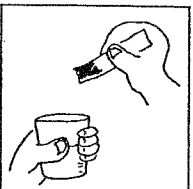
your eyes



your heart



your diet



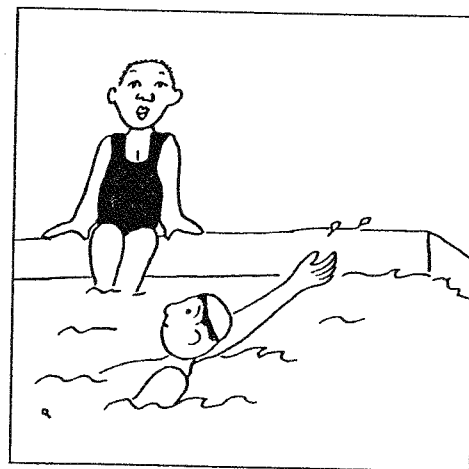
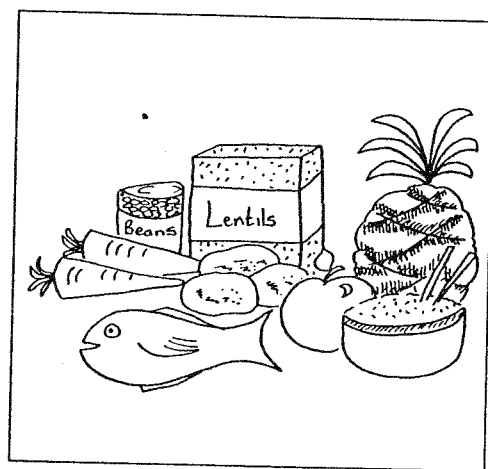
they may check your
wee or your blood



blood pressure.

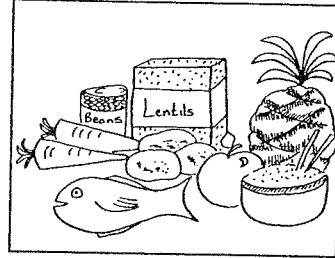
Remember

It is very important to follow the treatment you are given properly.



Remember

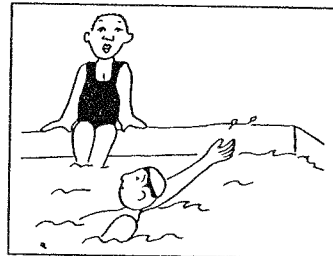
Eat the right foods.



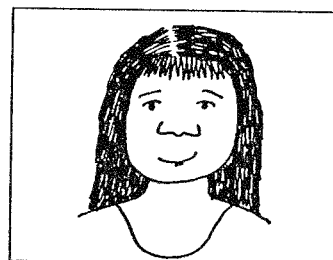
Take your medicine at the right times.



Take some exercise to stay fit.



If you do all of this you will feel well.



If you are worried about any of this, talk to your doctor or nurse.

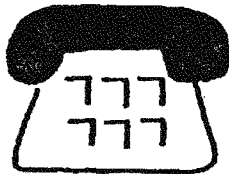


More information

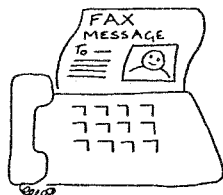
For more information contact:



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10 Queen Anne Street
London W1G 9LH



Tel Diabetes UK Careline 020 7636 6112



Fax 020 7462 2732



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Diabetes UK

The charity for people with diabetes

Registered charity number 215199

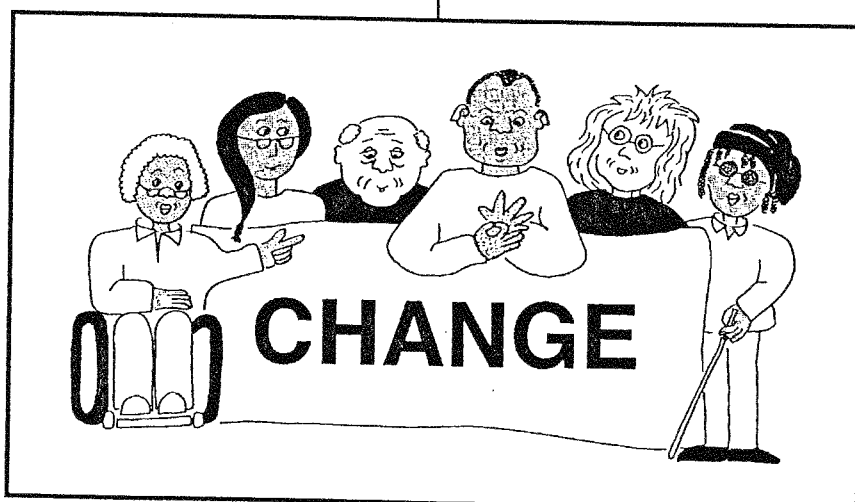
with help from **CHANGE**, a national organisation run by Disabled People working with people with learning disabilities, especially people with learning disabilities who are blind or deaf.

Consultants: Paul Adeline and Andrew Gayle

Tel 020 7490 2668 Fax 020 7490 3581

Registered charity number 106757

Limited company number 3468738





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