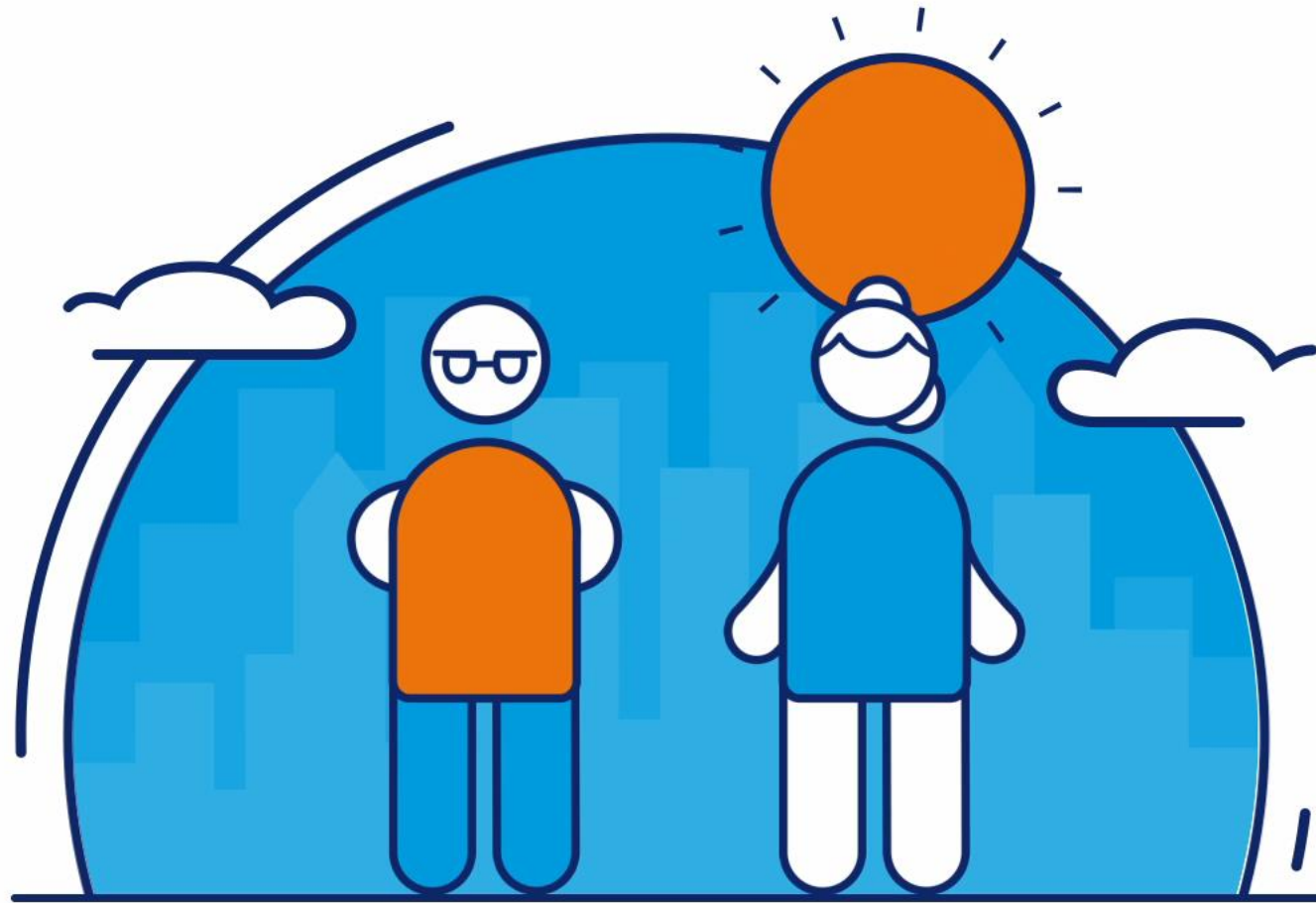


ALL ABOUT DIABETES

TODAY WE WILL BE TALKING ABOUT:

- What diabetes is
- The signs, symptoms and complications of diabetes
- The impact of living with diabetes
- Who Diabetes UK are and what we do

WHAT IS DIABETES?



TWO MOST PREVALENT TYPES OF DIABETES

Type 1 and Type 2

In **Type 1 diabetes**, there is no key (insulin) to unlock the door to the cells.

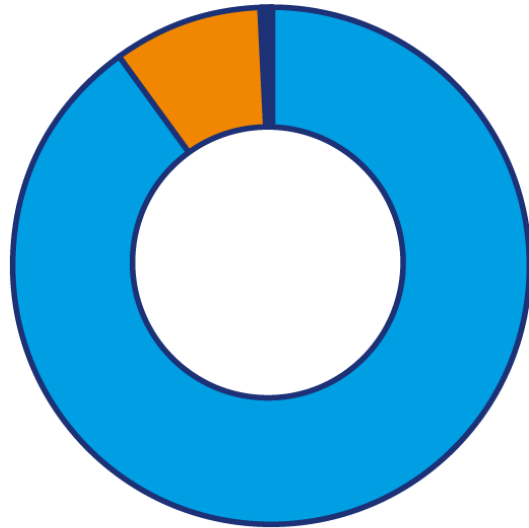


In **Type 2 diabetes**, the key (insulin) is unable to unlock the door properly or the lock doesn't work properly.



TWO MOST PREVALENT TYPES OF DIABETES

Type 1 and Type 2



About **90%** of people with diabetes have **Type 2**.

About **8%** of people with diabetes have **Type 1**.

About **2%** of people have **rarer types** of diabetes.

CHARACTERISTICS OF DIABETES

	Type 1 diabetes	Type 2 diabetes
Risk Factors	Genetics play a small part	Age, family history, ethnicity, over-weight/large waist, high blood pressure
Insulin	No insulin made	Not enough insulin or insulin doesn't work properly
Age	More common below 40	More common above 40 (earlier in people of Black and South Asian origin)
Onset	Quick	Slow
Treatment	Insulin (either by pump or injections) + diet and physical activity	Diet and physical activity +/- medication, which may include insulin
Genetic link	Mother – 2-4% Father – 6-9% Both parents – 30% Sibling – 10% Identical twin 30-70%	People with diabetes in the family are two to six times more likely to have diabetes than people without diabetes in the family.

WHAT CAUSES TYPE 1 DIABETES?

- Mostly unknown
- It could be the result of a viral or other infection
- It can be genetic



TYPE 2

DIABETES RISK FACTORS

↑ 40

Your risk increases with age. You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.

x2 x6

You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with diabetes.

TYPE 2

Type 2 diabetes is two to four times more likely in people of South Asian descent and African-Caribbean or Black African descent.



You're more at risk if you've ever had high blood pressure.



You're more at risk of type 2 diabetes if you're carrying extra weight, especially if this weight is around your middle.

Other risk factors include, smoking status, history of diabetes during pregnancy, polycystic ovary syndrome, mental health conditions, disturbed sleep, alcohol intake and lack of activity in someone's lifestyle.

Type 2 diabetes

REMISSION



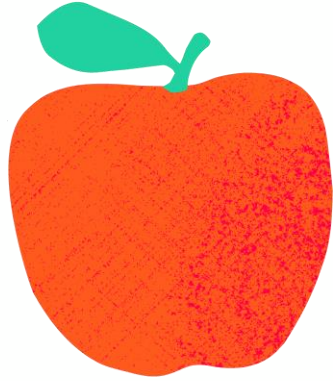
DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes remission in people with type 2 diabetes means that your blood sugar levels are healthy without needing to take any diabetes medication

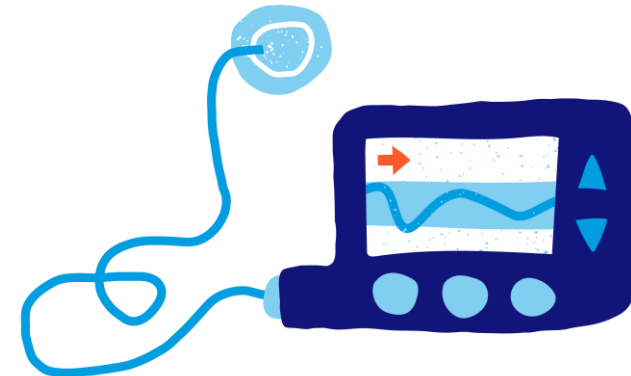
- We use the term remission because your diabetes can come back
- It's a new idea and more research is needed to fully understand it
- Currently the strongest evidence suggests diabetes is mainly put into remission by weight loss
- Remission is not a one-off event. It needs to be maintained and diabetes can come back
- This means you still need regular health checks even when you are in remission

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Treatments



Everyone is different, so treatment will vary depending on your own individual needs.



COMMON SYMPTOMS OF DIABETES

Feeling more tired than usual

Going to the toilet a lot, especially at night

Being really thirsty

Genital itching or thrush

Losing weight without trying to

Blurred eyesight

Cuts & wounds take longer to heal

WHAT CAUSES THE SYMPTOMS?

These symptoms occur because some or all the glucose stays in the blood and isn't being used as fuel for energy.

The body tries to reduce **blood glucose levels** by flushing the excess glucose out of the body in the urine.

High levels of glucose being passed in the urine are a perfect breeding ground for the fungal infection which causes thrush.

BUT...

not everyone gets symptoms. In fact, **6 out of 10 people** have no symptoms when they're diagnosed with type 2 diabetes.

DIABETIC KETOACIDOSIS (DKA)

Diabetic ketoacidosis (DKA) is a serious condition that affects people with type 1 diabetes, and occasionally those with type 2 diabetes.

WHAT IS DKA?

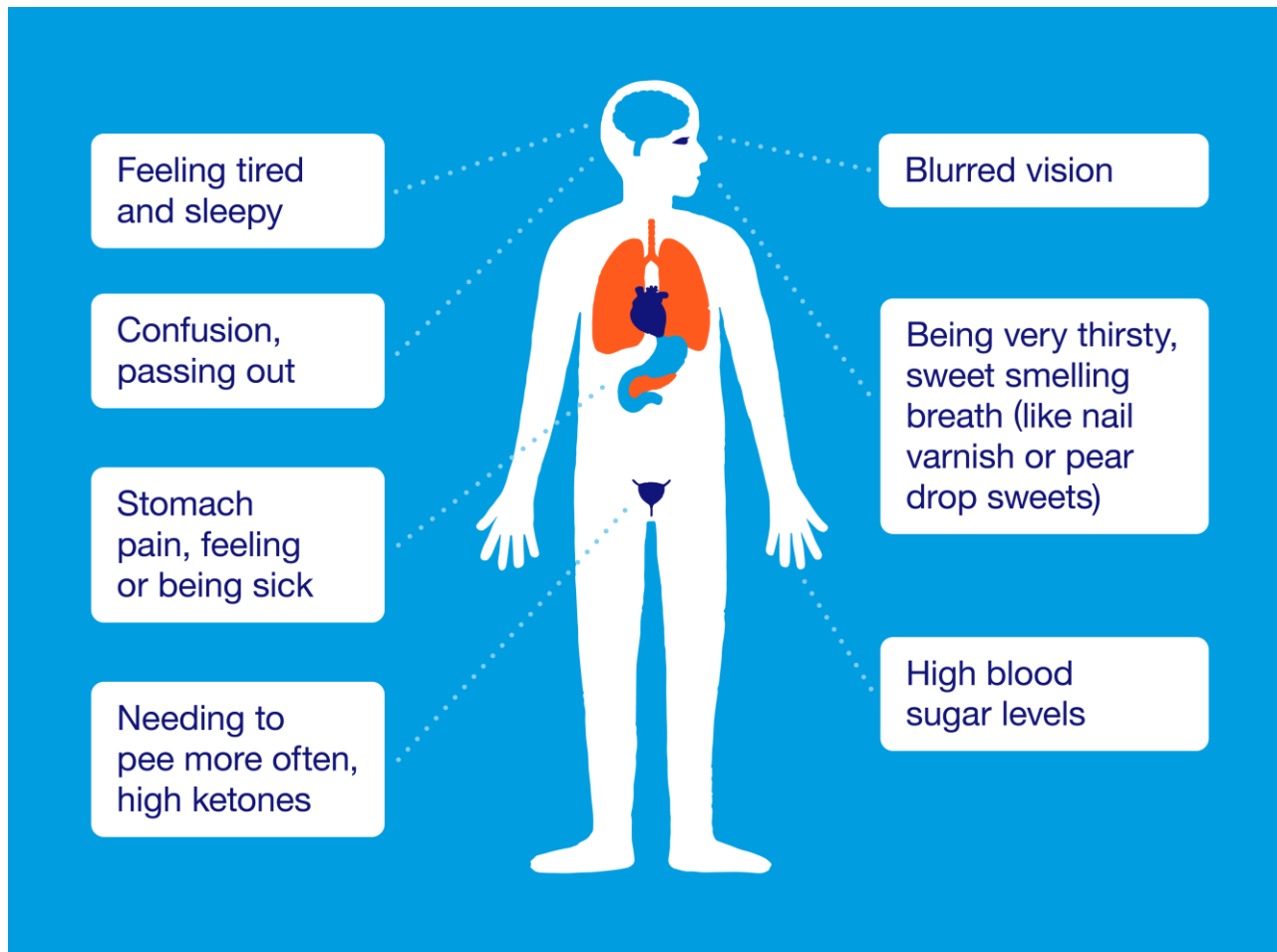
DKA happens when there is severe lack of insulin in the body.

This means the body can't use sugar for energy and starts to use fat instead. When this happens, chemicals called ketones are released.

If left unchecked, ketones can build up and make your blood become acidic – hence the name acidosis.

SIGNS OF DKA

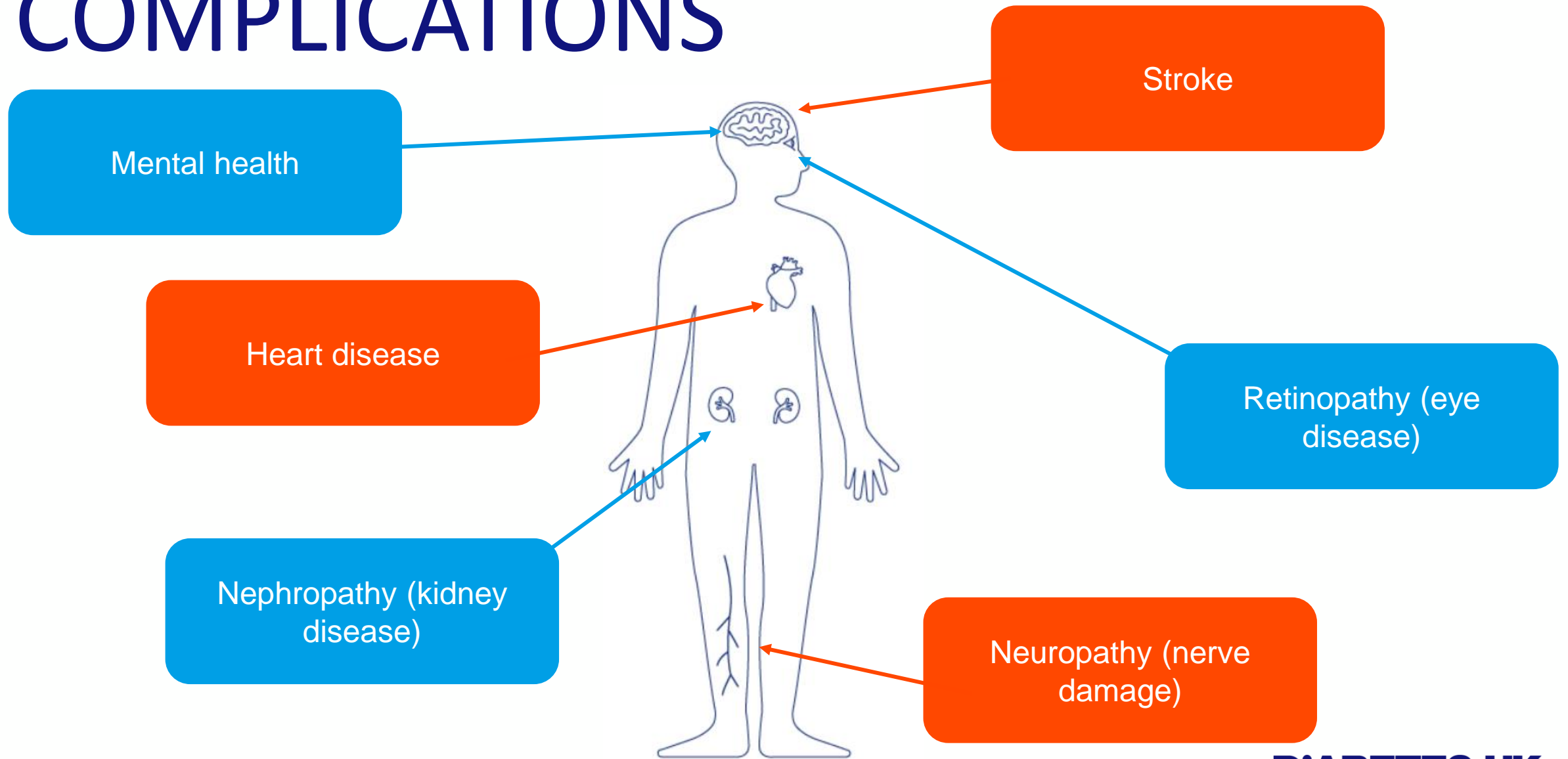
DKA is serious if it is not treated fast so these are some of the warning signs to look out for. Share this information with friends, relatives or anyone who looks after children, like teachers and childminders. This is so that they will be able to spot the symptoms of DKA, too.



The early signs of DKA can often be treated with extra insulin and fluids if it is picked up quickly...

But if it isn't, DKA needs hospital treatment and can be life-threatening

COMPLICATIONS



HYPOS & HYPERS

What is a hypo?

- The full name for a hypo is hypoglycaemia
- It's when blood glucose (also called blood sugar) level is too low
- A hypo can happen quickly

What is a hyper?

- The full name for a hyper is hyperglycaemia
- It's when blood glucose (also called blood sugar) level is too high

What does a hypo feel like?



HYPOS- WHY DO THEY HAPPEN?

We don't always know why hypos happen, but some things make them more likely. These include:

- missing or delaying a meal or snack
- not having enough carbohydrate at last meal
- doing a lot of exercise without having extra carbohydrate or without reducing insulin dose (if someone takes insulin)
- taking more insulin (or certain diabetes medication) than needed
- drinking alcohol on an empty stomach

HYPERS - THE SYMPTOMS

Feeling tired



Going to the toilet more, especially at night



Feeling thirsty



Headache

HYPERS - WHY DO THEY HAPPEN?

Someone may:

- have missed a dose of medication
- have eaten more carbohydrate than their body and/or medication can cope with
- be stressed
- be unwell from an infection
- have over-treated a hypo.

LIVING WITH DIABETES-

Support for People Living with Diabetes

Living with diabetes can be tough. It can feel relentless. Lots of people struggle from time to time. Diabetes UK has a number of resources to which you can signpost people with diabetes for help getting through the tough days or finding answers to tricky questions.



Diabetes UK Helpline

Call or email our specially trained counsellors to get advice and support from Monday to Friday 9am to 6pm.

0345 123 2399 or email helpline@diabetes.org.uk



Diabetes UK Support Forum

Log on 24/7 to find help, tips and a friendly welcome from other people living with diabetes.

www.diabetes.org.uk/forum

Diabetes and emotional health



Diabetes UK Local Groups

Join a local group and meet other people who understand what you're going through because they've been through it too.

www.diabetes.org.uk/local-group-portal



Learning Zone

Join our free online Learning Zone and get to grips with your diabetes when it suits you.

www.diabetes.org.uk/learningzone

We have provided new webpages and content on our Learning Zone to provide lots of information about how diabetes can affect emotional wellbeing, and what can help:

www.diabetes.org.uk/guide-to-diabetes/emotions

LIVING WITH DIABETES-

Thousands of people affected by diabetes have told us that when they're struggling, the support they need is missing.

Diabetes and emotional health



7/10

people have felt overwhelmed by the demands of living with diabetes.



3/4

of people living with diabetes who wanted specialist mental health support couldn't access it.

30%

Only 30% of GPs felt there is enough emotional and psychological support for people living with diabetes.



2x

People with diabetes are twice as likely to experience depression.



LIVING WITH DIABETES-

What can people living with diabetes eat?

Diet and diabetes can be complex and there is no one simple way for eating that applies to everyone with diabetes or trying to prevent Type 2 diabetes.

People with Type 1 diabetes usually concentrate more on carb counting, and many people with Type 2 diabetes may need to lose weight. For those trying to reduce their risk of Type 2 diabetes, weight loss, if you are overweight, is also the priority. **Whatever the priority, here are some healthy eating tips that can be helpful for most people.**

- Fruit and vegetables
- Wholegrains
- Beans and pulses
- Unsalted nuts and seeds
- Oily fish
- Avocados
- Olive, sunflower and rapeseed oils and spreads
- Some dairy

- Red and processed meat
- Refined carbs – white bread
- Sugary drinks
- Sugary foods
- Butter, lard and ghee



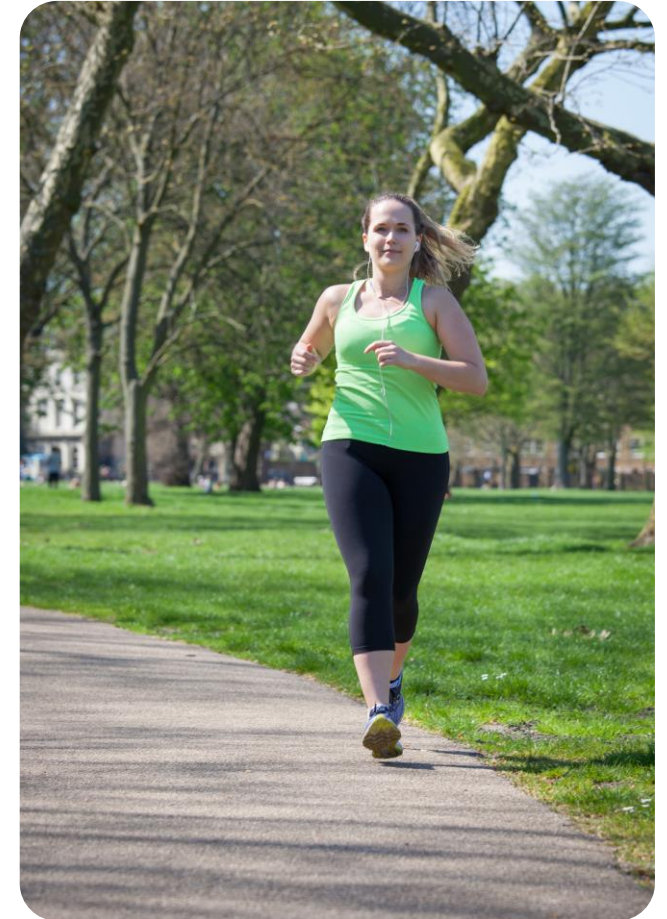
LIVING WITH DIABETES-

What exercise can people living with diabetes do?

Exercise helps blood sugar control. People with diabetes are encouraged to exercise regularly for better blood sugar control and to reduce the risk of cardiovascular diseases. The reason for this is that muscles which are working use more glucose than those that are resting. Muscle movement leads to greater sugar uptake by muscle cells and lower blood sugar levels.

Recommendations:

- 30 minutes of moderate exercise
- 5 or more days per week
- You can break it up. Can be done in chunks... e.g. 10 min walk to work, 15 min playing football with kids/grandkids, 5 min walk to the shop = 30 minutes.



WHY IS DIABETES SO SERIOUS?

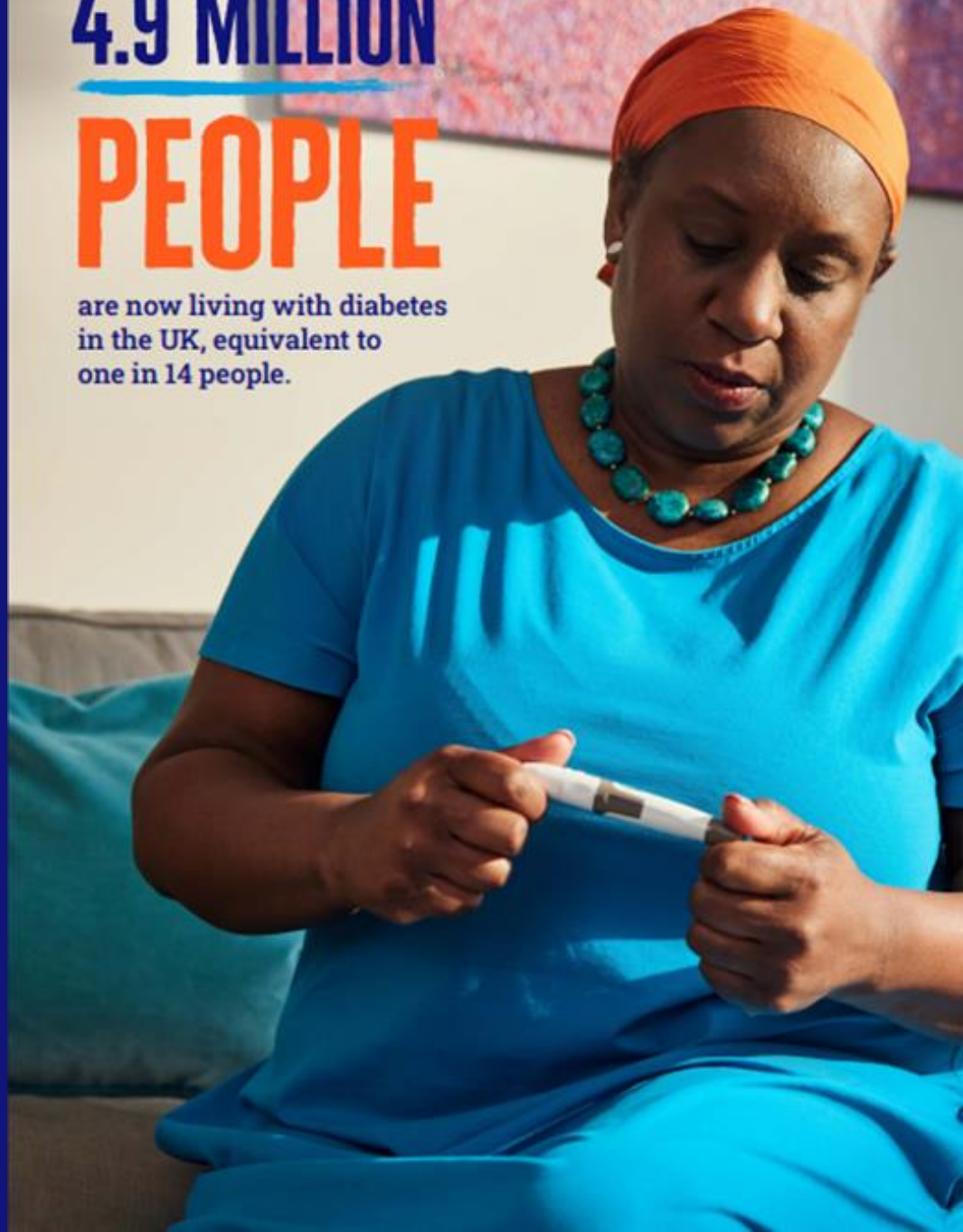
OVER 1 MILLION

people are now living
with diabetes in the
North of England alone.

4.9 MILLION

PEOPLE

are now living with diabetes
in the UK, equivalent to
one in 14 people.





Every week diabetes leads to:

190 AMPUTATIONS

770 STROKES

590 HEART ATTACKS

230 HEART FAILURE CASES

Between March 2020 to January 2021 diabetes caused an excess

2,696 DEATHS

and was the

THIRD HIGHEST

cause of excess death in this period*

*Excluding deaths from covid-19



But people don't think it's serious

Only **30%** of people believe diabetes is a serious health condition





Around
80%
of amputations
can be avoided

WHO ARE DIABETES UK?

About us

We are Diabetes UK. Our vision is a world where diabetes can do no harm.

We're leading the fight against the UK's biggest and growing health crisis. And it's a fight that involves us all – sharing knowledge and taking on diabetes together.



What we do

As the UK's leading diabetes charity, it's our job to tackle the diabetes crisis. We're here to prevent Type 2 diabetes, campaign for and support everyone affected by diabetes, and fund research that will one day lead us to a cure.



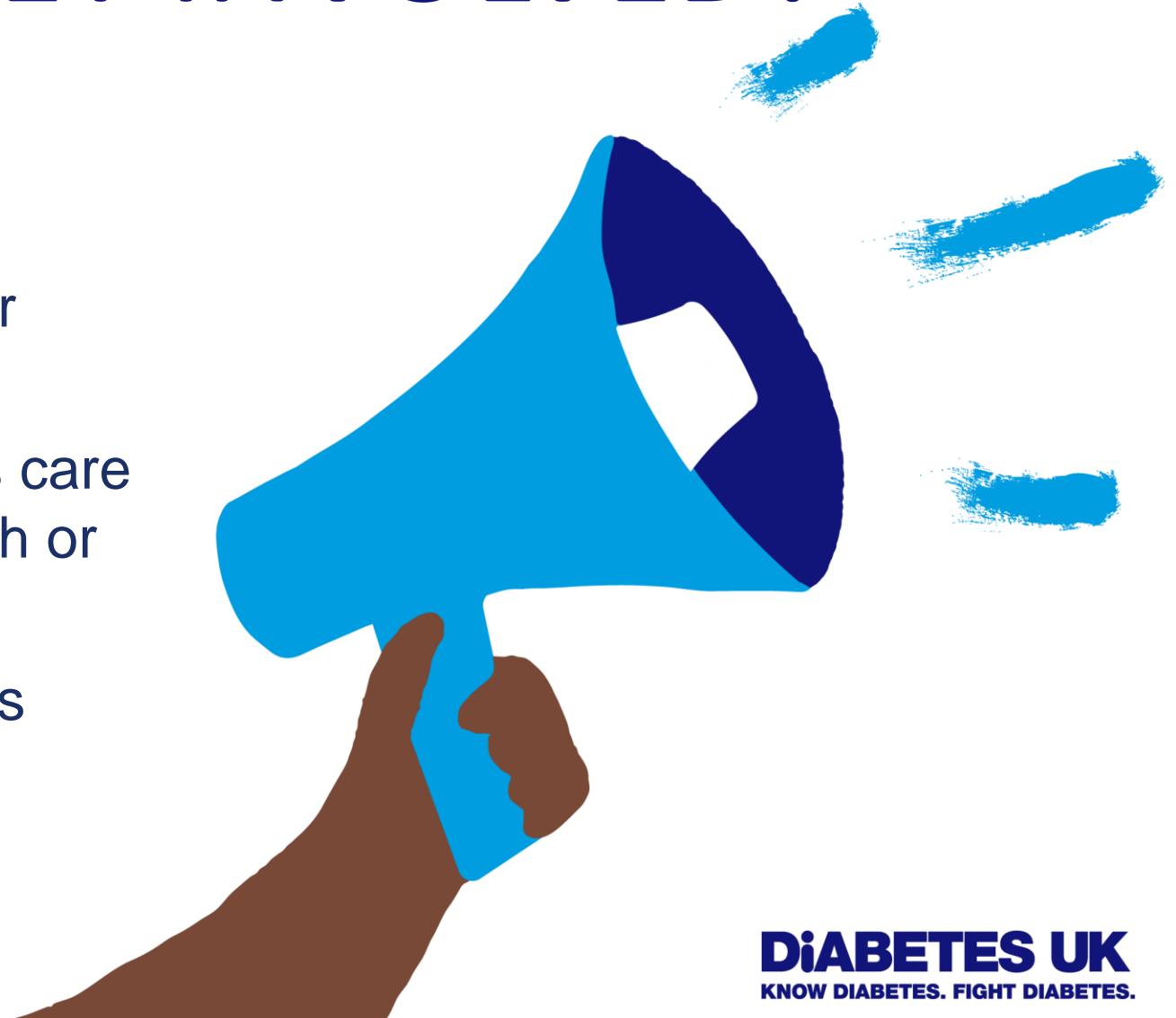
HOW DIABETES UK HELPS

- **Information** – publications, website, online learning zone, helpline service
- **Support** – children's holidays, family weekends, online support forum, voluntary groups
- **Research** – funds research to find better treatments ultimately a cure for diabetes
- **Campaigning** – for better services of care, and to help prevent discrimination



HOW CAN YOU GET INVOLVED?

- Become a **volunteer** and help raise awareness of diabetes.
- **Fundraise** in your local community or take part in a challenge event
- **Campaign** to fight for better diabetes care alongside Diabetes UK and those with or at risk of diabetes.
- **Support** our work by busting diabetes myths when you hear/see them and remembering the symptoms and risk factors of type 2 diabetes.





www.diabetes.org.uk



Helpline@diabetes.org.uk



0345 123 2399



[@DiabetesUK](https://twitter.com/DiabetesUK)



[/diabetesuk](https://www.facebook.com/diabetesuk)

**THANK
YOU**



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.