

All about diabetes

THIS IS DIABETES

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

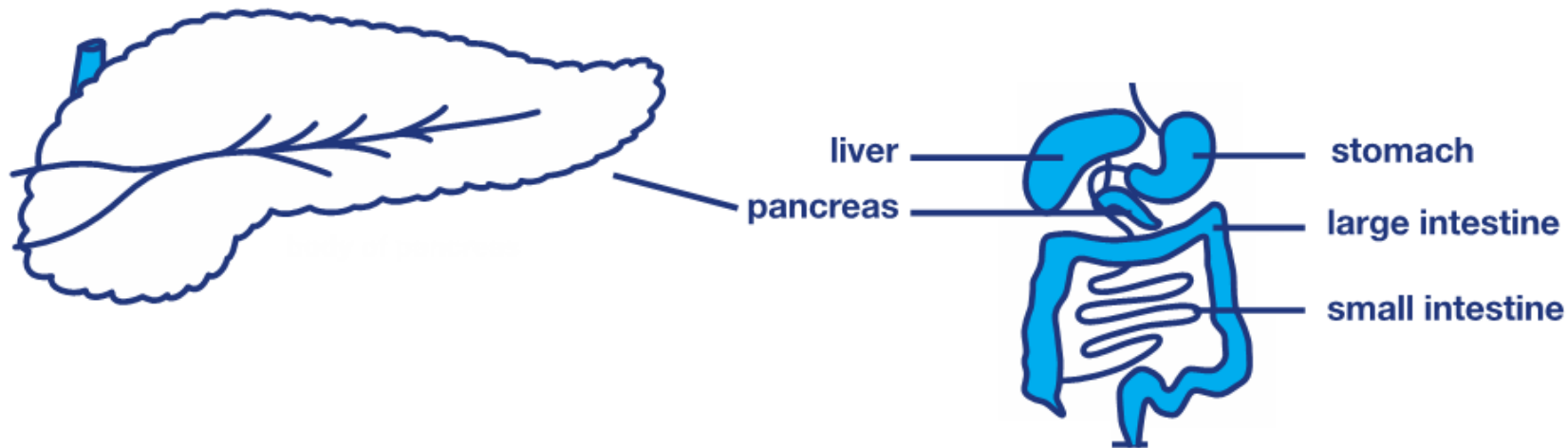
What is diabetes?

WHAT IS DIABETES?



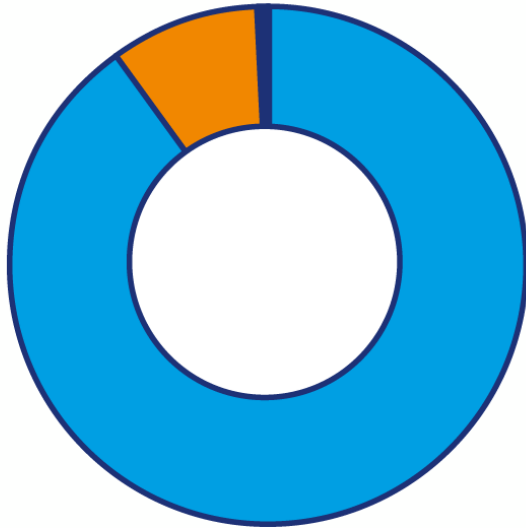
Diabetes is a condition where the amount of glucose (sugar) in the blood is too high because the body cannot use it properly.

In people with diabetes, the **pancreas** does not produce enough **insulin**, or the insulin it produces does not work properly.



Two most prevalent types

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.



Weeing
more often



Being
really thirsty



Wounds
slow to heal



Losing
weight



Feeling
tired



Blurred
eyesight



Genital
itching
and thrush

If you notice any symptoms,
contact your GP straight away.
For more information visit
diabetes.org.uk/symptom



Common symptoms

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.

What causes type 1?

TYPE 1

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



What are the risk factors for type 2 diabetes?

Type 2 diabetes risk factors

TYPE 2

↑ 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.

Know Your Risk of type 2 diabetes

<https://riskscore.diabetes.org.uk/start>

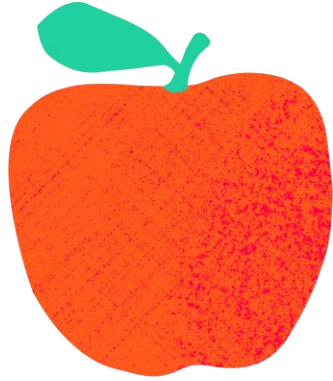
TYPE 2 DIABETES
KNOW YOUR RISK

Find out your risk of Type 2 diabetes

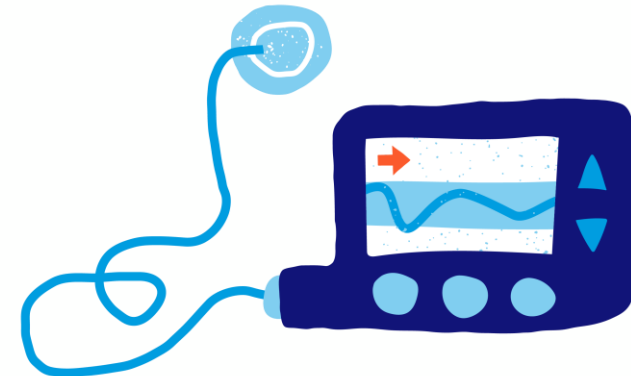
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What treatments
help to manage
diabetes?

Treatments

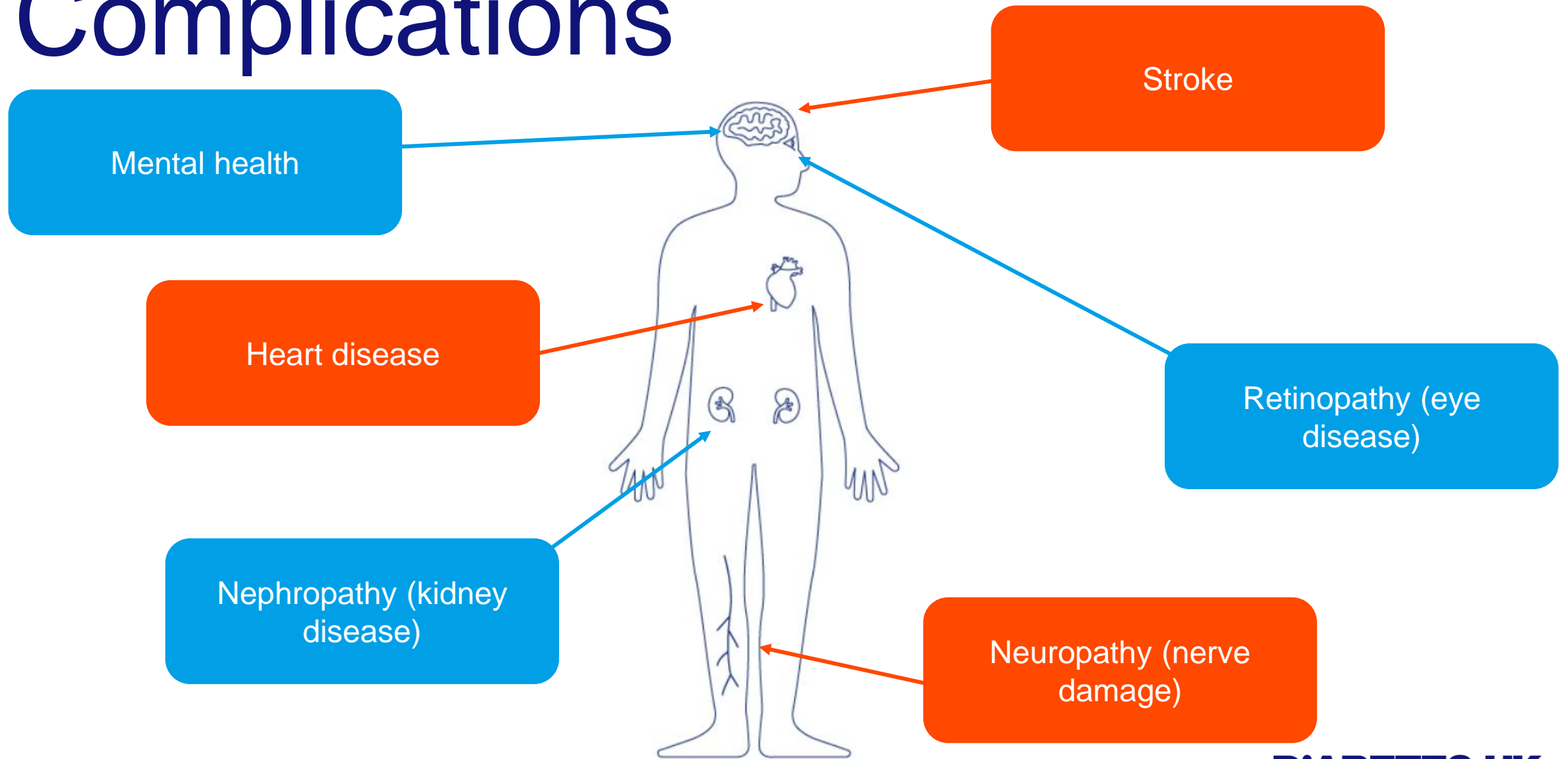


Everyone is different, so treatment will vary depending on your own individual needs.



What health complications can diabetes cause?

Complications



WHY IS DIABETES SO SERIOUS?

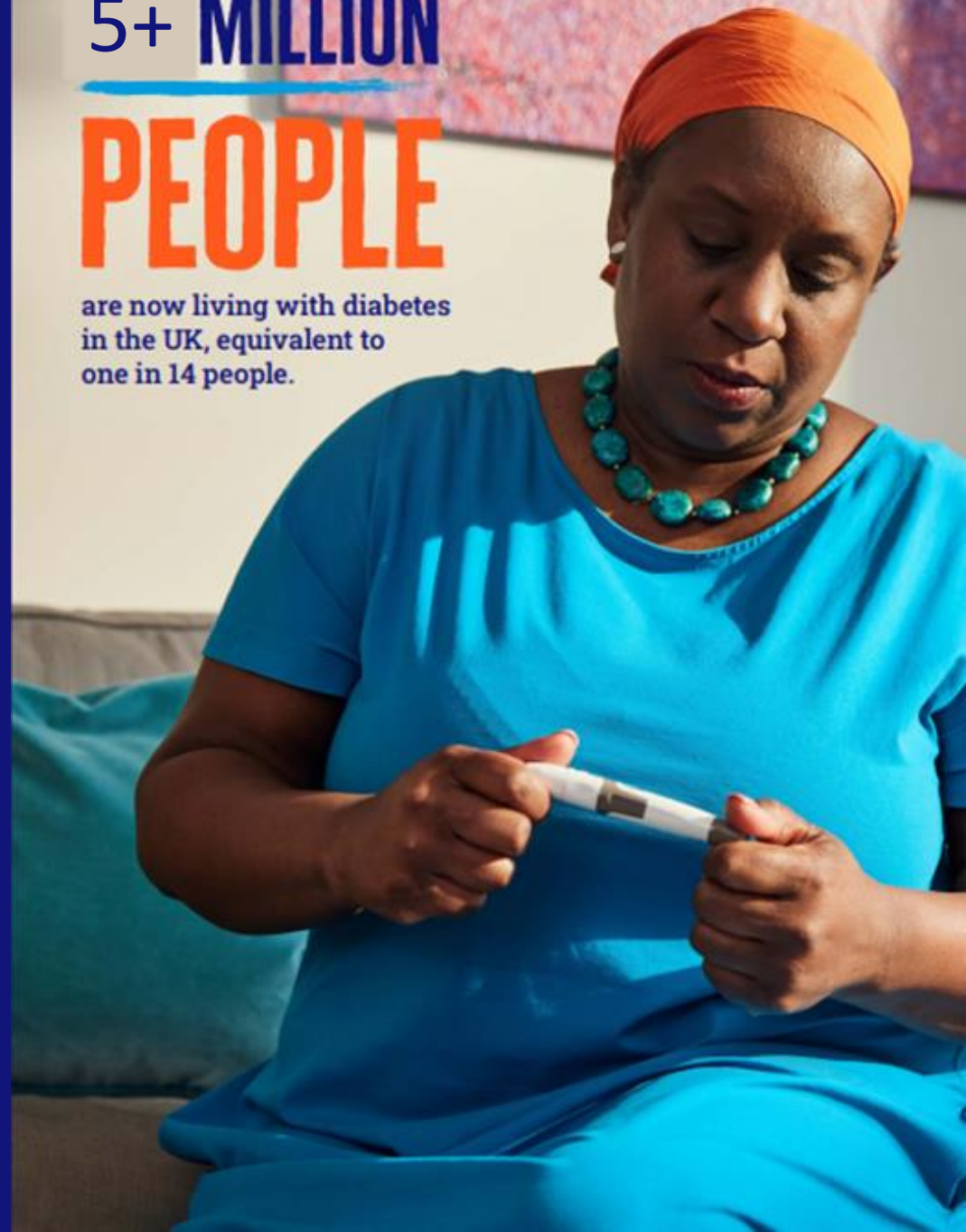
OVER 1 MILLION

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

5+ 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



Diabetes and emotional health

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



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.



Diabetes is serious but with the right treatment, care and support you can live a long healthy life with the condition....

How do I prevent or delay complications?

Around 80% of amputations can be avoided.

What can I do to prevent or delay complications?

- Good diabetes management
- Stop smoking
- Healthier food choices
- Keeping active
- Getting regular checks and appointments

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Type 2 diabetes

REMISSION



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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

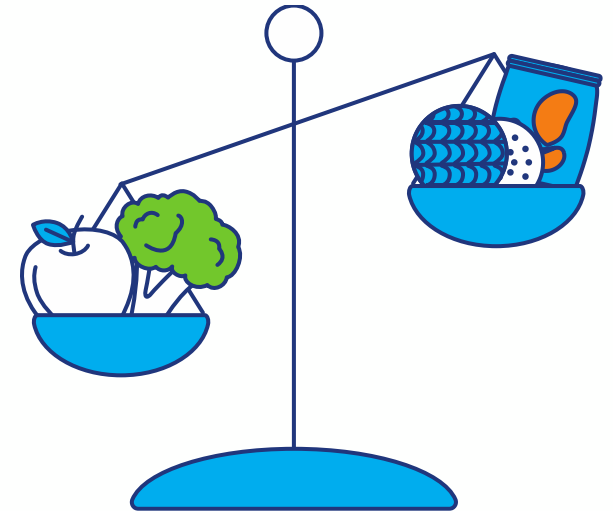
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eating WELL WITH DIABETES

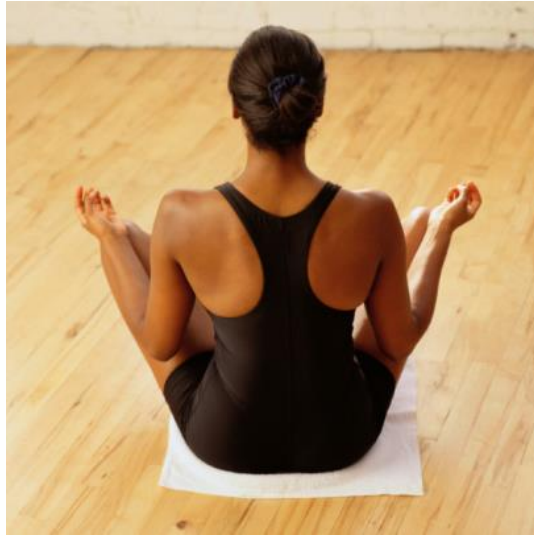
The important thing when living well is that you can still eat your favourite foods and eat the foods that you enjoy, the important thing is to eat in moderation, and make some small lifestyle changes to help you live better and healthier.

- ✓ 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



Moving more



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Benefits of being active with diabetes include

- helps the body use insulin better.
- helps you look after your blood pressure, because high blood pressure means you're more at risk of diabetes complications.
- helps to improve cholesterol (blood fats) to help protect against problems like heart disease.
- helps you lose weight if you need to and keep the weight off after you've lost it – there are so many more benefits to losing extra weight.
- helps your joints and flexibility.
- benefits your mind as well as your body – exercise releases endorphins, which you could think of as happy hormones. Being active is proven to reduce stress levels and improve low mood.
- gives you energy and helps you sleep.
- and for people with Type 2 diabetes, being active helps improve your HbA1c.

NHS courses and support

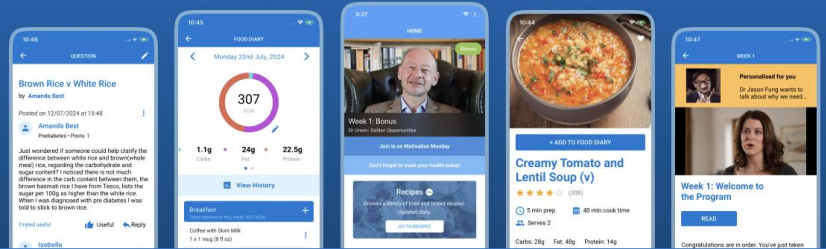
- Diabetes education course, such as:
 - DESMOND
 - X-PERT
 - DAFNE
- NHS National Prevention Programme
- Type 2 Diabetes Remission Pathway



Discount Code for Low Carb Eating Programme from DiabetesUK

Try it for a month for just £7.50 **50% OFF**

- ✓ Award-winning program
- ✓ NHS-approved education
- ✓ Expert masterclasses
- ✓ 3,000+ healthy recipes
- ✓ Easy-to-use app



Get the education, coaching, community and support to reach your weight loss and diabetes management goals.

Use the code TRYFOR7 to get a month's membership for just £7.50.

CREATE ACCOUNT →

What is the Low Carb Program?

Our NHS certified programme provides the education and support you need to reduce the amount of completely refined and processed foods in your diet.

Join our [Autumn Challenge](#) which started on Monday!

- ✓ 16-week weight loss programme featuring experts including Dr David Unwin and Dr Jason Fung
- ✓ Personalised library of over 2,000 recipes
- ✓ Food diary, weight and blood glucose tracking
- ✓ Meal plans with shopping lists for meat eaters, vegetarians and vegans
- ✓ Weekly group coaching, virtual meetups and low carb community

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

- **Support** – children's holidays, family weekends, youth programme type 1, online support forum, voluntary groups
- **Research** – funds research to find better treatments and ultimately a cure for diabetes: 3 projects currently funded in Manchester
- **Campaigning** – for better services of care and to help prevent discrimination, lobbying government for changes





SIGN-UP FOR OUR NEWSLETTER

JOIN OUR SOCIAL MEDIA



SHARE YOUR STORY

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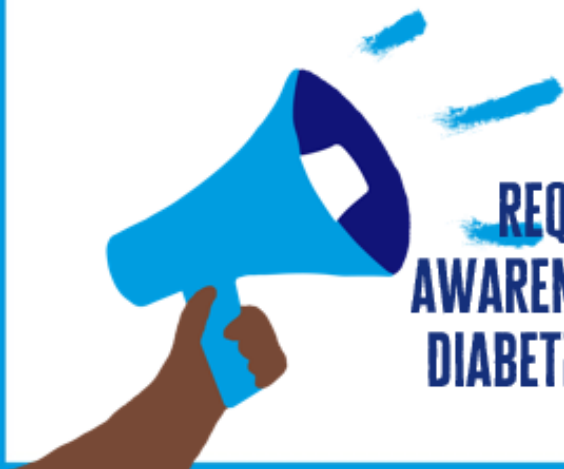


JOIN ONE OF OUR SUPPORT GROUPS

TOGETHER TYPE 1

YOUTH PROGRAMME

BECOME A VOLUNTEER



REQUEST AN AWARENESS TALK OR DIABETES TRAINING

CAMPAIGN OR FUNDRAISE TO MAKE A DIFFERENCE!



Local Support in Northumberland

Tyne Valley Peer Support: a friendly support group who usually meet every month at Hexham Hospital

Contact Jane White Tel: 07907 089029 or Email: Tynevalleygroup@gmail.com

Bedlington Community Group: Community group for people living with diabetes to share experience and find support. Meets at Bedlington East Community Centre, Station Street, Bedlington, Northumberland, NE22 7JN

Contact Bob Bruce Tel: 07904 355502 or Email: bob.bruce@btinternet.com



www.diabetes.org.uk



Helpline@diabetes.org.uk



0345 123 2399



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**THANK
YOU**



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