

Diabetes in Scotland



OVER
285,000
people in Scotland
are living with
diabetes

That's more than the number
of people living with cancer
and dementia combined

DiABETES
SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

What is diabetes?

Type 1

- About **10 per cent** of people with diabetes have Type 1.
- Type 1 diabetes is an autoimmune condition where the body attacks and destroys insulin-producing cells, meaning no insulin is produced. This causes glucose to quickly rise in the blood.
- Nobody knows exactly why this happens, but science tells us it's got nothing to do with diet or lifestyle.

Type 2

- About **90 per cent** of people with diabetes have Type 2.
- In Type 2 diabetes, the body doesn't make enough insulin, or the insulin it makes doesn't work properly, meaning glucose builds up in the blood.
- Type 2 diabetes is caused by various genetic and environmental factors. Up to **58 per cent** of Type 2 diabetes cases can be delayed or prevented through a healthy lifestyle.

Health inequalities

Diabetes is strongly linked to inequalities. People living in areas of deprivation are more likely to develop the condition and treatment is less likely to be successful. People should receive the same standard of care no matter their age, the type of diabetes they have or where they live.

A serious condition

Diabetes can be relentless and can affect someone's life in many ways.

People living with diabetes must maintain control of their blood glucose levels on a daily basis. If they don't they risk hypoglycaemia (dangerously low – hypo) or hyperglycaemia (dangerously high – hyper). Left untreated, a hypo can cause a person to fall unconscious or have a seizure. Untreated hypes can lead to a build-up of harmful ketones in the blood which may result in diabetic ketoacidosis (DKA) requiring hospital treatment. Both hypos and hypers can be fatal if not treated in time.

If people are not supported to manage their condition well, they are at risk of long-term life-limiting complications.

People with diabetes experience disproportionately high rates of mental health problems. Often these issues are directly related to the impact of living with diabetes. Current service provision falls far short of meeting the psychological needs of people with diabetes.

The complications of diabetes



Increases risk of **dementia**



A leading cause of **sight loss**



A key cause of **kidney disease** and kidney failure



Increases risk of lower limb **amputation**



Untreated, severely high or low glucose levels can cause **coma** or even **death**



Doubles risk of **depression**



Doubles risk of heart disease and **stroke**



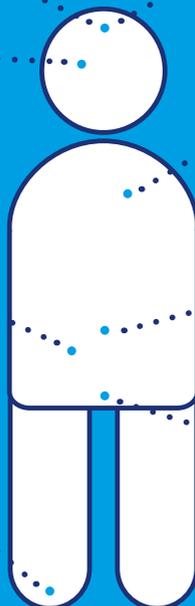
Increases risk of complications in **pregnancy**



Increases risk of **sexual dysfunction**



A major cause of **nerve pain** and **nerve damage**



NHS Scotland spends £1 billion annually or £100,000 every hour, on diabetes.

Around 80 per cent is on avoidable complications.

By providing the knowledge, skills and tools to support people to live well with their diabetes, we can reduce diabetes complications. We can improve health outcomes and quality of life for people living with diabetes. We can make cost-savings for NHS Scotland with fewer people requiring additional treatment, admission to hospital or surgery.

About Diabetes Scotland

Diabetes Scotland is the voice of the diabetes community in Scotland.

As part of Diabetes UK, we support people living with diabetes. We raise awareness of the condition and campaign for improved services. We fund research towards better diagnosis and treatment of diabetes to create a world where diabetes can do no harm.

We have a network of volunteers, fundraisers and local groups supporting our work across Scotland.

If you would like to find out more or get involved, please get in touch:

Diabetes Scotland

The Venlaw
349 Bath Street
Glasgow G2 4AA

Call 0141 245 6380

Email scotland@diabetes.org.uk

Go to www.diabetes.org.uk/scotland

 www.facebook.com/DiabetesScot

 www.twitter.com/DiabetesScot

Helpline Scotland

If you are concerned about anything relating to diabetes, whether for yourself or someone you care for, please contact our Helpline Scotland in confidence.

Telephone 0141 212 8710*

Email helpline.scotland@diabetes.org.uk

*Calls may be recorded for quality or training

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A charity registered in England and Wales (215199) and in Scotland (SC039136)