

Name:
Name of Doctor/Nurse:

Date:

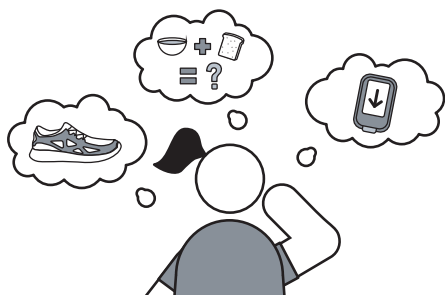
Improving your diabetes knowledge

Information Prescription

Four out of five people don't feel in control of their diabetes. Improving your knowledge of diabetes puts you in control and could transform your life. A diabetes course (sometimes called structured education) is a tried and tested way to gain more knowledge about managing your diabetes to prevent or delay complications.

Why is learning about diabetes important?

Diabetes is serious. Understanding how diabetes affects your body and the treatments available is vital. Even though you may feel fine today, it is important to understand how to live well with diabetes to continue feeling healthy in the future. A diabetes course is part of your treatment and is a key part of the care you should receive.



What will I learn from a diabetes course?

Diabetes courses cover topics that help you understand your diabetes better. They can be great places to meet other people and have your questions about diabetes answered. You can learn more about:

- tools to manage your diabetes
- food choices and how to be more active
- medication
- how to avoid diabetes problems
- making the most of your diabetes appointments and getting the right checks (eg foot check).

How will a diabetes course help me?

Completing a diabetes course can have many benefits.

- Improve your blood glucose (sugar) levels
- Improve your overall health, giving you more energy
- Feel more confident about managing your diabetes and talking to others about it
- Learn new skills (eg carbohydrate counting)
- Live a happier, healthier life with diabetes.

How do I find out more?

- Talk to your healthcare team about what is available in your local area to grow your diabetes knowledge
- Taking time off work to attend a diabetes course? Get more information about your rights at work www.diabetes.org.uk/info-work
- Contact your local diabetes support group to talk to others who have completed a diabetes course www.diabetes.org.uk/info-area
- Go to Diabetes UK's Learning Zone – a free online service with videos and quizzes to learn more about your diabetes www.diabetes.org.uk/info-learn

Information about diabetes courses near me

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Agreed action plan

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1

2

For information or support, call Diabetes UK's helpline: **0345 123 2399*** Monday to Friday, 9am to 6pm, or go to www.diabetes.org.uk/info-education