



# for people living with Type 2 Diabetes



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## 1 Your diabetes is not your fault

- It is normal to feel shocked and upset when you find out you have diabetes
- Don't blame yourself or let others blame you!
- You can control your diabetes, it doesn't have to control you



## 2 Living with your diabetes can feel overwhelming

- This feeling is known as diabetes distress
- Some people feel anxious or depressed and may have memory difficulties
- Do speak to your GP or diabetes nurse if you need help



## 3 Know what to do if your blood glucose is low (less than 4mmol/L)

- Common symptoms are feeling shaky, sweating, pale, lips tingling, blurred vision
- This normally only happens with people on insulin or some tablets (e.g. Gliclazide)
- If you are on these treatments, make sure you have sweet drinks and snacks close by
- See your GP: You may need less medication – especially if you have become more active, reduced carbohydrate in your food or if you have lost weight



## 4 Know what to do if you think your blood glucose is high

- Common symptoms are feeling thirsty, tired, blurred vision, infections, peeing a lot
- Common reasons: **virus eg COVID-19**, infection, stress, steroids or anti-psychotic therapy, insufficient diabetes medication or insulin
- Check what your blood glucose range should be (discuss with your GP or nurse)
- See your GP if you are regularly having these symptoms
- Type 2 Diabetes: know what to do when you are ill (Sick Day Rules)



## 5 It's your right to receive information that makes sense to you

- Ask for a more simple explanation if you don't understand
- You should have access to training and information about living well with diabetes
- Ask your GP or nurse for details of local courses



## 6 It is important to know how your food affects your diabetes

- It's important to understand the amount of carbohydrate (carbs) in your food and drink
- Ask to see a dietician if unsure
- Don't buy 'suitable for diabetics' food!



## 7 Find a support group or activity to help you

- Finding support groups gives you the chance to share experiences
- You don't have to belong to a gym, you can walk and stay fit



## 8 Get regular support and checks from your GP Practice

- Annual blood tests including Hba1c, foot and eye checks
- Know how to care for your feet
- Get a copy of the Diabetes UK 15 Healthcare Essentials



## 9 Some people have achieved partial or full remission of their type 2 diabetes

- Some people have managed to reduce or stop their diabetes medication
- Remission means that blood glucose levels are in the non-diabetic range without taking diabetes medication (see point 10)



## 10 Useful websites / information

- For Sick Day Rules visit [www.knowdiabetes.org.uk](http://www.knowdiabetes.org.uk)
- Visit [www.knowdiabetes.org.uk](http://www.knowdiabetes.org.uk) for information about food, remission and checking your feet
- For details of the Diabetes 10 Point Training Programmes, visit: [www.diabetes10point.co.uk](http://www.diabetes10point.co.uk)
- Visit the Diabetes UK website: [www.diabetes.org.uk](http://www.diabetes.org.uk)

