for people living with Type 2 Diabetes

© Developed by people living with diabetes and
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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
    - Visit 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
    - Visit the Diabetes UK website: www.diabetes.org.uk