

Advice for people newly diagnosed with Type 2 diabetes



Grwpiau Cyngtori Arbenigol
Cenedlaethol Diabetes ac Endocrinoleg
Diabetes and Endocrinology
National Specialist Advisory Group

Welcome

You have recently been diagnosed with Type 2 diabetes. This booklet is designed to give you some initial advice until you are able to attend a structured diabetes education programme. It will help you start to manage your diabetes, whilst continuing to live a full and active life.

This booklet will help you to:

Make changes to your lifestyle to help control your diabetes

Balance the demands of diabetes care with your daily life

Involve your family / those close to you in your diabetes care.

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How much do you know about diabetes?

Answer true or false to the following;

✓ True or ✗ false?

- 1 People with diabetes can be fit and well.
- 2 People with diabetes cannot eat sugar and need a special diet.
- 3 If you are overweight, losing weight can help control diabetes.
- 4 People with diabetes will have to take more time off work due to illness.
- 5 Exercise can improve your diabetes control.
- 6 Unless you need insulin, your diabetes is not serious.
- 7 If you feel well there is no need to see the doctor.
- 8 You will need to test your blood glucose (sugar) every day.
- 9 My children will definitely develop diabetes.
- 10 There is support available for people with diabetes.

Answers

- 1 True.** People whose diabetes is well controlled can be fit and well.
- 2 False.** People with diabetes should eat a healthy, balanced diet like everyone else . There are no foods that need to be completely avoided and there is no need for special diabetic foods. **Everybody newly diagnosed with diabetes should be referred to a registered dietitian and a diabetes education programme.**
- 3 True.** If you are overweight, losing weight can help lower your blood glucose, reduce the risk of heart disease and make it easier to be more active. **Even a small amount of weight loss will have a beneficial effect. Take one step at a time.**
- 4 False.** Having Type 2 diabetes will not be a barrier to you working and achieving your potential, and the better your diabetes control, the less likely you are to need time off for diabetes-related illness.
- 5 True.** Exercise and being active can lower blood glucose and blood pressure and help you to achieve or maintain a healthy weight. This will help you to control your diabetes, (see page 19.)

6 **False** Diabetes is a serious condition whether or not you need insulin. Insulin is just one type of medication which can lower your blood glucose.

7 **False.** Having regular checks is the best way to see how well controlled your diabetes is.

8 **False.** Testing your blood glucose is only one way to measure diabetes control. Discuss whether you need to test your blood glucose with your GP or practice nurse. Read more (on page 28) about the other tests you can expect to help you manage your diabetes.

9 **False.** Having any type of diabetes means that the chances of a person's children developing the condition increases but it is not inevitable. **Individuals who have a parent with type 2 diabetes can reduce their own risk by eating a healthy diet, maintaining a healthy weight and exercising regularly.**

10 **True.** As well as support from your GP and practice nurse, organisations such as Diabetes UK provide lots of advice and useful information to help you manage your diabetes. **See page 36 for more details.**

What is Type 2 diabetes?

Type 2 diabetes is a condition where the body cannot use glucose properly for energy either because the body does not produce enough insulin, or the insulin it produces does not work properly.

Glucose is released into the blood when food and drinks containing carbohydrate are digested.

Both starch and sugar are broken down into glucose

Fruit juice



end product = glucose

Sweets



end product = glucose

Bread



end product = glucose

Insulin is essential to move the glucose out of the blood and into the cells in our body to be used for energy. When you have diabetes, the glucose stays in the blood which can make you feel tired. The body tries to get rid of the glucose by making you pass more urine than usual and you can become very thirsty. **9/10 people with diabetes have Type 2 diabetes.**

How is it managed?

There are a number of things you can do to control your diabetes:

- ▶ **Eat a healthy balanced diet**
– see page 10
- ▶ **Be as physically active as you are able**
– see page 19
- ▶ **Aim to be a healthy weight**
– see page 25
- ▶ **Set yourself some goals**
– see page 22
- ▶ **Look after yourself**
– see page 28
- ▶ **Get some support**
– see page 32



Diabetes and your long-term health

Diabetes is a serious condition. But when people with diabetes are supported to keep their diabetes under control, from day one of diagnosis, there is a huge benefit to their long term health and wellbeing. This reduces the risk of any future complications that can occur when diabetes is poorly controlled or left unchecked.



Eyes

Keeping blood glucose and blood pressure under control helps to avoid damage to the small blood vessels at the back of the eyes. In future you will be offered eye screening appointments at regular intervals to spot any changes at the earliest possible stage.



Heart

Keep as active as you can, eat a healthy diet and aim towards a more healthy weight if this is a concern for you. Even small improvements will make a big difference for a healthy heart, circulation and glucose control.



Kidneys

Keeping blood glucose and blood pressure controlled will help to keep the blood supply and filtering system in the kidneys healthy. Blood and urine checks at regular intervals will help detect any early changes and help your GP or practice nurse to identify if treatment is needed.



Feet

Checking your feet every day is very important. Your practice nurse will be able to provide specific advice about this. If you have any numbness or circulation problems to your feet, checking them daily, wearing sensible footwear and not walking barefoot will help keep your feet in good working order.

Here is some general advice to help you get off to a positive start. Take the opportunity to discuss these points in more detail with your GP or practice nurse and make sure you access a diabetes education course in your area to learn much more about how to keep healthy with diabetes.

Teeth

Keep your blood glucose levels under control to reduce the risk of tooth decay and gum disease.



Mood

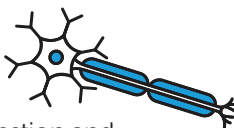
Feeling down? Overwhelmed? Coping with a diagnosis of diabetes can be daunting and many people experience periods of uncertainty or low mood.



Knowing more about how to manage diabetes can help. We recommend that you take every opportunity to learn about diabetes to help you feel more confident now and for the future. If you find coping difficult, please speak to your GP or practice nurse. They can help you to access the right support and link you to the diabetes education programmes in your area.

Nerves

Keeping your blood glucose levels under control will avoid damaging nerves, which can cause problems with your digestion and sexual function, as well as preventing any loss of sensation to your feet. If you experience any of these problems, please speak to your GP who will be able to advise on treatment.



Lifestyle, healthy eating and activity

Healthy eating for diabetes – Top tips to get you started

Have breakfast, lunch and an evening meal each day to keep blood glucose levels steady

When blood glucose levels fall, you feel hungry and may overeat. Spacing your meals evenly through the day can help you manage your hunger and stop you overeating. This can help you to lose weight as you are less likely to snack.

Eat a healthy balanced diet

It is a myth that people with diabetes need to eat a special diet. Eating a healthy diet will be good for everyone in the family. There are no foods that need to be completely excluded.

Check the label

If you buy pre-packed food and drinks understanding the information on the label can help you eat well. Search for 'Understanding food labels' at www.diabetes.org.uk.

What is a balanced diet?

The section opposite tells you more about the five food groups and how to include them in your diet.



Fruit and vegetables

Most people do not eat enough of these. Include vegetables or salad with your main meals every day. Fruit makes a good dessert or snack.



Starchy carbohydrates

These are an important source of energy and can provide fibre and essential vitamins. However, as they break down to glucose, they will cause your blood glucose levels to rise. Include some with each main meal. Examples include bread, pasta, potatoes, rice and cereals. Choose high fibre varieties if you can.



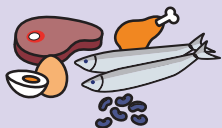
Milk and dairy foods

These are an important source of calcium for bone health. Choose the lower fat varieties.



Foods high in fat and added sugar

Foods from this group should make up the smallest proportion of your diet. A small amount as part of a healthy diet is fine.

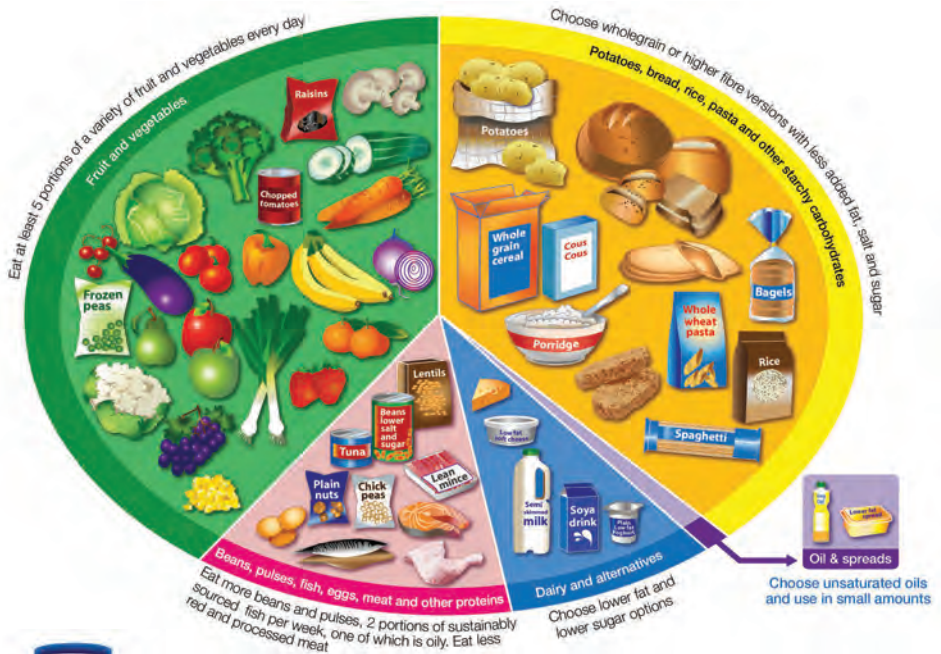


Meat, fish, eggs and beans

These are all important sources of protein and minerals. Try to have two portions a day and choose lean meat and low fat cooking methods. Fish, especially oily fish, and pulses like beans and chickpeas are particularly good choices and protect against heart disease.

Healthy eating for diabetes

This plate model shows the different proportions of the food groups to aim for in your daily diet.



8-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Check the label on packaged foods

Each serving (150g) contains

Energy	200kcal	13%	Fat	3.0g	4%	Salt	0.9g	15%
Carbohydrate	34g	6%	Sugars	1.3g	2%	Total	24g	48%

of an adult's reference intake
typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts

Per day 2000kcal 2500kcal

= ALL FOOD + ALL DRINKS

Portion sizes

Use these everyday items as a guide to help you understand what one portion looks like. Ask your GP if you can see a dietitian to find out more about what portions sizes are right for you.

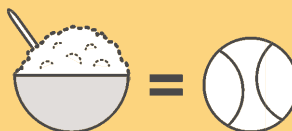
Fruit and veg



Cooked veg

Lightbulb

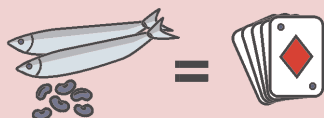
Starchy foods



Cooked rice

Tennis ball

Meat, fish and pulses



Lean meat,
oily fish
or chicken

Deck
of cards

Dairy products



Cheese

Small
matchbox

Foods high in fat and sugar



Butter

Dice

For further information and help understanding portion sizes search "portion sizes" at www.diabetes.org.uk.

What's the right diet for you?

There are many different ways to lose weight but there's no one-size-fits-all approach.

The key is to find an approach that works for you, fits in with your lifestyle and you enjoy.

Make small and realistic changes which you can keep to.

So what next?

1 Set clear goals

Use the action plan (page 24) and keep a food and activity diary to keep you on track.

2 Plan ahead

It's helpful to plan meals for the week ahead especially when we all lead busy lives. This can help you eat better .

3 Start to make healthy changes

Use the tips on the following pages to make small and lasting changes.

4 Be creative

Try simple, healthy new recipes and new foods. You can find lots of ideas at www.diabetes.org.uk/recipes

5 Sleep well

Get a good night's sleep. Research has shown that if you are tired you feel hungrier and are more likely to want fatty and sugary foods.

Snack swaps

Swapping is an easy way to eat better while still enjoying the foods you like. Here's a few to try to get you started.

Sweet

Instead of
milk chocolate



try
dark chocolate
rice cakes



Instead of
ice cream



try
frozen banana or
frozen low fat yogurt



Savoury

Instead of
crisps



try
plain popcorn with
added spices or cinnamon



Instead of
bread and
dips



try
carrots and celery with
salsa or low fat
hummus



Drinks

Instead of
fizzy sugary
drinks



try
water flavoured with
mint or fresh fruit



PATIENT STORY

John was diagnosed with Type 2 diabetes when he was 62.

He retired from work as a plumber three years ago and found that he was doing much less activity and eating more because he was spending more time at home. As a result, his weight increased from 13 stone to 14 ½ stone.

He had a discussion with his practice nurse and identified the need to plan healthier, lower calorie snacks during the day. To help, his wife agreed to stop buying biscuits and chocolate “for the grandchildren” and they have both now lost weight.



TOP TIPS

- ▶ Plan meals ahead and make a shopping list.
- ▶ Avoid shopping when hungry.
- ▶ Try shopping online to avoid temptation.
- ▶ Only buy the amount you need. Special offers in supermarkets can often tempt you to buy more or larger portions of the less healthy foods.
- ▶ Avoid snacks of more than 100 calories.
- ▶ Reduce your salt intake.

Meal ideas

Breakfast

- ▶ Wholegrain cereal with semi-skimmed milk
- ▶ Granary or wholemeal toast
- ▶ Boiled, scrambled or poached egg with bread or toast
- ▶ Mushrooms, tomatoes or beans with bread or toast
- ▶ Fruit and yoghurt



Light Meal

- ▶ Baked beans, sardines or pilchards on toast
- ▶ Sandwich or roll with lean meat, tinned fish, egg or a little cheese. Add some salad/vegetables
- ▶ Crispbreads or crackers with cottage cheese, low fat cheese spread or reduced fat pâté
- ▶ Jacket potato and salad with tuna and sweetcorn, baked beans, vegetarian or beef chilli or a small amount of grated cheese or cottage cheese
- ▶ Vegetable or lentil soup with a roll or bread
- ▶ Pitta bread with salad and hummus



Evening/Main Meal

- ▶ Roast, grilled or casseroled meat with vegetables and potatoes
- ▶ Spaghetti bolognese or pasta with a tomato sauce. Enjoy with salad or vegetables
- ▶ Vegetable or meat curry with rice or chapatti
- ▶ Vegetable or meat chilli with rice
- ▶ Fisherman's pie with vegetables
- ▶ Poached or grilled fish with potatoes and vegetables or salad
- ▶ Chicken or fish risotto with vegetables
- ▶ Stir fry – use a little oil and plenty of vegetables



Desserts

- ▶ Fresh fruit or fruit tinned in juice
- ▶ Diet or low fat yoghurt/fromage frais
- ▶ Sugar free jelly
- ▶ Fruit stewed without sugar. You may stir in an artificial sweetener before serving
- ▶ Custard made with skimmed or semi-skimmed milk
- ▶ Small portion of ice cream



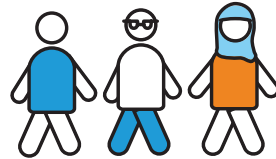
Go to www.diabetes.org.uk and take a look at our Enjoy Food recipe finder to help plan tasty, healthy meals.

Get Up and Go!

Be physically active

Being physically active is an important part of the lifestyle changes needed for good diabetes control, it can:

- ▶ Lower blood glucose
- ▶ Lower cholesterol
- ▶ Lower blood pressure
- ▶ Help weight loss
- ▶ Help lose fat around the waist
- ▶ Reduce your risk of heart disease and stroke
- ▶ Strengthen your muscles and keep joints flexible
- ▶ Improve your general and mental wellbeing



How much physical activity should you do?

30 mins

moderate intensity
(increased breathing,
able to talk)

or

15 mins

vigorous intensity
(breathing fast,
difficulty talking)

**at least five days a week
or a combination of both**

Plus activities that improve your muscle strength
on two or more days

Get Up and Go!

Ask your practice nurse about local Exercise on Referral schemes.

Walking

Gardening

Swimming

Cycling

Bowls

Dance classes e.g. ballroom

Golf

Vigorous housework or DIY

Aim to be a healthy weight

Your weight

Your height

Am I a healthy weight for my height?

If you are overweight, losing weight will help to control your diabetes and improve your overall health.

Did you know that losing 5 - 10 % of your weight (that's 5–10kg if you are 100kg or about $\frac{3}{4}$ stone – 1 $\frac{1}{2}$ stones if you are 15 stone) can reduce your risk of heart disease and stroke by lowering blood fats (cholesterol), blood pressure and blood glucose levels?

Talk to your practice nurse if you are concerned about weight management.

PATIENT STORY

Jane didn't like eating breakfast because she was too busy in the mornings. She would have a couple of biscuits and then grab something in work, often more biscuits. This is how she started her action plan.



JANE'S PERSONAL ACTION PLAN

My goal – To have a healthy balanced breakfast in the morning.

What do I have to do to reach this goal?

Get up a bit earlier and be more organised.

What is stopping me?

I find it hard to get up in the mornings.

What/Who will help me?

Getting breakfast ready the night before. My partner will help by bringing me a cup of tea in bed.

Three months later, Jane was having cereal for breakfast most mornings before work or taking her breakfast to work with her. She no longer needs to snack on biscuits in work and as a bonus, her colleagues are doing the same!

Taking control of your diabetes

Quiz

It can be easier to know what to do than actually doing it!

For each of the statements, circle the answer that best applies to you.

1 = Strongly agree

2 = Agree

**3 = Neither agree
or disagree**

4 = Disagree

5 = Strongly disagree

GROUP 1

1A. I should have breakfast every morning.

1 **2** **3** **4** **5**

1B. I do have breakfast every morning.

1 **2** **3** **4** **5**

2A. I should eat at least 5 portions of fruit and vegetables a day.

1 **2** **3** **4** **5**

2B. I do eat at least 5 portions of fruit and vegetables each day.

1 **2** **3** **4** **5**

3A. I should only eat fatty foods such as meat fat, chicken skin and pastry in moderation.

1 **2** **3** **4** **5**

3B. I only eat fatty foods such as meat fat, chicken skin and pastry in moderation.

1 **2** **3** **4** **5**

4A. I should grill, bake, boil or poach food rather than fry.

1 **2** **3** **4** **5**

4B. I usually grill, bake, boil or poach food rather than fry.

1 **2** **3** **4** **5**

5A. I should do at least 30 minutes of physical activity a day.

1 **2** **3** **4** **5**

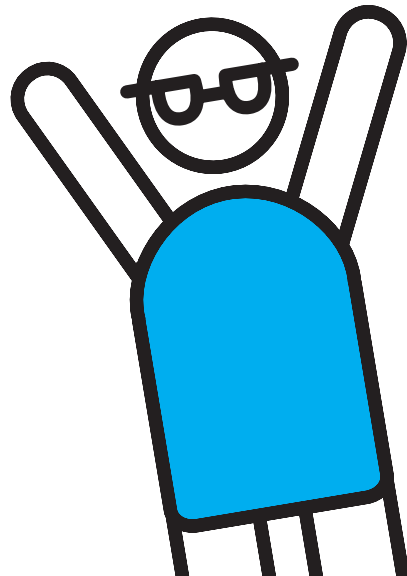
5B. I do at least 30 minutes of physical activity a day.

1 **2** **3** **4** **5**

The next step

- ▶ Choose one or more statements from Group 1 where there is a big difference between your A and B scores.
- ▶ Make a note in your diary to close that gap over the next month.
- ▶ Do the quiz again in a month. Hopefully that gap will now be closed.

Once you have succeeded in making 1 small change, you'll have the confidence to make further changes.



GROUP 2

1A. I should be a healthy weight for my height.

1 2 3 4 5

1B. I am a healthy weight for my height.

1 2 3 4 5

2A. I should learn about food labelling and carbohydrates such as starch and sugar.

1 2 3 4 5

2B. I have learnt about food labelling and carbohydrates such as starch and sugar.

1 2 3 4 5

3A. I should not smoke.

1 2 3 4 5

3B. I do not smoke.

1 2 3 4 5

The next step

- ▶ Choose one statement from Group 2 where there is a big difference between your A and B scores.
- ▶ Make a note in your diary to close that gap in the next three months.
- ▶ Write down the steps you need to take to close that gap. See page 26 for support.

Achieving your goals

When you have picked your goal, ask yourself:

- ▶ What do I have to do to reach this goal?
- ▶ What is stopping me?
- ▶ Who/what will help me?
- ▶ How confident I am in reaching the goal I have set myself?



My weight-loss planner

Use this planner to set weight-loss goals and track your progress. By putting a plan in place and noting down your progress, you'll be able to see the positive changes you're making. This can help you to stay motivated, lose weight and achieve your goals.

How could I benefit from losing weight?

Think about three personal reasons for losing weight and write them down. Try to think of short-term benefits like, 'I want to reduce my blood sugar levels' as well as longer-term benefits like, 'I want to set an example for my family so they can live more healthily too'.

1

2

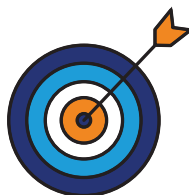
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Your future goal

The future can seem a long way off. But thinking about a long-term goal can help you plan how to reach it. Think about what you'd like to achieve and how you'd like to feel in a few months' time. Use your three reasons to write your future goal.

Here's an example:

- I want to lose 5kg weight so I can reduce my HbA1c levels and fit into my new dress for my daughter's wedding in six months' time.



My goal:

Now you've thought about your long-term goal, it helps to break this down into more manageable chunks and include the steps you need to take. Try to make these activities as achievable and specific as possible.

Here are some examples:

- On Mondays, I will write down a plan for healthy evening meals for the rest of the week.
- I will reduce my takeaways from weekly to once a month.
- I will use a pedometer to track my steps and walk 10,000 steps a day. I'll increase my steps by taking a 30-minute walk every lunchtime.

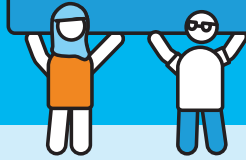
1

2

3

4

5



My action plan

Some people find it useful to make an action plan to help achieve their goals. One way to do this is to think about the action you will take when faced with different situations. Try using 'if... then...' statements to plan ahead. This can also help you be prepared for when things don't go according to plan.

Here are some examples:

- If I haven't had my five portions of fruit and vegetables, **then** I will add a portion of vegetables to my dinner.
- If I'm late home from work and don't have time to cook dinner, **then** I will pick up a bag of salad and plain piece of cooked meat or pulses from the supermarket for an easy healthy dinner.
- If I eat an unhealthy snack that I didn't plan to eat, **then** I will not beat myself up about it and choose healthier snacks tomorrow instead.
- If I wake up early, **then** I will go for a 10-minute walk before work.

1

2

3

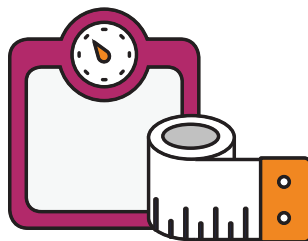
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5

Look after yourself

Targets for your health profile

- ▶ Your HbA1c (a longer term measure of blood glucose) should usually be between 48 – 58. This is useful to track your progress.
- ▶ If your BMI (Body Mass Index) is more than 25 (or 23 if you are South Asian), your doctor or practice nurse may suggest that losing weight might help to control your diabetes. They can work this out with you.
- ▶ Your waist measurement should be no more than:
 - ▶ 80cm for women
 - ▶ 90 cm for South Asian men
 - ▶ 94 cm for all other men
- ▶ Your blood pressure should be under 130/80.
- ▶ Your cholesterol should be less than 4.



You will find out more about what your test results mean when you attend a diabetes structured education programme.

Ask your GP or practice nurse for a copy of your results so that you can measure the success of any changes you make to improve your health and wellbeing when your tests are repeated. Use the table opposite to record your results.

All about me

Your HbA1c

Date			
HbA1c			

Your Weight/BMI/waist

Date			
Weight			
BMI			
Waist			

Your Blood pressure

Date			
BP			

Your Cholesterol

Date			
Chol			

Medication

Making changes to your lifestyle is going to improve your health and wellbeing. Many people newly diagnosed with diabetes do not need any diabetes medication to begin with. However, in the future, you may need tablets or insulin to help you control your blood glucose or medication to control your blood pressure/cholesterol.

You can get more information on different types of medication from Diabetes UK (See contacts at the back of the booklet) or your GP.

15 Healthcare essentials

There are a number of checks you should have when you attend the surgery for your diabetes care. Search 15 healthcare essentials at www.diabetes.org.uk to find out more about the care you should receive.



PATIENT STORY

David, a 52 year-old salesman, went to his GP 18 months ago and found out he had raised blood glucose levels, but they weren't high enough for him to be diagnosed with Type 2 diabetes.



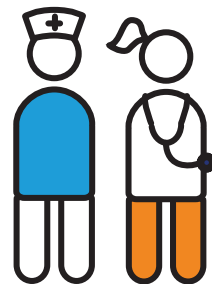
He was 15 stone and was told he needed to lose weight and take more exercise. He knew that his work, driving between customers each day and stopping off in garages for chocolate and pasties was not ideal, but as he didn't have Type 2 diabetes yet he didn't think it too much of a problem. He went for a follow-up appointment 12 months later and was told he had developed diabetes.

His practice nurse referred him to a structured diabetes Education programme run by a trained diabetes educator. He learned about different types of food and how they affected his blood glucose. She also referred him to the local Exercise on Referral course.

6 months on, he has a more balanced diet. He takes a packed lunch in the car so that he does not have to rely on garages for his food. He has enjoyed the exercise sessions so much that he bought himself a bike and plans to go cycling with his son at the weekends. He has lost a stone and a half and feels so much better.

Getting support

- ▶ For your routine care you should visit your GP surgery or practice nurse.
- ▶ You should attend a structured diabetes education programme which is always delivered by a trained diabetes educator including a dietitian.
- ▶ If you are unable to attend an educational programme, you should be offered an appointment with a dietitian.
- ▶ Exercise on Referral schemes. Any health care professional can refer you to one of these.
- ▶ Patient support groups– contact Diabetes UK or your surgery for details of your nearest group.
- ▶ Diabetes UK “Careline”. Trained counsellors can provide support and information on any aspect of your diabetes over the phone. Contact details can be found on the back cover.
- ▶ You may be referred to a specialist such as a podiatrist or diabetes specialist nurse. In some cases you may need a referral to a diabetes consultant.
- ▶ Ask your doctor or nurse about other support and services available in your area. These can include:
 - ▶ how to produce a personal care plan.
 - ▶ a weight loss programme or group.
 - ▶ a registered dietitian.
 - ▶ an exercise specialist or group.



Knowing about your diabetes

Take control of your **Type 2 Diabetes** with a free course!



Would you like to learn how to treat and manage your diabetes?



These courses are prescribed by GPs to help people with Type 2 Diabetes live well. Delivered in a relaxed and enjoyable environment where you learn more about diabetes, ask questions and meet others with diabetes.

Learn ways to handle your health better



Identify how you can manage your diabetes better



Signposting to resources and information



Top tips for healthy eating for Type 2 Diabetes



Learn how being more active can improve your condition



Meet & learn from others with your condition



Whether you've had diabetes for many years or are newly diagnosed, **our programmes are for you.**

2 Hour Workshop

A fun way of learning about diabetes, the effect it has on your body and how to make small, achievable changes to the food you eat.

X-PERT Insulin

Weekly 2½ hour sessions over 6 weeks: explore how to calculate your daily intake of carbs, troubleshoot insulin challenges, and set health goals for the future.

X-PERT Diabetes

Weekly 2½ hour sessions over 6 weeks: increase your knowledge, skills and understanding of your condition to help you to make lifestyle choices to manage your blood glucose levels more effectively.

EPP Cymru

Health and wellbeing programmes and workshops for people living with long-term health conditions. Learn coping and self management skills to help improve your blood glucose levels. <http://bit.ly/EPPcymru>

Type 2 diabetes: **My Type 2** journey

There's plenty of useful information available to you on how to manage your Type 2 diabetes.

1 Orange Booklet



Designed to give you some initial advice until you are able to attend a structured education programme. It will help you start to manage your diabetes, whilst continuing to live a full and active life.

2 Pocket Medic Films



Watch these short film clips that help you to balance the demands of Diabetes care.

3 Information prescriptions

Working with your doctor or nurse you can use the information prescription to identify the steps you can take towards a better future with diabetes.



4 Type 2 diabetes and Me

This fun and easy online guide is designed to help you understand and start managing your condition.



5 Structured education

Whether you are newly diagnosed or have had diabetes for a while, these sessions give the support and information you need to manage your diabetes well.



6 Local support groups

Entirely run by volunteers they offer people with diabetes a chance to share experiences with other people in similar situations. They also provide essential guidance on all aspects of diabetes.



For further information on accessing any of the above please contact your local GP or nurse

Healthy Me: My Healthy Feet

1 Checking your feet



Checking your feet daily helps to promote good foot health. If you are unable to do this yourself get someone to check them for you.

2 Annual foot check



You should have a foot check at your GP surgery every year. You will be given advice on how to look after your diabetes and feet through information prescriptions and use of the Pocket Medic films.

3 Nail Care

Age Connect in some areas across Wales are able to offer a nail cutting service for which there is a charge. Routine nail cutting is not available on NHS podiatry. <https://www.ageconnects.wales.org.uk/our-nail-cutting-service>



4 Podiatry Consultation

Poor foot health can mean that you may be referred to an NHS podiatry service who can help you understand how to look after your feet.



5 Foot Attack

If you notice any redness, heat, swelling or break to your skin – It could be a Foot Attack. Seek advice **TODAY** at your local Podiatry clinic or GP surgery. If this is during the weekend ring your GP out of hours or go to your nearest A&E.

DONT DELAY - ACT TODAY!



6 Meet the team

If you get an ulcer on your foot you may see other specialists to help in your care who can also advise on how to manage your diabetes.



7 Healthy feet

Always take care of your feet so you can live life to the full. Check your feet daily. **Healthy Feet – Happy Feet.**



Further advice is available by watching Pocket Medic films on your computer or Mobile phone.



Useful contacts

Diabetes UK Cymru

Tel 029 2066 8276

www.diabetes.org.uk

Diabetes UK Careline

Tel: 0345 123 2399

Email:

Helpline@diabetes.org.uk

www.bdaweightwise.com

Developed by the British Dietetic Association, this site can give you lots of tips on losing weight.

www.carbsandcals.com

Resources available to help understand portion sizes including the calorie and carbohydrate value of different foods and drinks.

Stop Smoking Wales

Freephone 0800 0852219

www.stopsmokingwales.com

Pocket Medic

A series of bite sized films developed in Wales to help you understand and manage your Type 2 diabetes.

info@pocketmedic.org

www.medic.video/w-type2

www.medic.video/w-bame

DiABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU

Produced by the Diabetes National Specialist Advisory Group; Task and Finish Group.



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