

Useful Websites:

Diabetes

- ◆ www.diabetes.org.uk
- ◆ www.diabetes.co.uk

National Diabetes Support Team

- ◆ www.diabetes.nhs.uk

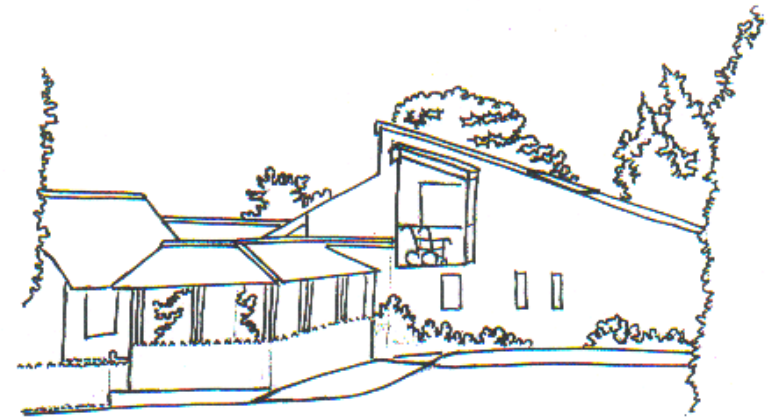


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INFORMATION FOR PATIENTS
DIABETES (TYPE 2)
LAUREL BANK SURGERY
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First Information

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DIABETES

This diagnosis may have come as a bit of a shock to you. This leaflet has been written to help you cope over the next few weeks until you receive more information and help from the Practice Nurse, Doctor or Dietician.

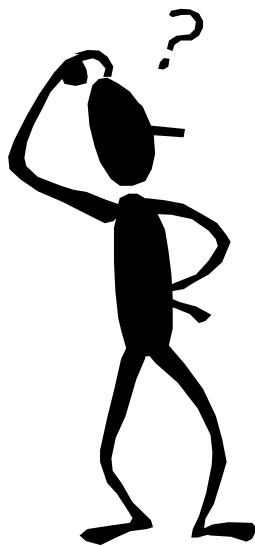
WHAT IS DIABETES?

Diabetes means you have too much sugar in your blood. This is caused by an imbalance of carbohydrate intake and insulin production.

Diabetes is a progressive disease that can affect all parts of your body i.e. eyes, heart, kidneys and feet being the main ones.

WHAT CAN I DO TO HELP MYSELF?

It is therefore important that YOU take control of this balance. By keeping your blood glucose levels between 4.0 mmol/l and 7.0 mmol/l, you will significantly slow down the rate at which the diabetes progresses and therefore delay the onset of serious complications.



DO I HAVE TO CHANGE MY LIFESTYLE?

In order to take control of the balance in your body, you will need to:

1) Reduce your daily carbohydrate intake by 1/3

All the following foods contain carbohydrates:

- ◆ Bread
- ◆ Potatoes
- ◆ Cereals
- ◆ Crisps
- ◆ Biscuits
- ◆ Cakes
- ◆ Pasta
- ◆ Rice
- ◆ Sweets
- ◆ Puddings

2) Do more exercise

Exercise will burn off the excess glucose and fat. Select a short circular route (walking or biking) and time how long it takes you to do it. Slowly increase the speed of your route and so increase your level of exercise and in turn your fitness.

DIABETIC CLINIC APPOINTMENT

Now ensure that you make your first Diabetic Clinic Appointment with the Nurse so that your diabetic education and care can progress. Feel free to bring any questions or problems you might have about your diabetes to this appointment.