



DIABETES PATIENT INFORMATION LEAFLET



Q What is diabetes?

There are 2 main types of diabetes, Type 1 and Type 2

Type 1 diabetes is a disease in which the body does not make insulin. It is usually diagnosed in children and young adults. People with this type of diabetes will need to take insulin every day, blood sugars will need to be kept in target range by balancing food eaten and physical activity with the right dose of insulin.

Type 2 diabetes is a disease in which the body usually experiences a combination of resistance to insulin and a deficiency in producing insulin. Insulin resistance means the action of insulin is impaired so insulin does not work properly in keeping blood sugars at normal range.

Insulin deficiency increases over time as the cells which make insulin become worn out.

Type 2 diabetes is a progressive condition, treatments for managing blood sugar levels increase with time, it is very important to control diet and weight and to keep physically active, tablets are available that decrease insulin resistance and other therapies work to increase insulin production. It may be necessary for some people with diabetes to take insulin therapy in combination with tablets.

Q. What are the symptoms of diabetes?

Type 1 diabetes

- Extreme thirst
- Marked weight loss
- Passing a lot of urine
- Extreme tiredness

Type 2 diabetes

- Thirst
- Passing more urine
- Thrush
- Blurred vision
- Tiredness

Q. What causes diabetes?

Type 1 diabetes – the exact cause is unknown. Genetics, viruses and other infections may play a role.

Type 2 diabetes

Is more common in:

- People who have a direct family relative with type 2 diabetes (Parents , brother, sister)
- People who are overweight(particularly around the middle)
- People over the age of 40
- Women who have had diabetes in pregnancy
- Women who have had babies over 4.5 kgs in weight
- More common in South Asians or Afro-caribbeans

Q. How common is diabetes?

About 1.4 million people in the UK are known to have diabetes – 3 in every 100 people. There are an estimated one million people in the UK who have diabetes and don't know it. Over $\frac{3}{4}$ of the people with diabetes have Type 2.

Q. But I feel fine am I really at risk

People with diabetes have a higher chance of developing certain serious health problems including heart disease, stroke, high blood pressure circulation problems, nerve damage and damage to kidneys and eyes.

Q. What can I expect from the practice?

- You will be asked to attend for an annual review by letter

- You will have an initial appointment about 2 weeks prior to this with the nurse assistant who will take blood samples (HbA1c) this tells us how well your diabetes, (blood sugar) has been controlled over the past 3 months, also bloods to check kidney and liver function and cholesterol level (how much fat in the blood) A urine sample (ideally first pass in the morning) is tested for protein to exclude kidney disease.
- When you attend the diabetic clinic you will see the practice nurse who has had training in care of people with diabetes.
- We will discuss the results of your blood test, review your medication and discuss any changes to your treatment your GP may have advised.
- We will check your weight, Blood pressure and pulse.
- We will discuss lifestyle such as smoking, alcohol intake, exercise and diet.
- We will examine your feet to check circulation any nerve damage, infection or ulceration.
- You may be offered the pneumococcal vaccine if you have not had this previously.

Eye examination is also done on a yearly basis by the retinal screening service, at this appointment you will normally be seen at the medical practice it is arranged by the screening service.

Newly diagnosed patients will be seen more regularly particularly in the first year until control of diabetes has been achieved, after diagnosis patients will be seen on a 3 to 6 monthly basis depending on how well there diabetes is controlled.



Q. what can I do?

- Attend the clinic for reviews when advised
- Take as much control of your diabetes on a daily basis as you can take medication regularly as advised to keep your blood sugar level as near normal as possible.
- Learn about and practice self care – controlling your weight, diet and exercise, stop smoking, sensible alcohol intake.
- If you are on insulin therapy or medication which can reduce your blood sugar level, make sure you have a reliable glucometer to check your blood sugar at home. How often will depend on your treatment. (Patients who's Diabetes are controlled by diet alone or metformin tablets generally won't need to do this). Know the symptoms of low blood sugar Hypoglycaemia and how to correct this, and the symptoms of high blood sugar Hyper glycaemia . Learn how to manage your diabetes when you are ill and know when to seek medical advice.
- Attend for your annual flu vaccine

Q.Where can I find more information

Feel free to ask your GP or nurse any questions you may have

Helpful websites:

www.diabetesmyway.scot.nhs.uk

Diabetes UK

www.diabetes.org.uk



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