

2015

Diabetes Type 2

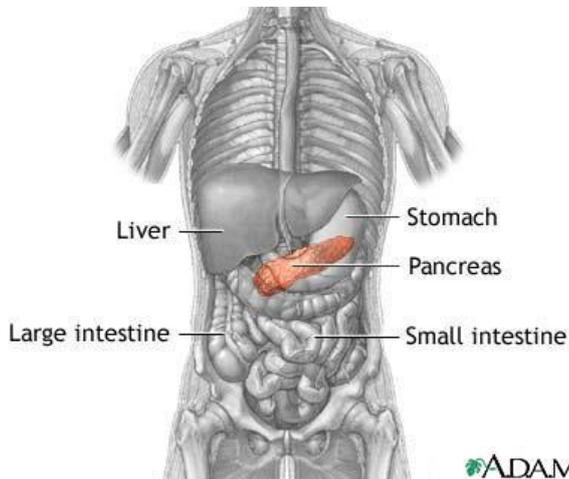


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What is Diabetes?

There is a part of our body called the Pancreas.



The Pancreas helps to make sure we don't have too much sugar or glucose in our body.

The Pancreas produces insulin. The insulin controls the amount of sugar in the blood.



The sugar in our blood comes from the foods we eat.

Having too much sugar in our bodies is bad for us and can make us very poorly.



Type 2 Diabetes happens when your body doesn't make enough insulin.

This is when glucose can't get into the body's cells and be used as energy.



This can happen because:

There is no key (insulin) to unlock the door – like Type 1 Diabetes

The key (insulin) can't unlock the door properly



The key (insulin) is there but it doesn't work properly – Type 2 Diabetes



Some people can manage Diabetes through their diet.

Some people with **Type 2** Diabetes need to take tablets.

Some people with **Type 2** Diabetes might need to have insulin injections.



Type 2 Diabetes can happen to anyone - people of all ages can get Diabetes.



You can get Diabetes if someone else in the family has Diabetes.

You can get diabetes from being over-weight.

When you have **Type 2** Diabetes you can sometimes control it by:



Making sure you are not over-weight

Eat all the right things

Do regular exercise



How will I know I have Diabetes?

You might not know you have Diabetes.

When you have Diabetes these are some of the things you might feel:



Be very tired – even when you have had a good night's sleep!

Be very thirsty – no matter how much you drink you still feel really thirsty.



Need to wee more often than you usually do.



Losing weight without even trying!



You may have blurred vision – not be able to see very well.

You may just feel poorly and unwell.



Some people might only find out they have Diabetes by having a medical check-up.

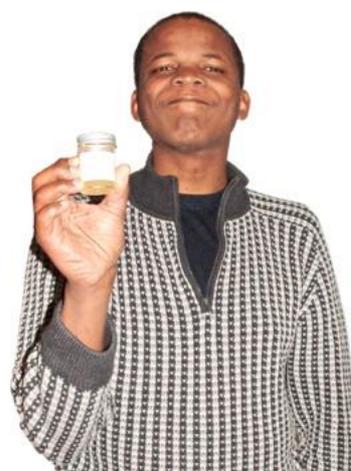


What you should do.



If you have any of these symptoms or you just feel poorly and unwell, go to see your Doctor.

Your Doctor will take a urine and blood sample and test to see if you have Diabetes.



If you have Diabetes, your GP Surgery will give you lots of advice on how to keep healthy.

The Diabetes Clinic at the Hospital can also help you look after your Diabetes.



They will talk to you about the things you should do to keep well.

This is called a Life Style Change.



You will have regular checks on things like:

Your weight



Your eyes

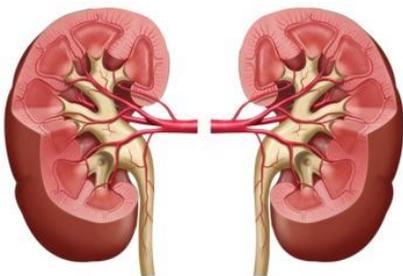
Your blood



Your diet

Your feet

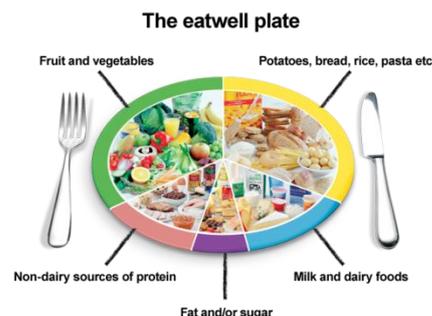
Your sugar levels



Check your kidneys are working properly and your cholesterol levels are ok

What should I eat and drink?

If you have **Type 2** Diabetes your GP will talk to you about the things you should eat / drink:



Carbohydrates	Diary
Bread Pasta Cereal (not sugary) Potato's Rice Nuts	Milk (skimmed or semi skimmed) Yogurt (low fat) Cheese (small amount and low fat)
Protein, Fruit & Vegetables	Dinks
Lean meat Fish Eggs Beans (Soya or Kidney) Fresh Fruit Tinned fruit in juice Fresh vegetables Frozen vegetables	Water Tea Coffee Diet drinks

- ✓ Eat 3 meals a day -
- ✓ Cut down on fats -
- ✓ Grill or Steam foods -
- ✓ Cut down on salt -
- ✓ Be careful about food portion sizes