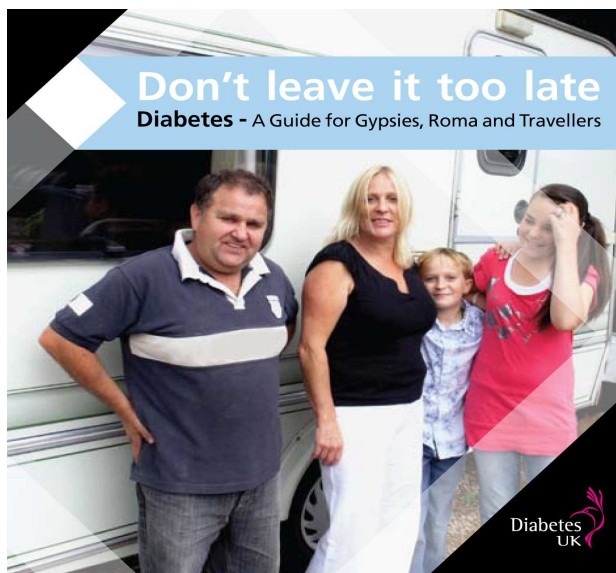


## NOTES FOR SUPPORT WORKERS



### Why are we asking you to do this:

- *500,000 people are walking around with undiagnosed diabetes*
- *You can have Type 2 for up to 10 years and not know it. People are often diagnosed when they have gone to their doctor about other things: heart, eyes, feet, tiredness*
- *Type 2 is a preventable condition, we need to educate the community about the risks, symptoms and seriousness of complications*
- *If diagnosed early, a person can still lead a full and healthy life so long as the condition is managed properly*
- *If left untreated, diabetes can reduce life expectancy by 10 years.*

### How to use it:

- *over a cup of tea and chat, listen to “what is diabetes” track if someone is newly diagnosed*
- *leave it with them and ask for their views on return*

### You're at greater risk if:

- *Someone in your family has it*
- *Your waist is more than 31.5inches (women) 37 inches (men)*
- *You have high blood pressure*
- *You are overweight*
- *You have severe mental health problems*

For further information contact:  
Diabetes UK email: [equalitydiversityteam@diabetes.org.uk](mailto:equalitydiversityteam@diabetes.org.uk)  
or Diabetes UK Careline: 0845 1202960  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

## NOTES FOR SUPPORT WORKERS

***If you have 2 or more risk factors, go to the GP for a blood test***

Symptoms – (some people will have some, all or none of these)

- *Feeling thirsty all the time*
- *Going to the loo a lot, especially at night*
- *Really tired*
- *Losing weight*
- *Keep getting thrush*
- *Slow healing of wounds*
- *Blurred vision*

Once diagnosed they should expect:

*Annual check up with GP or practice nurse who will review/check*

- *Diet*
- *Blood sugar levels*
- *Urine*
- *Eyes*
- *Feet*

If there are problems, they can be referred to:

- *Podiatrist for the feet*
- *Diabetes Specialist Nurse for more health education*
- *Ophthalmologist for the eyes*
- *Dietician for food advice*
- *Consultant/diabetologist*

Good blood glucose control Reviewed January 2009

*The target blood glucose ranges below are indicated as a guide. Individual levels should be discussed with your diabetes team.*

### ***Children with Type 1 diabetes (NICE 2004)***

- *Before meals: 4-8mmols/L*
- *Two hours after meals: less than 10mmols/L*

### ***Adults with Type 1 diabetes (NICE 2004)***

- *Before meals: 4- 7mmols/L*
- *2 hours after meals: less than 9mmols/L*

### ***Type 2 diabetes (NICE 2008)***

- *Before meals: 4-7mmol/L*
- *Two hours after meals: less than 8.5mmols/L*

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