

DIABETES

HEALTH INFORMATION FOR GYPSIES AND TRAVELLERS



Diabetes can
affect anyone

RED FLAG SYMPTOMS



Weight
loss

Slow
healing
cuts or
sores



Weeing
often

Tired



Thirsty



Blurred
vision



**FRIENDS,
FAMILIES &
TRAVELLERS**

TYPES OF DIABETES

Type 1



Type 2



Gestational



TREATMENT AND MANAGEMENT

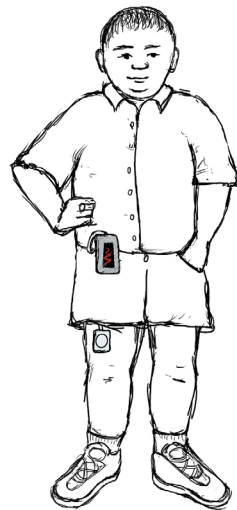
Medication



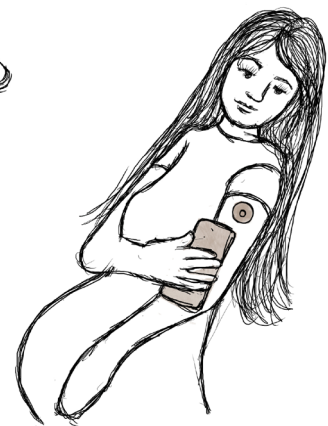
Insulin



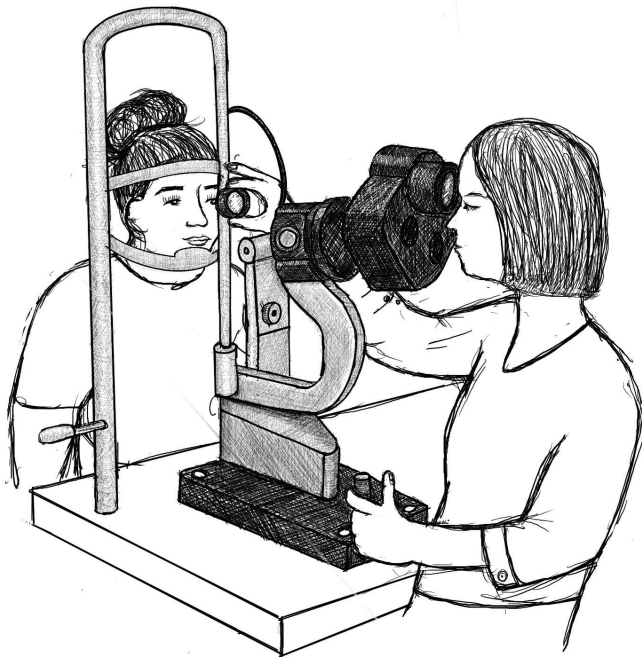
Insulin Pump



Glucose Monitor

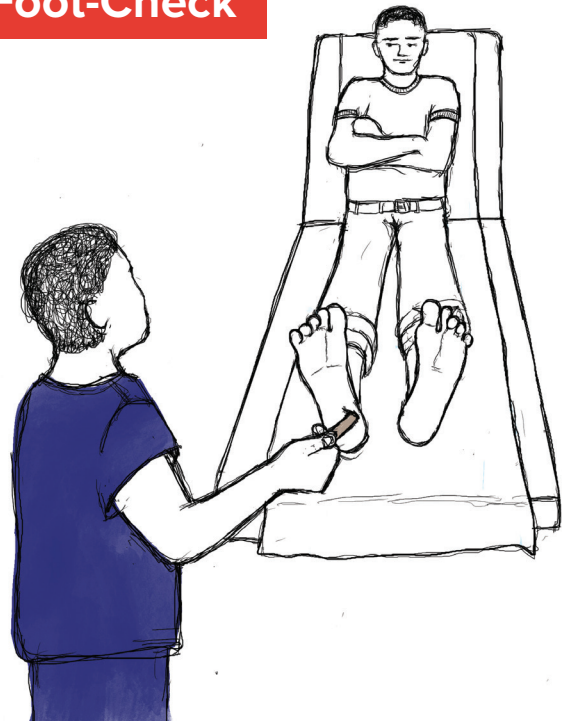


REGULAR CHECK-UPS



Diabetic Eye Screening

Foot-Check



Blood Test



Urine Sample

ADDITIONAL HELP

National Diabetes Helpline 0345 123 2399

FFT National Phone Line 01273 234 777



Ask your health care professional about grants to help keep medication cool.



You may be entitled to additional benefits, such as PIP or DLA, to help with the extra costs of living with diabetes.



Speak to your GP if you are experiencing difficulties with stress and your nerves.

FRIENDS, FAMILIES & TRAVELLERS

Contact Details:

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Charity Number:
1112326

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**FRIENDS,
FAMILIES &
TRAVELLERS**

RESOURCE CO-PRODUCED WITH COMMUNITY MEMBERS

