Being told that you have diabetes can be a real shock. And learning to live with it can be a challenge.

You might be going through all sorts of emotions. It's perfectly normal to feel upset, angry, confused or even guilty. You might be struggling to understand why you've got diabetes, or worried about how you're going to manage with it.

**DIABETES UK IS HERE FOR YOU**

We'll give you detailed information about your condition, and support and advice to help you deal with it. We can also put you in touch with people in the same situation as you. We'll help you and your family to understand and manage what's happening, so you can get on and enjoy your life.

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**KNOW THE FACTS**

**WHAT IS DIABETES?**

Diabetes is a condition where your body can't produce insulin, or doesn't produce enough, or where your insulin doesn't work properly. Insulin helps your body use the glucose in your blood to give you energy. If you don't have the right amount of insulin, or if your insulin isn't doing its job properly, you can get very ill.

Around 3.8 million people in the UK have diabetes. Another seven million people are at high risk of developing Type 2 diabetes, and that number is rising every year. Although diabetes is a serious condition, with the right treatment it won't stop you living a full and happy life.

**WHAT TYPE DO YOU HAVE?**

Your doctor or practice nurse will tell you what type of diabetes you have. There are two main types of diabetes – Type 1 and Type 2. They are different conditions, with different causes:

**Type 1**

About 1 in 10 people with diabetes have Type 1. It usually affects children or young adults, starting suddenly and getting worse quickly. People with Type 1 diabetes cannot produce insulin naturally. No one knows what causes it, but it's not to do with being overweight and it isn't currently preventable.

**Type 2**

Most people with diabetes have Type 2. This type usually starts later in life. It starts gradually and it can be years before you realise you have it. You might get Type 2 diabetes because your family history, age or ethnic background puts you at increased risk. You are also more likely to get Type 2 diabetes if you are overweight.
MANAGE YOUR DIABETES

Your doctor or practice nurse will talk to you about how to manage your diabetes. You might need to eat more healthily and be more physically active. Depending on your type of diabetes, you might need to take tablets or have insulin injections, or both. You might use an insulin pen or pump.

Everybody’s different and it can sometimes take a while to find what works. You might need to change your treatment over time. Your doctor or nurse will continue to work with you to find the treatment that’s right for you.

Make sure you understand what you need to do and that you are happy to do it. You might want to make another appointment to go over things again, and to make sure you have all of the information you need.

MORE ABOUT TYPE 1 AND TYPE 2 DIABETES

For more information on Type 1 and Type 2 diabetes, go to www.diabetes.org.uk

If you have Type 2 diabetes, you can also access our e-learning programme on how to manage your condition effectively at www.type2diabetesandme.co.uk
LOOK AFTER YOURSELF

As well as following your treatment, it’s important to think about your lifestyle. If you can live more healthily, you will improve your quality of life and help yourself to feel better. The main things you can do are eat well, keep active and give up smoking.

EAT WELL
You should still be able to enjoy a wide range of food. Having diabetes means it’s more important than ever to have a balanced diet. It’s important to get expert advice about exactly what the right food is for you, so ask your doctor or practice nurse about seeing a dietitian.

You can find more information about eating well on our website. Go to www.diabetes.org.uk/Healthylifestyle

KEEP ACTIVE
It’s good for everyone to keep physically active, but especially if you have diabetes. Most people should try to do 30 minutes of moderate exercise five times a week. Ask your doctor or practice nurse about ways to keep active that are right for you.

You can find more information about keeping active in the Healthy lifestyles section of our website – see above.

GIVE UP SMOKING
Smoking is bad for everyone. But if you smoke when you have diabetes, you can also increase your resistance to insulin and reduce control over your blood glucose levels. This can lead to serious health problems.

For help giving up smoking, go to www.smokefree.nhs.uk or call the NHS Smokefree helpline on 0800 022 4332.
In Scotland, go to www.canstopsmoking.com or call Smokefree on 0800 848 484.
THE CARE YOU SHOULD RECEIVE
As well as looking after yourself, everyone with diabetes should receive a range of free care services. Diabetes UK's 15 HEALTHCARE ESSENTIALS describes the care and services you should receive, including:

- blood tests
- eye, kidney and weight checks
- help to stop smoking
- advice on getting specialist care.

To find out more, go to www.diabetes.org.uk/15-essentials
CONNECT WITH US

Diabetes UK can give you the support you need to make it easier to manage your diabetes. We are experts on diabetes, and we’re here to help.

CARELINE

The Diabetes UK Careline is a confidential service. It’s staffed by professional counsellors who can give practical information and emotional support.

Email careline@diabetes.org.uk or call 0345 123 2399*

WANT TO TALK TO SOMEONE LIKE YOU?

Our evening support service — Talk to Someone with Diabetes — gives you the chance to chat through anything that’s on your mind with a trained support volunteer who has first-hand experience of living with diabetes. Go to www.diabetes.org.uk/peer-support for more information or call us on the number above.

ADVOCACY SERVICE

Our Advocacy Service gives people information to help them understand their rights and entitlements. Email advocacy@diabetes.org.uk or contact the Advocacy Service on the number above.

FURTHER INFORMATION

We provide information on all aspects of diabetes, for people with the condition, their family and carers.

All this information is on our website www.diabetes.org.uk. Printed materials can be ordered from shop.diabetes.org.uk or by calling us on 0800 585 088.
Become a member of Diabetes UK and you’ll receive many benefits, including our magazine and updates on the latest developments in diabetes treatment, care and research. To find out more, go to www.diabetes.org.uk/join or call 0345 123 2399*

WE’RE HERE TO HELP
Please keep this card handy – in your purse or wallet. That way, you can always call us if you have a question or just want to talk something through.

You can also find us at:

Facebook /diabetesuk Twitter @DiabetesUK

TALK TO US

Call our Careline on 0345 123 2399

If you have a question about diabetes, or if you just want to talk something through, we’re here to help.

*Calls may be recorded for quality and training purposes