

Type 2 Diabetes

Diabetes



**Pictorial information
about Type 2 Diabetes for
people with a Learning Disability**



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What is Diabetes?

When we eat food, some of that food turns into sugar and we need sugar for energy.

But...

If you have diabetes there is too much sugar in your body. Your sugar level will need to be reduced.



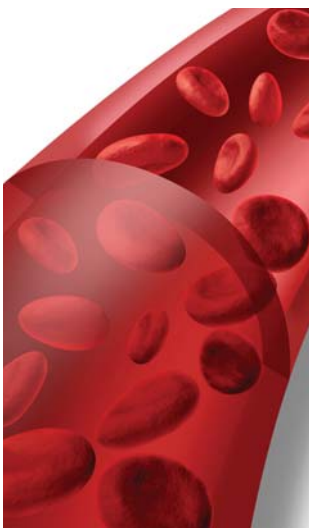
What happens when you eat?



Food



Food is broken down into sugar



Sugar goes into the blood

If you have diabetes the
sugar stays in your blood

Symptoms of Type 2 Diabetes



Thirsty



Moody/Grumpy



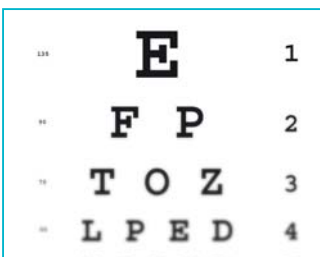
Tired



Go to the toilet a lot especially at night



Weight loss



Blurred vision

How do we know that you have Diabetes?



- Urinalysis
- We check for sugar in your urine



- Blood sample
- We check to see if you have sugar in your blood

Managing Diabetes

Healthy Eating



Exercise



Medication/Insulin



It is important to eat a healthy diet, exercise and take your tablets or insulin every day

How to measure the level of sugar in your blood



Glucose meter



**Wash and dry
your hands**



**Prick your
finger**



**Put blood
onto test strip.
Get blood
result**



**Record your
results**



**Dispose of
needle in
sharps box**

If your blood sugar level is 4 or below ↓ , this is called Hypoglycaemia (a hypo).

Symptoms



Sweating



Worrying/Anxious



Feeling faint or shaky

If your blood sugar is below 4 and you have any of the above symptoms tell your carer, nurse or doctor. The treatment is:

Take



A glass of a sugary fizzy drink (not diet drinks)

+



A biscuit or sandwich

Recheck your blood sugar level

If your blood sugar level is 14 or above ↑ this is called Hyperglycaemia

Symptoms



Tired



Thirsty



Go to the toilet a lot

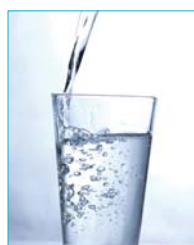


Feeling unwell

A white coating
on the tongue
or itching of the
private parts

Thrush

If your blood sugar is 14 or above and you have any of the above symptoms. You should:

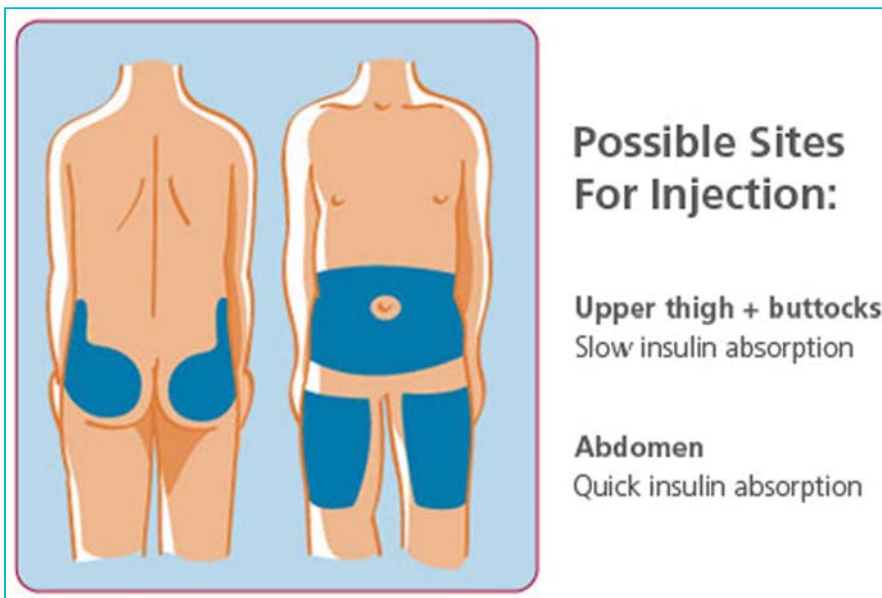


Drink more water and tell your carer, nurse or doctor

Insulin injections



Some people may need to take insulin injections



Upper leg, bottom, tummy



Insulin injection

Your nurse will teach you about injection sites and how to give your insulin

Healthy diet

It is important to eat a healthy diet

Try to eat these foods



Vegetables



Fruit



Porridge Oats/
unsweetened cereal
Bread
Pasta
Potatoes
Rice



Meat
Chicken
Fish
Eggs
Beans



Yogurts (sugar free)
Cheese (low fat)



Try not to have these foods/drinks



Fried foods



Biscuits, sweets, cake



Pastry foods



Sugary cereal



Crisps



Sugar



Fizzy drinks

Have regular meals and snacks

- try not to over eat



Breakfast



Fruit



Lunch



Fruit



Evening meal



Supper



Benefits of exercise

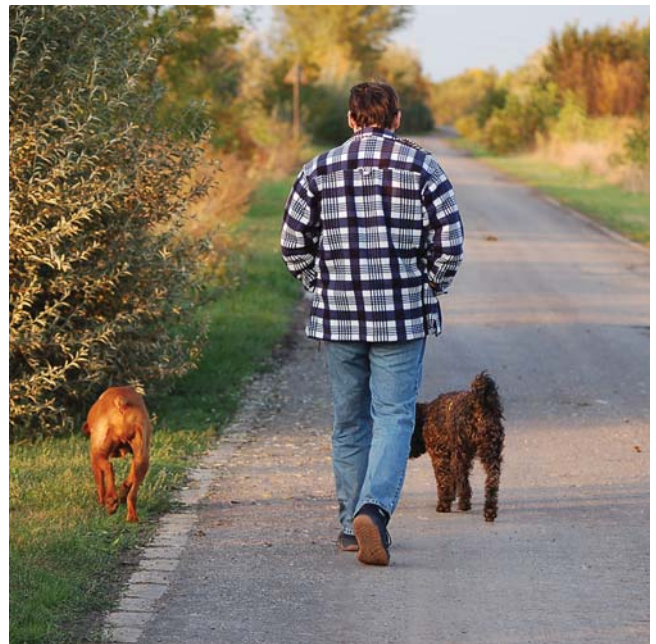
- Makes you feel good
- Helps keep your weight down
- Lowers your blood pressure
- Improves blood flow around the body

How much exercise should you take?

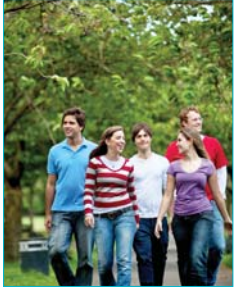
30 minutes



5 days a week



Exercise regularly



Walking



Swimming



Climbing stairs



Cycling



Running



Talk to your doctor or nurse about what type of exercise is best for you.

Exercise



Bowling



Gardening



Dancing

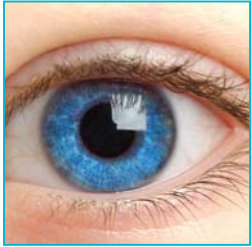


Cleaning



Ask your doctor or nurse what exercise you can do safely

Regular health checks are essential to reduce complications from diabetes



Eyes - checked yearly by the specialist

1. Health of eyes checked
2. Eye test



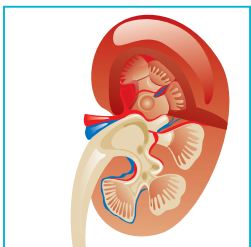
Heart - checked yearly by G.P.

1. Blood pressure - often
2. Blood test - yearly



Feet - checked yearly by podiatrist. Check your feet every day for redness, pain or cuts (Tell your family or carer if you have any of these)

1. Nails cut - regularly
2. Skin checked - daily



Your **kidneys** may become damaged with diabetes

Your blood and urine needs to be tested regularly



Sometimes diabetes can make us feel sad, it's good to talk to someone about how you feel

Heart problems

Diabetes can cause people to develop heart disease or cause a stroke. You should:



Get your blood pressure checked



Eat a healthy diet



Get weighed



Stop Smoking



Exercise



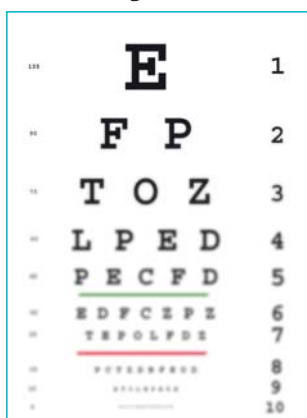
Have a yearly blood test called HbA1c and a cholesterol test

Eye care

Diabetes can damage your eyes

It is important that you have your eyes tested yearly

The Eye Test



You will need to read letters from a chart



**You will need to sit at the camera machine.
The photographer will take two
photographs of each eye.**

It will not hurt you.

**This will show if there is any damage to the
back of the eye.**

You may need to have a further check up.

Footcare

(a podiatrist is a specialist who looks after your feet)



- Wash feet daily - warm water - not hot! Feel the water before putting your feet in the water
- Dry well between toes
- Put on moisturiser, NOT between toes
- Check your feet everyday for redness, pain or cuts. (Tell your family or carer if you have any of these)



- Cut nails straight across
- Do NOT cut down sides of nail
- Do NOT cut nails too short
- If your nails are difficult to cut or you cannot see properly to cut them speak to your podiatrist



- Make sure your shoes fit properly
- Check inside for any sharp edges
- Make sure your shoes and socks are not too tight
- Never walk around in bare feet



- Avoid direct heat from fires
- No hot water bottles
- Don't let your feet get sunburnt



- Attend podiatry at least once a year for a full assessment. Diabetes can make your feet feel numb
- Contact the podiatrist between appointments if you have any foot problems

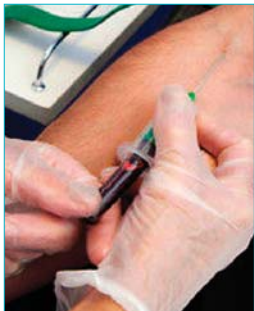
Annual check-up



Blood pressure



Eyes



Blood



Weight



Feet

Looking after yourself, reduces the risk of developing complications associated with diabetes

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The booklet has been produced in response to need identified by Diabetes Nurse Specialists in Northern Ireland, for an information resource to assist clinicians to support people with a learning disability and their carers to manage type 2 diabetes. The information can be downloaded as a complete booklet or as individual sheets from the Northern Trust website www.northerntrust.hscni.net

This booklet has been designed and developed through stakeholder consultation. Every effort has been made to ensure that the information provided is correct. However, we cannot be responsible for any actions as a result of using this information.

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