

diabetes and tablets



type 2 diabetes...

My name is

My treatment for diabetes is

This is me

hello my name is jane...

Hello my name is Jane and I have type 2 diabetes just like you and I'm here to help you to understand what we have to do to stay fit and healthy.



I found out that I had diabetes because I was going to the toilet for a wee more often.

And I was very thirsty all the time and had to drink lots of water.



I also kept feeling very tired during the day and falling asleep.



I saw the Doctor as I had felt poorly for a few weeks. Did you feel poorly too?



I had blood taken from my arm.

Yes, you have diabetes.

what is diabetes?...

When you have diabetes like me it means your blood sugar level can go up.



If healthy eating and exercise does not work on its own you will also need tablets

I have to try to get the insulin that my body is making to work better.



The doctor told me it was important that I lost weight so my insulin would work better.

The food that I eat is used for energy. This helps me to do all the things I like to do, football, swimming, walking even watching television.



My body needs insulin to work. You may need tablets if your own insulin is not working.

seeing your doctor or nurse...

You may need a blood test taken from your fingertip to see if you are keeping well. Your blood sugar level can be high even though you may feel well.



I have to take a wee test with me to the clinic to check that nothing inside my body is being hurt.



You will have a special eye test with some eye drops in your eyes.



I had some eye drops put in and a photo taken of my eyes it was a bright flash but it didn't hurt, I had to keep very still

more tablets...

My doctor says that it is really important that I have some other tablets to make sure that my blood pressure and cholesterol is ok. This means that every day I have to take tablets to keep me well.



It is important that you take these tablets to keep you well

Your Doctor will tell you what your tablets are called.

My tablets are called...

I take them at...

I like to keep fit by...

The other tablets I have...

I had my blood pressure checked, a cloth is wrapped around the top of my arm and will get a bit tight like a swimming arm band.



I will have blood taken from my arm, this tells the doctor if you are on the right medicine. The nurse may ask you how you feel and if you are keeping fit.

I was weighed standing on some scales.



I have my feet looked at to check they are healthy.



She checks that I can feel when she touches my feet. I try to check my feet every day and if they are sore I know it is important to tell someone.

looking after your feet...

I have my feet looked at to check they are healthy and that I can feel when she touches my feet, I try to check my feet every day and if they are sore I know it is important to tell someone.



Check for cuts or sores.



Wash your feet every day.



Dry your feet all over.



Put cream on if your skin is dry.



Put clean socks on everyday.



Do your shoes fit?



Filing your toe nails weekly is recommended



Tell someone if anything is wrong with your feet.

food and diabetes...

The foods below are better for you and will keep you well and keep your sugar level balanced.



Some foods are not good for me if I eat too much of them.



Eating sweet foods makes my sugar level go up.



doing more exercise
will help you...

How much do you do?

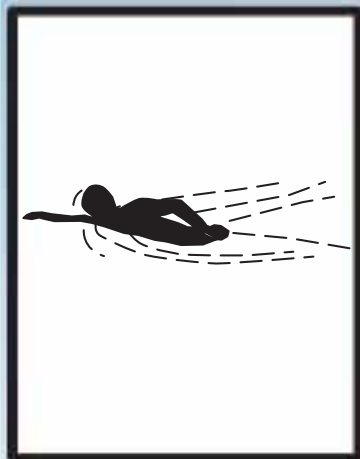
Try to do 30 minutes a day.



have you
done this?



have you
done this?



have you
done this?



have you
done this?



have you
done this?



have you
done this?

WELL DONE

YOU HAVE LEARNT ABOUT DIABETES

SIGNED...

DATE...



Derbyshire Community Health Services
a part of Derbyshire County PCT