

## > What is diabetes?

Diabetes is a long term condition that causes a person's blood sugar (glucose) level to become high.

The amount of glucose in your blood is controlled by a hormone called insulin. Insulin is produced by your pancreas (a gland behind your stomach). When food is digested and enters your bloodstream, insulin moves glucose out of the blood into the cell, where it is converted into energy. If you have diabetes, your body is unable to convert glucose into energy. This happens either because there is not enough insulin to move the glucose or because the insulin does not work properly.

There are two main types of diabetes:

- **Type 1 diabetes**- occurs because the pancreas does not produce any insulin. People with type 1 diabetes need insulin injections.
- **Type 2 diabetes** – occurs because the pancreas does not produce enough insulin or the body cannot use the insulin produced.

90 % of people with diabetes in the UK have type two diabetes

## > What are the symptoms?

- Feeling very thirsty
- Urinating more frequently than usual, especially at night
- Frequent episodes of thrush
- Feeling very tired
- Weight loss
- Cuts or wounds that heal slowly
- Blurred vision

## > What are the complications?

- Diabetes can cause serious, long term conditions. These include:
- Vision loss and blindness
- Kidney failure
- Lower limb amputation
- Cardiovascular diseases such as stroke
- Nerve damage

## > What about treatment?

Treatment for diabetes is aimed at reducing symptoms and minimising the risk of long term conditions. Take your medication as directed by your doctor.

Have the HbA1c blood test. This test reflects your average blood glucose level over the past 2 to 3 months.

References: NHS choices: <https://www.nhs.uk/conditions/stroke>  
Stroke Association <http://www.stroke.org.uk/>

### Know your blood sugar levels

Knowing how to monitor and manage your blood sugar levels will help you manage your diabetes. National Charity Diabetes UK has lots of tips and advice on how to go about this.

If you are a type 2 diabetic your target range will be:

- When you wake up and before you have eaten, 4 to 7 mmol/l
- 2 hours after meals, less than 8.5 mmol/l

### Self Care Tips

Type 2 diabetes may be managed by:

- Eating a healthy balanced diet
- Losing weight if you're overweight or obese
- Stopping smoking if you smoke
- Increasing physical activity
- Taking oral, anti-diabetic medication

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To contact Bromley Well call the Single Point of Access on **0808 278 7898** or direct Lifestyle Support lines **07985 431484 / 07985 444210** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk) [www.bromleywell.org.uk](http://www.bromleywell.org.uk)



[@BromleyWellService](https://www.facebook.com/BromleyWellService)



[@BromleyWell](https://twitter.com/BromleyWell)

## > Further resources and services

### Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk)

Helpline 0345 123 2399

Email [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

[Diabetes UK - Local Groups - Bromley](#)

3 Hayes Lane, Bromley, Bromley BR2 9EA

Kent

Email: [diabetesbromley@gmail.com](mailto:diabetesbromley@gmail.com)

Telephone: 0208 460 7368

A national charity providing information for members of the public and health professionals. A really useful website packed with information on everything from recipes to the latest research.

Local support group for diabetes.

[www.diabetes.co.uk](http://www.diabetes.co.uk)

An online forum for members of the public. Contains advice on many areas from dealing with difficult emotions to practical advice around work and benefits, for people living with diabetes.

[Bromley Council Diabetes and prevention in Bromley](#)

Information about diabetes and about diabetes prevention programmes in Bromley. Pages have hyperlinks to other relevant sources of information and support on sites such as Diabetes UK.

[NHS Live Well](#)

NHS Live Well pages have information on over 100 topics about healthy living. The diabetes pages contain information, tips, links to health tools and videos.

[NHS Conditions Diabetes](#)

NHS conditions pages contain information about the causes, symptoms and treatment of diabetes and advice for people living with the condition.

[NHS Wellbeing Apps](#)

Link to an NHS Wellbeing Apps, designed to help you manage your condition.

[BDA Foodfacts Type 1 Diabetes](#)

[BDA Foodfacts Type 2 Diabetes](#)

The Association of UK Dietitians food fact sheets containing diet advice for people living with diabetes and tips for managing your condition.

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