



# DIABETES

Bromley

Well

## HEALTH FACT SHEET

Updated December 2025

### What is Diabetes?

Diabetes is a long-term condition that causes a person's blood sugar (glucose) level to be high. This is because your body does not produce enough insulin or produces insulin that isn't effective.

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. In the UK, approximately 90% of diabetes cases are type 2 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

**References:** NHS Condition: [www.nhs.uk/conditions/diabetes/](https://www.nhs.uk/conditions/diabetes/) Diabetes UK [www.diabetes.org.uk/](https://www.diabetes.org.uk/)

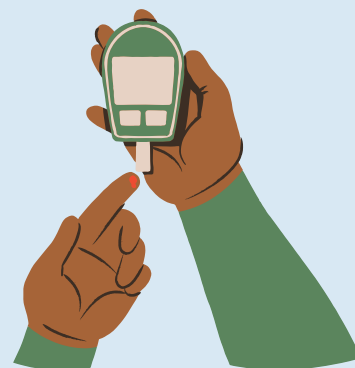
### Monitoring Your Blood Sugar

Knowing how to monitor and manage your blood sugar levels will help you to manage your diabetes. Diabetes UK are a national charity that have lots of tips and advice on how to monitor your blood sugar.

If you are a diabetic your target ranges will be:

**4 to 7 mmol/l** when you wake up and before you have eaten.

**Less than 8.5 mmol/l** two hours after meals.



**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](https://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
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### What are the causes?

The amount of glucose in your blood is controlled by a hormone called insulin. Insulin is produced by your pancreas. 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.

Your risk of diabetes is increased if you:

- Do not have a healthy diet.
- Are living with overweight or obesity.
- Have a family history of type 2 diabetes.
- Are of Asian, Black African or African Caribbean origin.
- Take certain medicines such as steroids for a long time.
- Have high blood pressure.
- Have had gestational diabetes during pregnancy.

### What about treatment?

Treatment for diabetes includes managing blood sugars by regular checking them and using medication and insulin where necessary. Lifestyle changes such as eating healthily and being active can also help.

### SELF CARE TIPS

#### EAT A HEALTHY BALANCED DIET

A large part of managing diabetes is controlling your blood sugars. This can be done through medications but also by ensuring a balanced diet. If you are medically obese you can get support with losing weight through weight management programmes. Ask your GP for more information.

#### STOPPING SMOKING

Smoking increases your risk of developing type 2 Diabetes and therefore getting help to quit can be helpful to prevent this.

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## Some myths

### **Myth 1: People with diabetes should not eat fruit**

No, although there are natural sugars in fruit. they are still an essential part of a healthy balanced diet. Fruit contains nutrients and fibre that are good for our health. Therefore, if your blood sugars are high it is best to look at other sources of sugar before cutting down on fruits.



### **Myth 2: Diabetes is caused by eating too much sugar**

Not true! There are two different types of diabetes, and neither are caused exclusively by eating too much sugar. Type 1 diabetes happens when your pancreas no longer produces insulin. Type 2 diabetes is caused by lifestyle factors and so eating too much sugar can increase your risk but does not guarantee that you will develop type 2 diabetes.

## SELF CARE TIPS

### **INCREASING PHYSICAL ACTIVITY**

Increasing physical activity can help with weight management. Increasing muscle mass can also help with insulin sensitivity.

### **TAKING ANTI-DIABETIC MEDICATION**

Controlling your blood sugar can sometimes need extra intervention, such as medication. If you are prescribed medication, it is important to take it at the right time.

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### FURTHER RESOURCES

#### Diabetes UK

Helpline 0345 123 2399

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

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.

#### Diabetes UK Bromley Support Group

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

**Telephone: 0208 460 7368**

Local support groups run by Diabetes UK in Bromley

#### Diabetes.co.uk

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

#### Bromley Council Diabetes and prevention in Bromley

Information about diabetes and about diabetes prevention programmes in Bromley.

#### 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.

**References:** NHS Condition: [www.nhs.uk/conditions/diabetes/](https://www.nhs.uk/conditions/diabetes/) Diabetes UK [www.diabetes.org.uk/](https://www.diabetes.org.uk/)

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