

#diabetes

#publichealth5-19service



DIABETES FACTSHEET

This factsheet will provide you with information about diabetes and links to helpful websites.

FACTS ABOUT DIABETES:

“I have diabetes, I just want to go out and be normal like all my friends”

Having diabetes doesn't mean you can't do the same things as all of your friends. Sometimes it just takes a little extra planning for you to do the same things as everyone else. You may just need some extra support and a plan of care to allow you to do this.

What is diabetes?

Diabetes is very common, there are around 2.9 million people diagnosed with the condition. Being diabetic means that you have high levels of sugar (glucose) in your blood, from the food you eat (carbohydrates). Insulin, is not being produced by the pancreas (an organ in your body) which means you don't break down the sugars in your body and its builds up in your blood; this can cause multiple problems in the long and short term if not treated, this is known as type one diabetes and is most likely in young people.

Type 2 diabetes is more common in older people although it is possible to be diagnosed with type 2 at any age. Type 2 diabetes occurs when the body does not produce sufficient amounts of insulin for the body to function properly. Type 2 diabetes has been linked strongly to obesity and lack of exercise, and can often be treated with oral medication and a healthier lifestyle.

What happens next?

After you've come home from hospital you'll probably be wondering 'what comes next?' The diabetes team will be available to offer advice and support to help you gain confidence and learn to manage your diabetes.

When you go home you will be offered a follow up appointment with your diabetes nurse, gradually these appointments will decrease as you become more confident until you are only seen at your routine clinic appointment every 3 months.

As well as seeing your diabetes nurse you will have the opportunity to see a dietician who can help you understand the effect of your diabetes on your diet, and help you learn to count carbohydrates and how to calculate insulin doses.

Being diagnosed with diabetes at any age is a lot to take in and it's natural to feel lots of different emotions, to help you deal with these emotions you can get support from someone who will listen to you and try to help you work through how you feel about yourself and your diabetes after diagnosis.

Clinics

It doesn't matter if you have just found out you have diabetes or you have known for years the help and support the diabetes team give is the same. Everyone will be invited to visit diabetes clinic every three months, the clinics are held in the afternoons so you don't have to miss school and it's really important that you come. At clinic you will have the opportunity to see your diabetes nurse and doctor, who will see how you're getting on and make alterations to your insulin regime to help you get the best control. This is also the best time to ask any questions you might have about living with diabetes, from holiday advice to participating in sport.

The clinic is also a great time for you to meet other people your age who have diabetes; you can chat, share experiences and tips and maybe make new friends.

In between clinics they may contact you to ask how things are, but it's more likely that you will have called the team for help. To help you manage your diabetes they can:

- Visit you at home
- Visit your school to talk to your teachers
- Visit relatives who you sometimes stay with to help them understand your diabetes
- Visit after school clubs and activities if they want to know more about diabetes too

The Future

Diabetes care is split into Children / Young People's services and Adult services. When the time comes for you to join adult services your diabetes team will be there to help you start your transition to make the change as smooth as possible. This includes helping you prepare for life as a young adult going to University or whatever you decide to do.

Diabetes is a life-long condition and can seem overwhelming at times, but your diabetes team, can help you manage your condition to live your life like you want to. With their help your life can be ordinary or extraordinary, the choice is yours.

VISIT THESE USEFUL WEBSITES:

www.nhs.uk/conditions/Diabetes/ NHS Choices webpage about provides lots of useful information about diabetes

www.nhs.uk/conditions/type-1-diabetes/type-1-diabetes-in-children/ NHS Choices webpage for information about type 1 diabetes in children

www.diabetes.org.uk Diabetes UK is the leading charity in the UK for people with diabetes, it has lots of useful information including great sections for Children and Young People with issues important to them

www.diabetes.co.uk provides help and support those affected by diabetes. This is a free, community-led information and support resource for people with diabetes

www.digibete.org/ DigiBete, provides information to help young people and families to manage Type 1 Diabetes

www.jdrf.org.uk/t1-information-young-people/ Juvenile diabetes research foundation give support and a voice to people with type 1 and their families