

WHAT IS DIABETES?



**TYPE 1
DIABETES:**

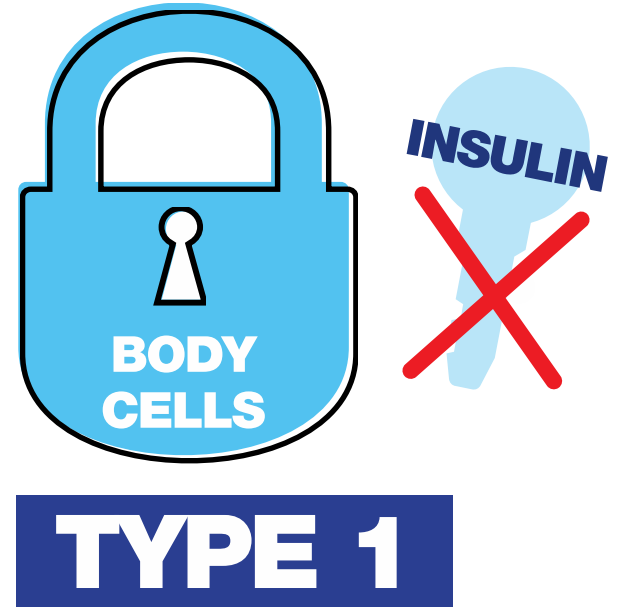
Make the grade



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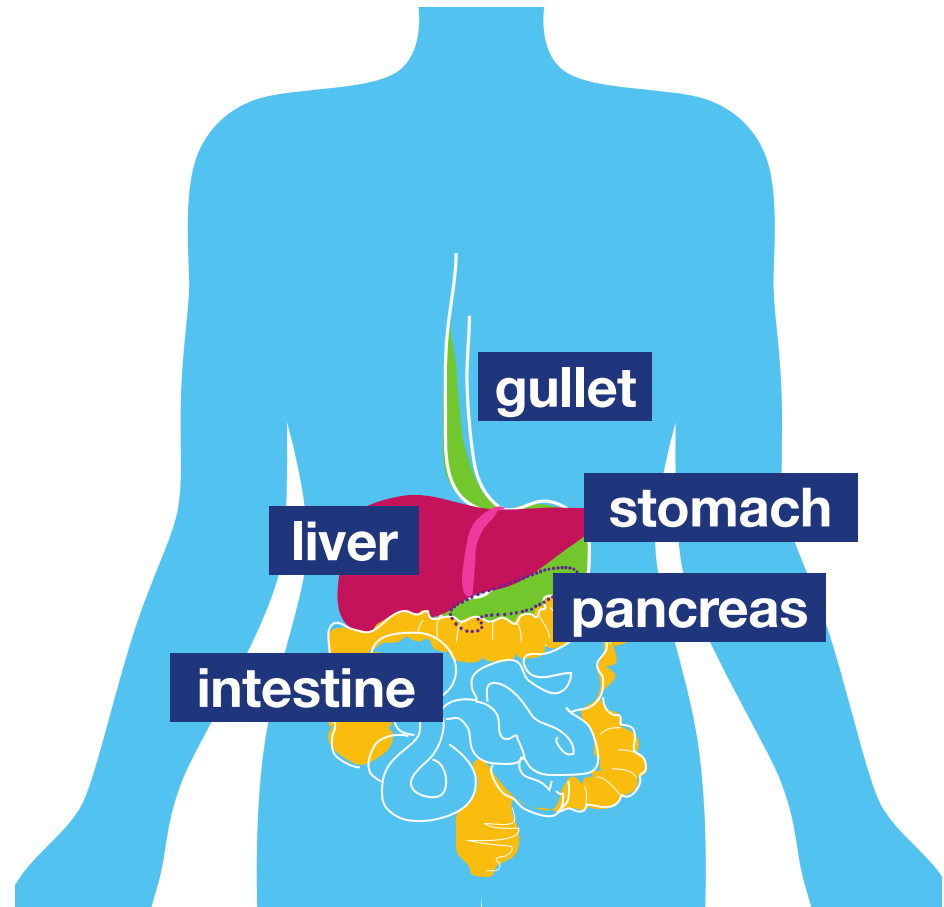
Type 1 diabetes

- This is where the amount of glucose (sugar) in the blood is too high because the body cannot use it properly.
- This is because the pancreas does not make any.



Insulin

- Insulin is a hormone made by the pancreas. It helps us get energy from food and drink.
- It allows glucose to enter the bodies cells where it is used for energy.
- Glucose comes from digesting carbohydrate. It is also made by the liver.
- People with Type 1 diabetes do not make insulin, so the glucose stays in their blood.



Types of diabetes

- There are two main types of diabetes, Type 1 and Type 2
- 90 per cent of all people with diabetes have Type 2.
- But the vast majority (97 per cent) of children and young people with diabetes have Type 1.
- This presentation will focus on Type 1 diabetes.



Signs or symptoms of Type 1 diabetes

- Toilet.
- Thirsty.
- Tired.
- Thinner.

COULD YOUR CHILD HAVE TYPE 1 DIABETES?

Toilet
Thirsty
Tired
Thinner

If your child is going to the toilet a lot, has increased thirst, is more tired than usual or is losing weight, it could be a sign they have Type 1 diabetes. If not diagnosed early enough, Type 1 diabetes can be fatal. Don't delay – if your child is experiencing any of the **4 Ts**, visit your doctor immediately for a test.

www.diabetes.org.uk/The4Ts

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Treating Type 1 and Type 2 diabetes

TYPE 1

Needs regular insulin, four or five times a day.

TYPE 2

This may be managed by a healthy balanced diet and taking more exercise, but it may need tablets, or insulin and tablets.



Young people and diabetes

- People who have Type 1 usually get it when they are children or young adults. There is nothing you can do to prevent it, and it is not caused by anything anyone has done.
- It does not mean they are any different, and it does not stop them doing anything anyone else can do.
- But they do need to do certain things to manage their Type 1 diabetes properly.

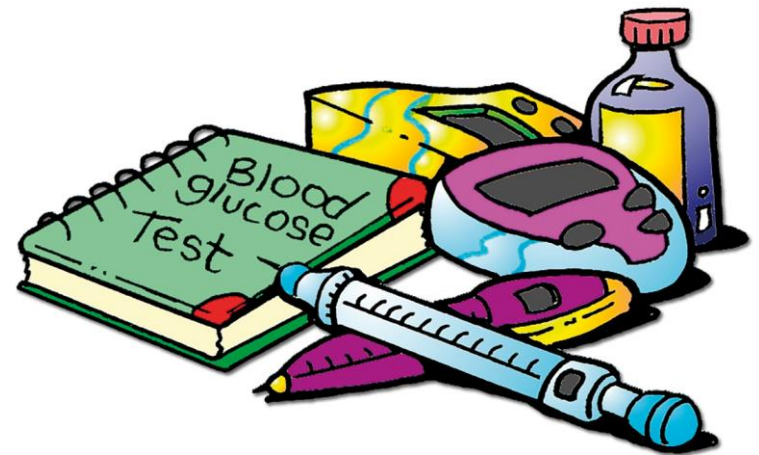
What do young people with diabetes have to do

- Check blood glucose level regularly and note result.
- Take insulin, either by using an 'injector pen' or an insulin pump.
- Eat a healthy balanced diet and get regular physical activity.
- Visit their doctor or nurse regularly.



Testing blood glucose

- Children and young people with Type 1 diabetes will need to check their blood glucose levels several times a day, including at school.
- Monitoring blood glucose levels is important as it checks blood glucose is at the right level.
- It is important to keep blood glucose levels as close to target as possible to make sure the child or young person stays well in the short and long term.



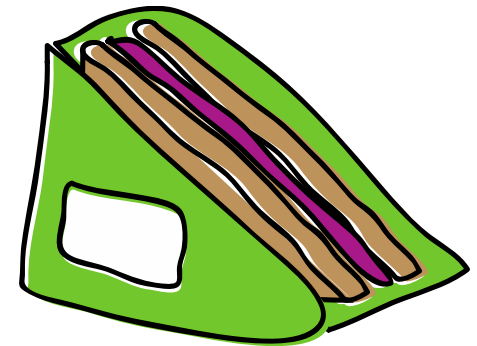
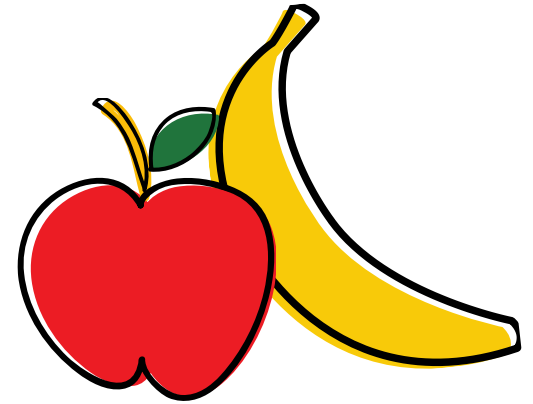
Taking insulin

- Insulin cannot be taken by mouth because it is a protein, and would be destroyed by the stomach acids.
- It needs to be taken by an injection or insulin pump.
- Injections are generally taken at each meal, plus in the evening and/or morning too.
- An insulin pump is attached 24 hours a day and insulin is given for meals and snacks.



Eating a healthy diet

- Young people with diabetes should eat a diet that is low in fat, salt and sugar, with at least five portions of fruit and vegetables a day – just like everyone else.
- No food is forbidden.
- Might need to eat at certain times throughout the day.



Physical activity

- Young people with diabetes can do any type of sport.
- They may need to have a snack before, during and after activity and change their insulin dose or where they inject their insulin.



Problems (hypoglycaemia)

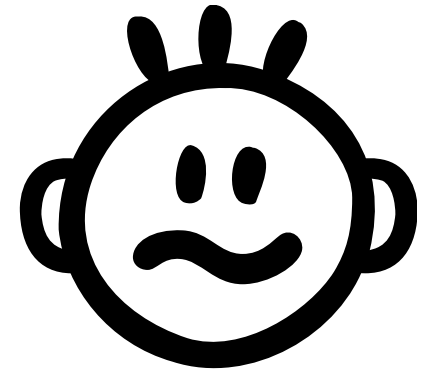
When blood glucose drops too low, this is called a hypo. This can be caused by:

- Missed meal.
- Not enough carbohydrate.
- Unplanned exercise.
- Too much insulin.
- Sometimes no obvious cause.



Signs of a hypo

- Hunger.
- Shakiness.
- Mood change.
- Clumsiness.
- Pale.
- Sweating.



How to help

- Get them to stop activity and sit down.
- Get them to check their blood glucose levels if they can.
- If it is low, get them to eat/drink something sugary, like lucozade, dextrose sweets or jelly beans.
- After 10–15 minutes, check blood glucose levels again.
- If it is still low, have some more sugar
- After 20–30 minutes, check blood glucose levels again to make sure it is ok.
- Some children and young people need a snack after having a hypo, like fruit or biscuits.
- Once their blood glucose levels are back to normal, they can resume activity.

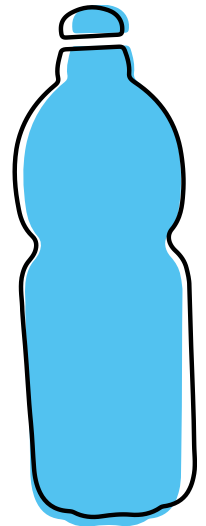
Problems (hyperglycaemia)

This is when blood glucose level is too high, caused by:

- Missed insulin.
- Too much carbohydrate/sugary food.
- Stress or illness.
- Sometime no obvious cause.
- Signs and symptoms include thirst, needing to pass urine frequently, tiredness, feeling sick.

How to help

- Check blood sugar level.
- Drink plenty of water.
- Take extra insulin.
- Rest.



Long term health

- It is important to look after diabetes to make sure you stay healthy in the future.
- Diabetes can make some health problems more likely when you're older.
- Looking after it well makes that much less likely.



TYPE 2 DIABETES



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Type 2 diabetes

- About 90 percent of people with diabetes have Type 2.
- Usually develops in later life, but worryingly, there are an increasing number of young people with Type 2.
- Symptoms are the same but develop gradually.
- There is an increased risk of developing Type 2 if it is in your family, you are from BAME or you are overweight.
- Type 2 diabetes is treated by keeping physically active, following a healthy balanced diet and keeping to a healthy weight.
- But medication, including insulin, may be needed, too.
- If your parents or grandparents have diabetes, it's likely to be Type 2 diabetes.

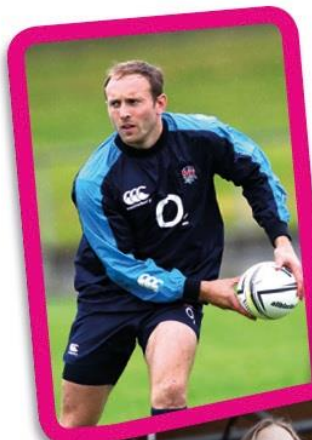
Summary

- It is important for people to look after diabetes to make sure they stay well, both in the short and long term.
- Treatment helps to keep glucose levels as close to those of people without diabetes as possible.
- Having diabetes does not stop people from doing anything their friends do and does not mean you can't be successful!



What do these people have in common?

Chris Pennell



Lucy Davis

Este Haim



Steve Redgrave

Nick Jonas



Amelia Lily



**THEY ALL HAVE DIABETES
AND IT HASN'T STOPPED THEM
BEING SUCCESSFUL!**



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And finally...

- 1 Remember, people with diabetes are just like you, except for one small thing – they cannot produce their own insulin.
- 2 People with diabetes can do everything you can do, they just might need to prepare a bit more.
- 3 If you are worried about any aspect of your own health, talk to your doctor.
- 4 We all need to eat healthy and get plenty of physical exercise.

THANK YOU FOR LISTENING

**GO TO WWW.DIABETES.ORG.UK FOR
FURTHER INFORMATION AND SUPPORT**

