

Living with diabetes

Patient education material

This set of posters provides guidance and recommendations for living with diabetes. The posters cover the following themes:

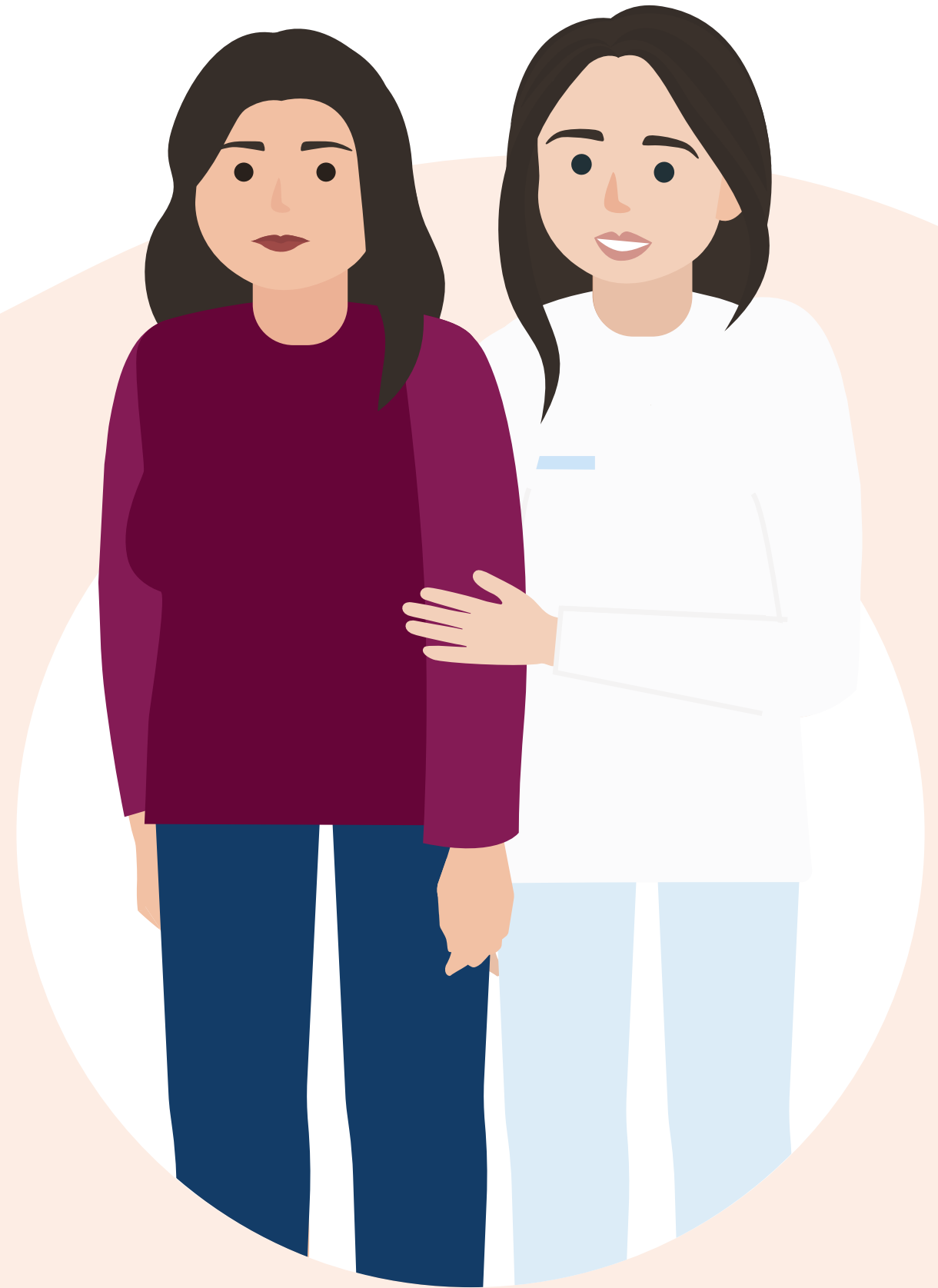
Theme 1: Newly diagnosed with diabetes

Theme 2: How to manage your diabetes

Theme 3: How do you use insulin safely to control your diabetes?

Theme 4: How does diabetes affect your body?

Theme 5: Dealing with diabetes on various circumstances

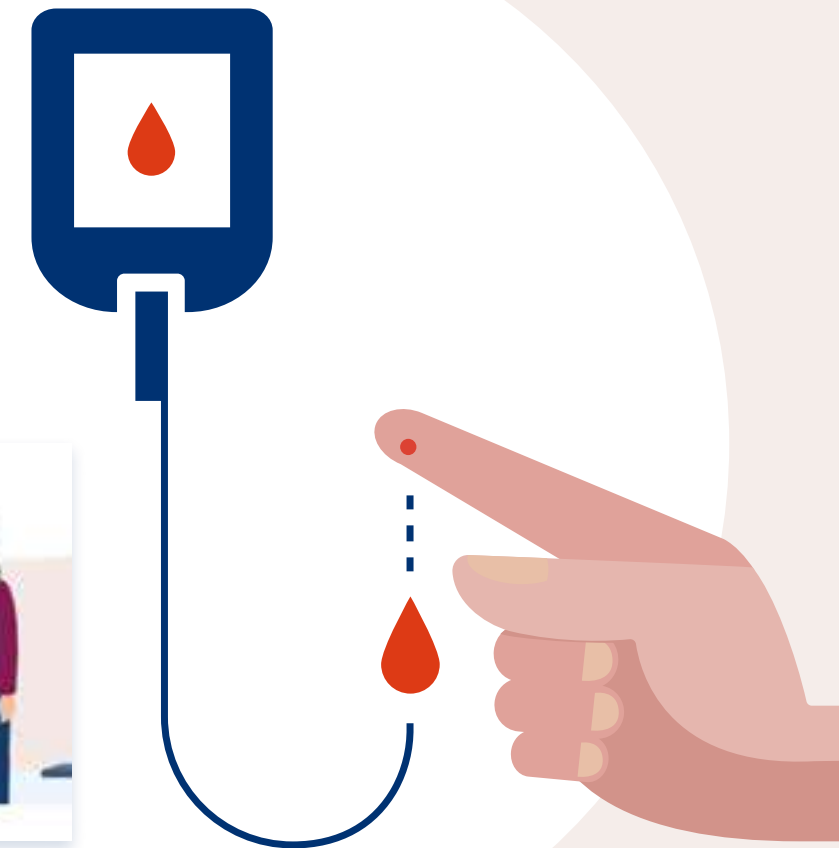


Theme 1: Newly diagnosed with diabetes

There are two posters in this section with information about diabetes and how it can be successfully managed.

Poster 1: What is diabetes?

Poster 2: How is type 2 diabetes treated?



Theme 1: Newly diagnosed with diabetes

Speaker notes:

When a person learns that they have a new diagnosis of diabetes they can feel confused and overwhelmed. Telling people about a new diagnosis should happen in stages. The first step is to explain what diabetes is and why it is important to manage diabetes to avoid the condition getting worse and affecting organs within the body. The second step is to explain how diabetes can be treated and managed to avoid complications. Starting with a good explanation, increases the chances that the person will follow through with the advice and the treatment plan. It is important that patients know that diabetes is a chronic, lifelong disease. Emphasise that good control of diabetes can mean a good quality of life.

Poster 1: What is diabetes?

Poster 2: How is type 2 diabetes treated?



Speaker's own notes

What is diabetes?

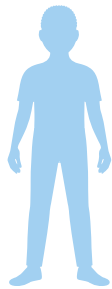
Diabetes is a common health problem. It is a chronic disease characterised by high blood glucose levels.

Type 1 diabetes



The pancreas does not make insulin. Usually type 1 diabetes starts when you are a child or teenager

Type 2 diabetes



The pancreas makes insulin, but does not make enough, or your body cannot use it well enough

Gestational diabetes

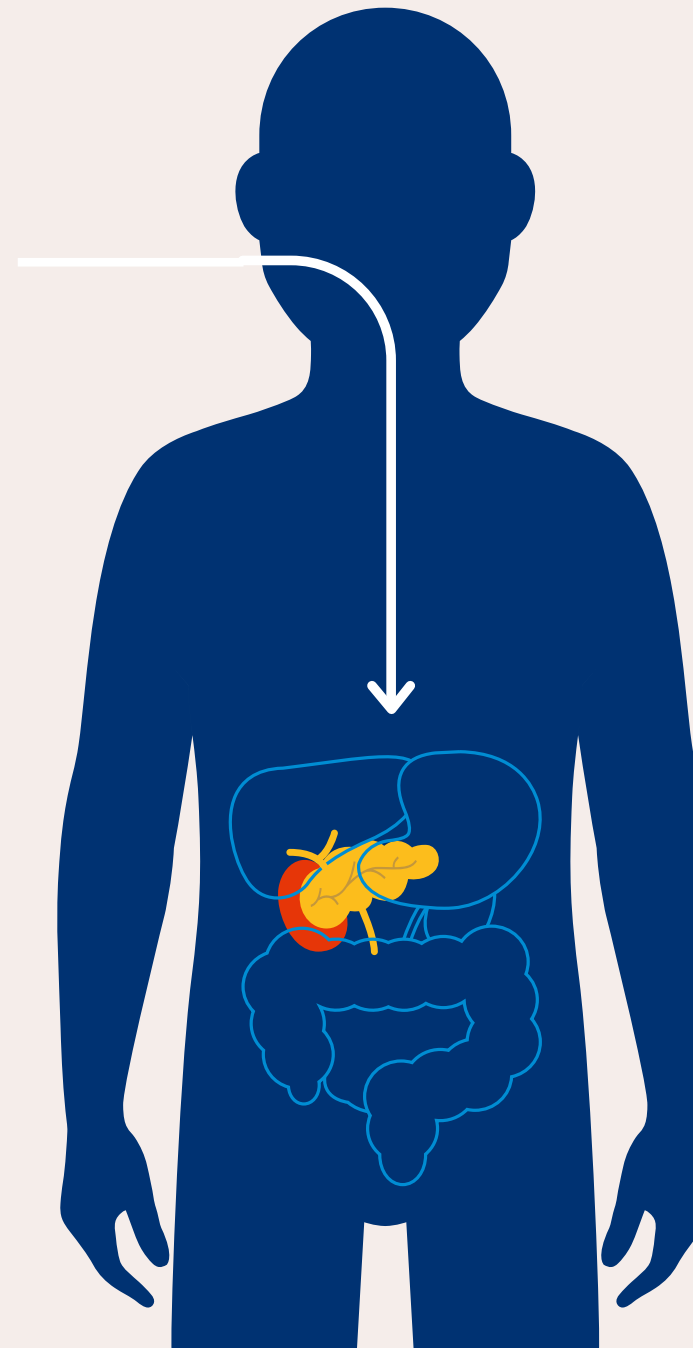


When high blood glucose develops in pregnancy, it usually goes away after giving birth



Carbohydrates and glucose

Your body breaks down the carbohydrates you eat into glucose for energy.



The pancreas

The pancreas is an organ that sits behind the stomach and produces a hormone called insulin.



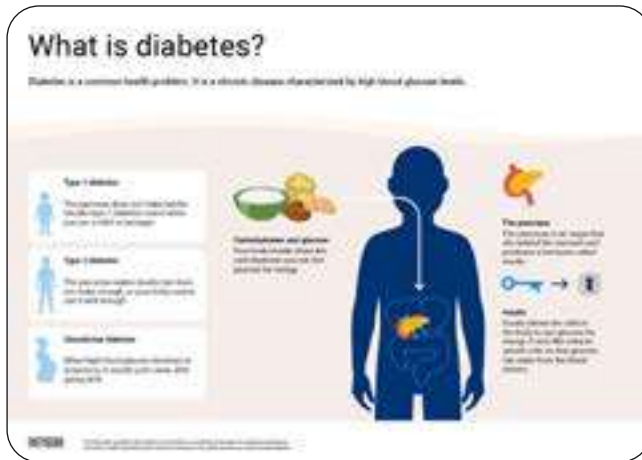
Insulin

Insulin allows the cells in the body to use glucose for energy. It acts like a key to unlock cells so that glucose can enter from the blood stream.



What is diabetes?

Speaker notes:



Diabetes is a common health problem. It is a chronic disease, which means that once you have it, you will have it throughout your lifetime. However, there is still a lot you can do to keep the disease under control and continue living a normal life.

We know that diabetes is related to a problem with blood glucose. There are different types

of diabetes, and we will talk shortly about what goes wrong when you have diabetes. But first, let us take a look at what happens in the body when we eat food.

Food that contains sugar and carbohydrates (such as bread, rice and potatoes) is broken down into glucose. Glucose is the body's source of energy, but for our cells to use

glucose, they need insulin, which acts like a key to unlock cells.

Insulin is produced by an organ called the pancreas, which sits behind the stomach. So to summarise, the pancreas produces insulin, which helps our cells use the glucose we get from food.

Types of diabetes



Type 1 diabetes

The pancreas does not make insulin. Usually type 1 diabetes starts when you are a child or teenager.



Type 2 diabetes

The pancreas does not make enough insulin or the body cannot use insulin well. This type of diabetes is the most common and usually runs in families. It is more likely to happen in people who are overweight or have obesity, and who have a poor diet high in sugar and fat.



Gestational diabetes

During pregnancy, the blood glucose rises and usually goes back to normal after giving birth.

Your body and diabetes

When you have diabetes, your body is not able to use glucose well. So glucose stays in your blood and your blood glucose level rises. If left untreated, this high blood glucose can make you ill.



Carbohydrates and glucose

Your body breaks down the carbohydrates you eat into glucose for energy. Glucose enters the blood stream with the help of insulin to get into your body's cells.



The pancreas

This organ makes insulin for the body to use, but in people with diabetes the pancreas either does not make any or does not make enough insulin.

Insulin controls blood glucose



Insulin is a hormone that is made in the pancreas, a small organ in your abdomen. It is like a key that unlocks the body's cells and allows them to use blood glucose. Having diabetes impacts two things:

- The amount of insulin your body makes
- How well your body's cells use insulin.

Speaker's own notes

How is type 2 diabetes managed?

Type 2 diabetes affects the way our body uses glucose. It causes glucose levels to rise in the blood stream. If untreated, high blood glucose can make you ill.

Type 2 diabetes can be treated with:

Lifestyle changes



Maintain a healthy weight



Exercise



Stop smoking



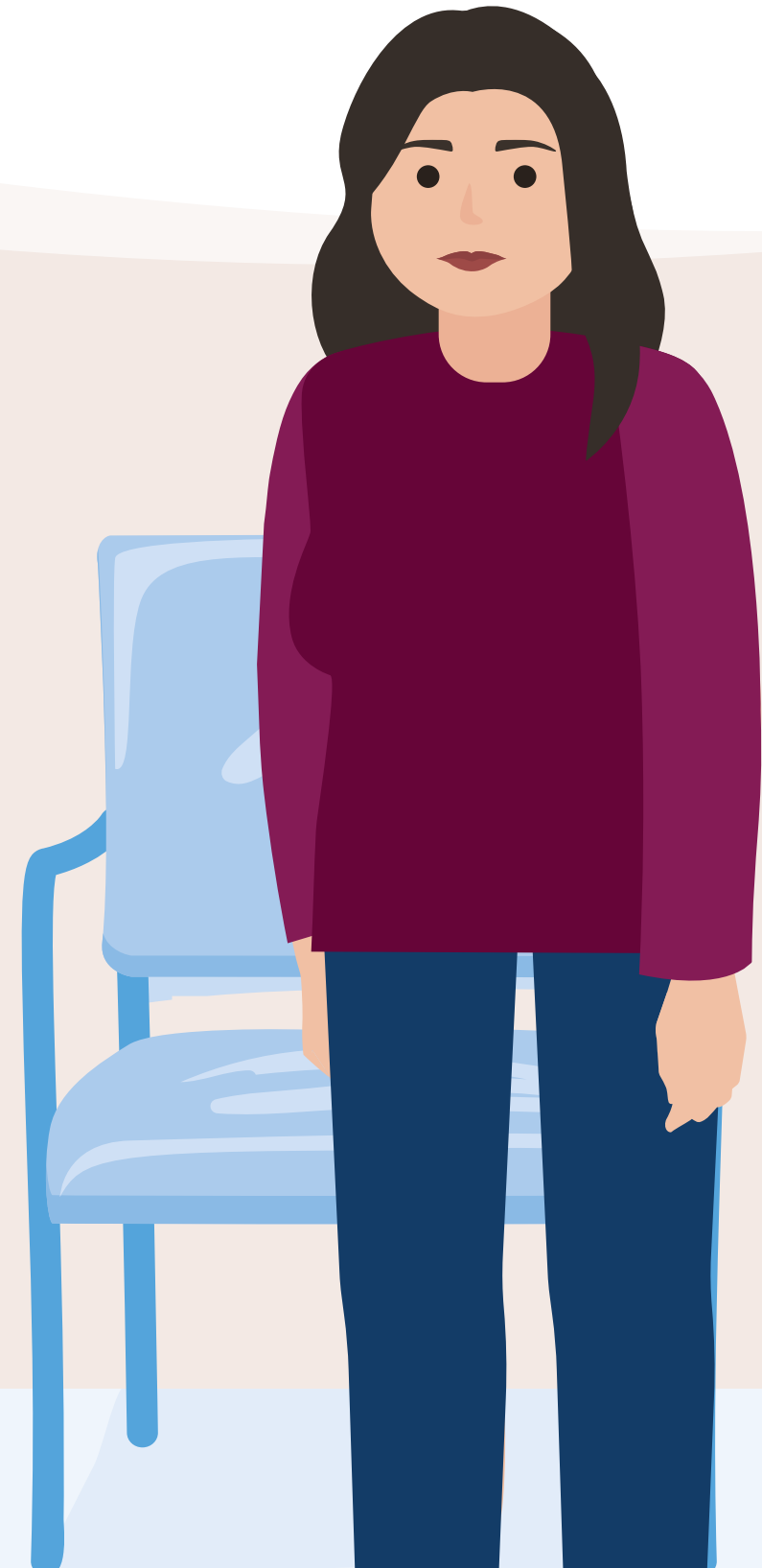
Avoid harmful use of alcohol

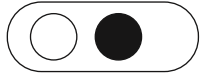
Dietary changes



Diabetes medicines

Different medicines can be used to treat type 2 diabetes, including pills and insulin





How is type 2 diabetes managed?

Speaker notes:







Type 2 diabetes affects the way your body uses glucose. It causes glucose levels to rise in the blood stream and, if left untreated, high blood glucose can make you ill.

There are different ways to treat diabetes. In all cases, your doctor will recommend lifestyle changes and changes to your diet. In some cases, your doctor will also prescribe medicines.

Type 2 diabetes can be treated with:

Life style changes

As part of your treatment, you will need to adopt a healthy lifestyle, and your doctor or nurse might recommend that you:

-  Lose weight
-  Get regular exercise
-  Stop smoking or using tobacco
-  Avoid harmful use of alcohol.

Diet



Diet is important because it is part of your diabetes treatment. Many people need to change what they eat and how much they eat to help treat their diabetes.

Medicines



Different medicines can be used to treat type 2 diabetes. Your doctor may prescribe pills or insulin injections or both.

Speaker's own notes

Theme 2:

How to manage your diabetes

There are three posters about managing diabetes in this section. Each poster provides advice for a person with diabetes on managing their blood glucose levels.

Poster 3: How to manage your diabetes: diet

Poster 4: How to manage your diabetes: lifestyle

Poster 5: How to manage your diabetes: pills

Poster 6: How to manage your diabetes: insulin



Theme 2: How to manage your diabetes

Speaker notes:

The person living with diabetes is the most important person in their healthcare team. They are the one affected by diabetes, and the choices they make can impact their diabetes in both positive and negative ways. It is important to help them take charge of their own well-being.

This section provides advice on how a person with diabetes can manage their blood glucose levels.

Poster 3: How to manage your diabetes: diet

Poster 4: How to manage your diabetes: lifestyle

Poster 5: How to manage your diabetes: pills

Poster 6: How to manage your diabetes: insulin



Speaker's own notes

How to manage your diabetes: diet

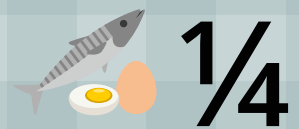
A healthy diet is important to control your diabetes and keep your blood glucose levels within the normal range. Eating healthy food will also help you maintain a healthy weight, and normal blood pressure and cholesterol levels.

Use the plate as a guide for creating a healthy and balanced meal



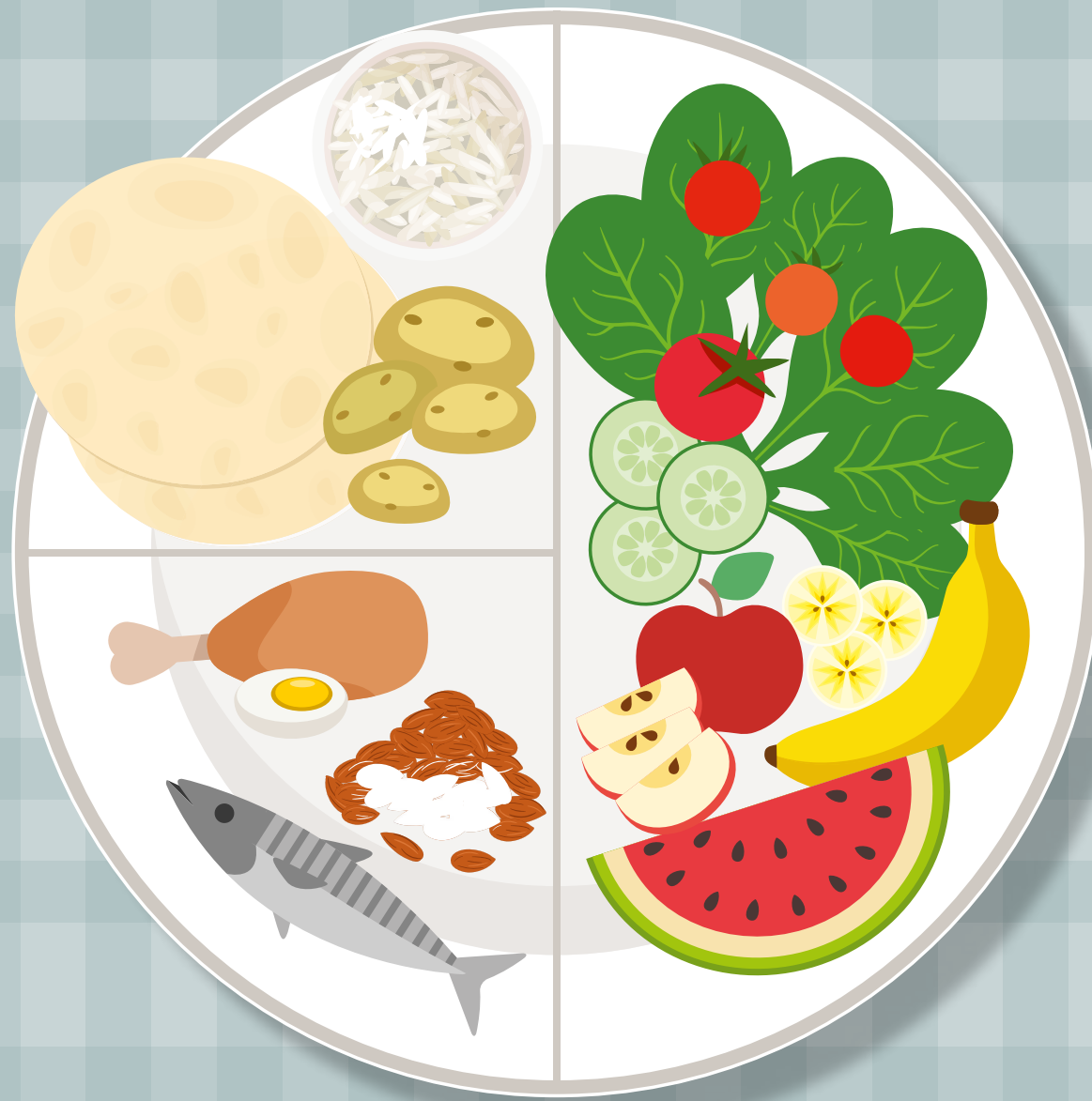
$\frac{1}{4}$

Starchy foods
Bread and rice, as well as starchy foods such as potatoes (or foods made from them)



$\frac{1}{4}$

Protein
Fish, poultry, eggs, nuts and beans



Limit red and processed meat such as sausages and canned meat



$\frac{1}{2}$
Vegetables and fruit

Drink at least 1.5 litres of water a day
Avoid sugary drinks and limit dairy





How to manage your diabetes: diet

Speaker notes:



Eating a healthy diet helps you to keep your blood glucose within normal levels and control your diabetes better. It is also important for your blood pressure, your cholesterol levels and your overall weight.


If you have diabetes, you do not need to eat a special diet, but there are general rules you should follow.


Firstly, you need to stick to the recommended portions as shown on the plate.


Secondly, you should avoid eating too much food that is high in sugar and salt.


Thirdly, you should avoid eating food high in cholesterol such as fried food and animal fat. When thinking about what to eat, always consider the quantity and quality of the carbohydrates you are having in every meal.


Use the plate as a guide for creating a healthy and balanced meal:

 **1/4 Starchy foods and whole grains**
Make one-quarter of your plate whole grains, wheat and rice or foods made from them, such as bread, as well as starchy foods such as potatoes.

 **1/4 Protein**
Make one-quarter of your plate protein such as fish, poultry, nuts and beans. Do not eat too much red meat, and avoid processed meats such as sausages and canned meat.

 **1/2 Vegetables and fruit**
Make most of your meal – at least half of your plate – vegetables and fruit.

 **Drink water, tea and coffee**
Drink at least 1.5 litres of water every day unless otherwise indicated by the doctor. Make sure you avoid juices and fizzy drinks as they are high in sugar. Try drinking herbal teas instead.

 **Limit red and processed meat from lamb, veal and beef.**

Speaker's own notes

How to manage your diabetes: lifestyle

It is possible to live a normal life with diabetes.

Here are some tips for how to stay healthy and live well with diabetes.

Exercise

You should exercise for 30 minutes a day, 5 days a week.
Exercise is important for:



Your heart



Your immune system



Your weight



Your mood

Stop smoking

Stop smoking



Your job and diabetes

Having diabetes should not stop you from doing most types of work



Travelling

ALWAYS make sure you have with you:



Diabetes medicine and supplies



Blood glucose monitor if you are taking insulin



Some sugary foods to treat low blood glucose





How to manage your diabetes: lifestyle

Speaker notes:



It is possible to live a normal life with diabetes. Most people with diabetes live full lives.

It can also affect travel and work. Having diabetes should not stop you from doing most types of work.

However, diabetes can affect your way of life, such as the foods you eat and how you keep fit.

Here are some tips for how to stay healthy and live well with diabetes:

Exercise

Exercise and physical activity are important for your health. It is recommended that you exercise for at least 30 minutes a day, five days a week. This includes any exercise that will make you sweat slightly, such as brisk walking or jogging. Exercise is important for:



Your heart



Your immune system



Your weight



Your mood

Travelling

Always have your diabetes supplies with you! Make sure you have the following with you:



Your diabetes medicine (such as pills or insulin)



Supplies for taking your medicine (such as needles or your pen for taking insulin)



Your blood glucose monitor, if you already use one at home



Some sugary foods in case your blood glucose dips too low. This is very important on car trips

Your job and diabetes

Some things to consider about diabetes and work:

1. At least one person who works with you should know you have diabetes. This can be helpful if you have low blood sugar at work.
2. Some jobs have unusual hours or keep you on the go. You may need special plans to make sure you eat your meals at consistent times.
3. You may need to discuss with your doctor whether certain jobs, such as driving a bus or lorry, are safe for you.

Speaker's own notes

How to manage your diabetes: pills

Your doctor might prescribe pills to control your diabetes. There are different types of pills, each type works differently to help keep your blood glucose under control.

Things you need to remember about diabetes pills

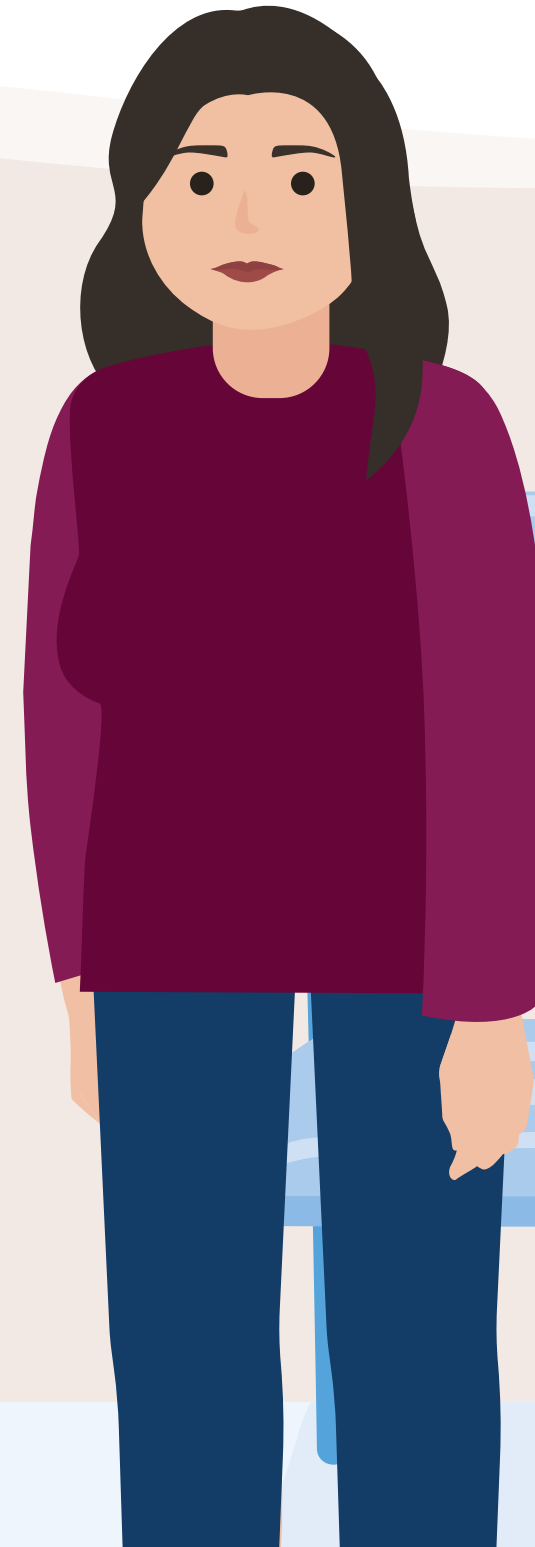
- 1** Take your pills as prescribed by your doctor. Do not miss any and make sure you have enough supplies so you do not run out



- 2** Discuss any new symptoms you might have after starting the pills, such as nausea, diarrhoea, or low blood glucose, with your doctor



- 3** Never stop taking your pills without talking with your doctor first. Even if you experience side effects, you must speak with your doctor first





How to manage your diabetes: pills

Speaker notes:



Most patients with diabetes will have to take pills to lower their blood glucose. There are different types of pills, each lowers blood glucose through different actions on the body

When you are prescribed pills, you need to remember the following:



Take your pills as prescribed by your doctor. Do not miss a dose, and make sure you have enough supplies so that you do not run out of your medication.



In some cases, patients taking pills can experience side effects. Common side effects include nausea, vomiting, diarrhoea, stomach ache and low blood glucose. If patients experience side effects, they should not stop taking their medication. They should tell their doctor as soon as possible so that their medication can be reviewed.

Speaker's own notes

How to manage your diabetes: insulin

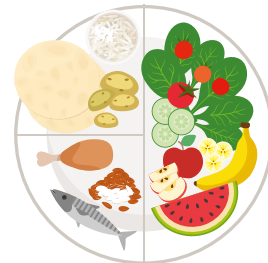
Some people with diabetes might need to use insulin in addition to taking pills or instead of pills. Using insulin does not mean that your diabetes is severe and cannot be controlled. Insulin is an additional treatment when pills alone are not enough to control blood glucose.

When you are taking insulin, it is very important to:

- 1 Take the doses regularly as prescribed



- 2 Stick to the diet you have agreed on with your healthcare team



- 3 Monitor your blood glucose regularly



- 4 Attend your regular appointments with the healthcare team





How to manage your diabetes: insulin

Speaker notes:



Patients with type 1 diabetes and some patients with type 2 diabetes are prescribed insulin. Insulin is a hormone that lowers your blood glucose. Many people are scared of taking insulin. Needing to take insulin in some people helps with control. It is better to be on insulin and have well-controlled diabetes than to take pills and have poorly controlled diabetes.

Once you are prescribed insulin, remember the following:



Insulin doses are calculated carefully according to your weight, your blood glucose levels and what you eat. You need to take the doses regularly and as prescribed.



Maintaining a healthy diet is very important. You need to tell your doctor what and how much you eat, and stick to the portions.



When on insulin, it is recommended that you check your blood glucose regularly. Your healthcare team will advise on how often you should do this. Keep a record of your blood glucose levels so that you can discuss them with your healthcare team.



Try not to miss any planned appointments with your healthcare team.



Always have with you your medication and the glucose levels recorded.

Speaker's own notes

Theme 3:

How do you use insulin safely to control your diabetes?

There are three posters about using insulin to help manage blood glucose levels in this section. The posters provide basic information about using insulin.

Poster 7: Insulin and diabetes

Poster 8: Injecting insulin

Poster 9: Low blood glucose levels



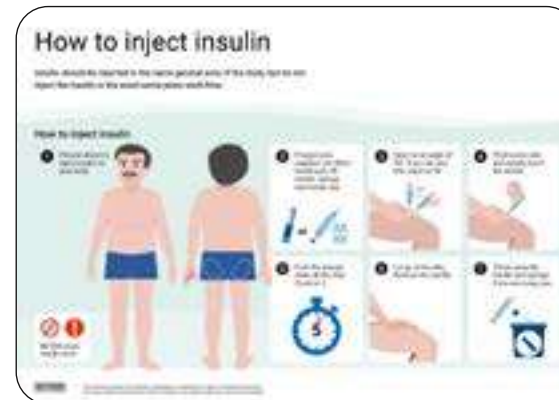
Theme 3: How do you use insulin safely to control your diabetes?

Speaker notes:

Some people with type 2 diabetes require insulin treatment to help them manage their blood glucose. Their doctor will prescribe the correct dosage and advise them about how to take insulin in addition to a healthy diet and following an exercise regime.

This section provides basic information about using insulin.

- Poster 7:** Insulin and diabetes
- Poster 8:** Injecting insulin
- Poster 9:** Low blood glucose levels



Speaker's own notes

Insulin and diabetes

Insulin is a medicine that many people with diabetes use as part of their treatment to lower their blood glucose levels.

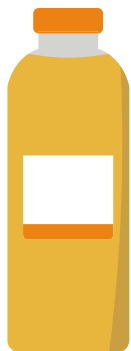
There are three main types of human insulin: short-acting, intermediate-acting and mixed insulin

Short-acting



Short-acting

Absorbed quickly:
5–30 minutes



Lasts 4–8 hours

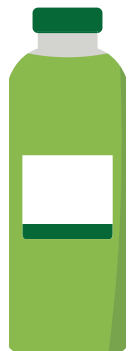
Used to control blood glucose during meals and snacks, and to correct high blood glucose

Intermediate-acting



Slow-acting

Absorbed more slowly than short-acting insulin:
2 hours



Lasts more than 12 hours

Used to control blood glucose overnight, while fasting and between meals

Mixed



Short-acting

Absorbed quickly: 30 minutes



Lasts 18–24 hours

This is a mix of short- and long-acting insulin and works as a combination of both



Keep insulin vials and pens refrigerated before opening and never freeze. After opening, keep insulin cool.



Insulin and diabetes

Speaker notes:



Insulin is a hormone that plays a key role in regulating your blood glucose. When you have diabetes, your body does not use or produce insulin properly, and your doctor may prescribe insulin as part of a treatment plan to lower your blood glucose levels.

Insulin usually comes in the form of an injection that a person gives themselves through a syringe or a pre-filled pen. Both are equally effective. It is important to

keep needles sterile and discard them immediately after use.

There are different types of insulin. All types of insulin can control blood glucose levels, but some types of insulin start working faster or last longer than other types. Many people use two different types of insulin each day so that their body has insulin all day and night. Almost all insulin now available is made in a laboratory and

does not contain animal products. Insulin can be delivered through a syringe or a pre-filled pen. Both are equally effective. It is important to keep needles sterile and discard them immediately after use. Remember, insulin should not be kept in the freezer! If you are having trouble storing your insulin at home, you can use the fridges in corner shops. You can also keep them in clay pots to keep their temperature between 2 and 8 °C.

Different types of insulin



Short-acting

Short-acting

Absorbed quickly:
5–30 minutes

Lasts 4–8 hours

Used to control blood glucose during meals and snacks, and to correct high blood glucose.



Intermediate-acting

Slow-acting

Absorbed more slowly than short-acting insulin: 2 hours

Lasts more than 12 hours

Used to control blood glucose overnight, while fasting and between meals.



Mixed

Short-acting

Absorbed quickly: 30 minutes

Lasts 18–24 hours

This is a mix of short- and long-acting insulin and works as a combination of both.

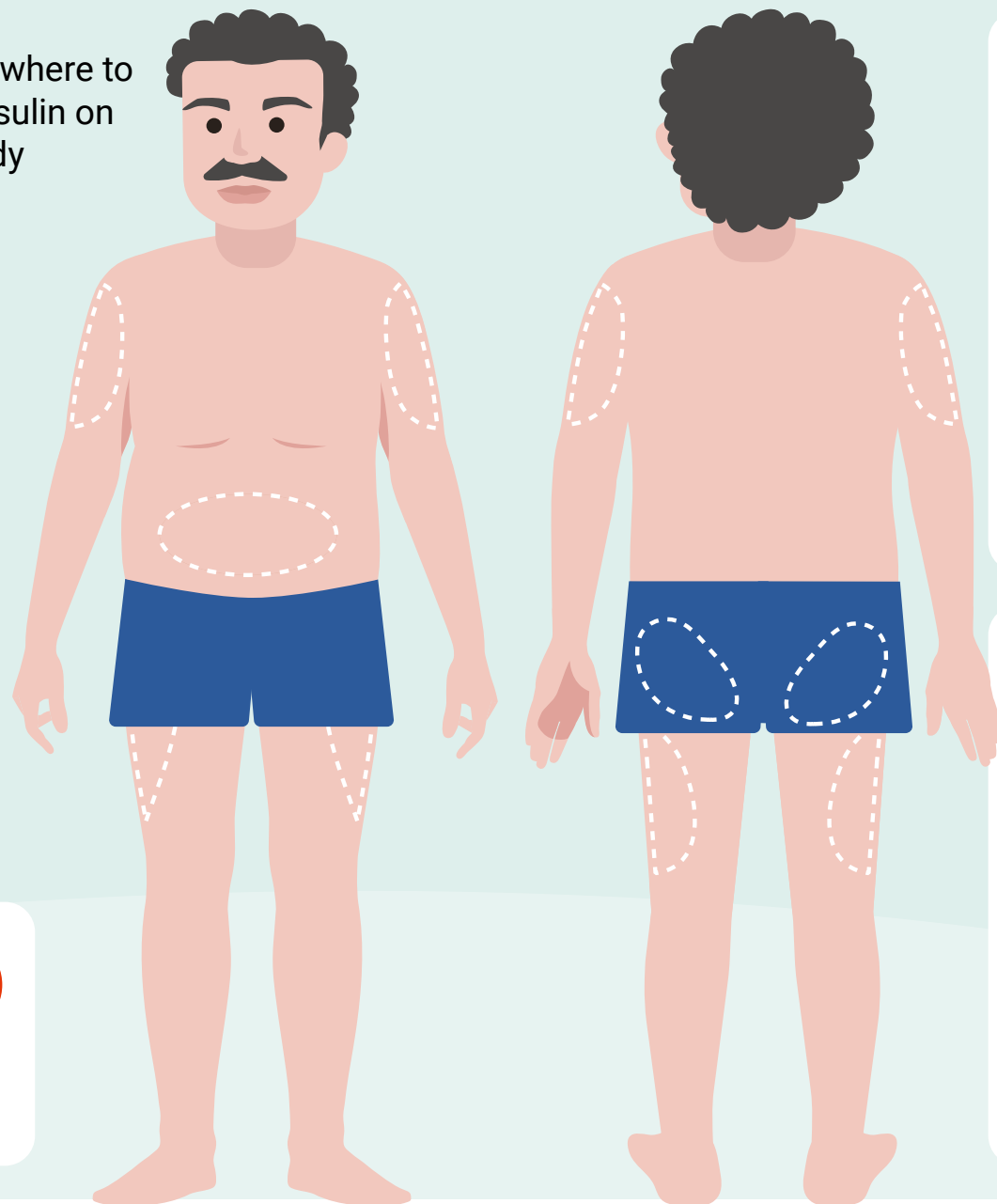
Speaker's own notes

How to inject insulin

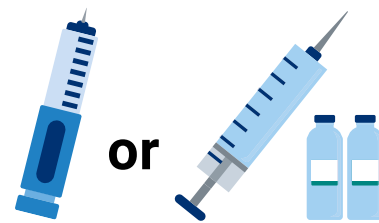
Insulin should be injected in the same general area of the body, but do not inject the insulin in the exact same place each time.

How to inject insulin

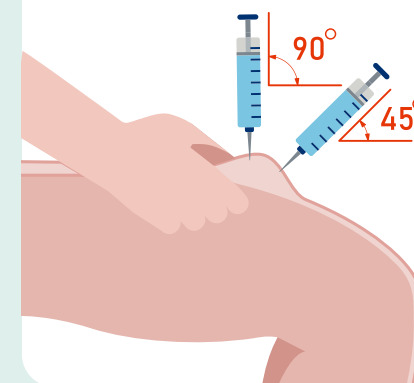
- 1 Choose where to inject insulin on your body



- 2 Prepare your supplies: pre-filled insulin pen OR needle, syringe and insulin vial



- 3 Inject at an angle of 90°. If you are very thin, inject at 45°



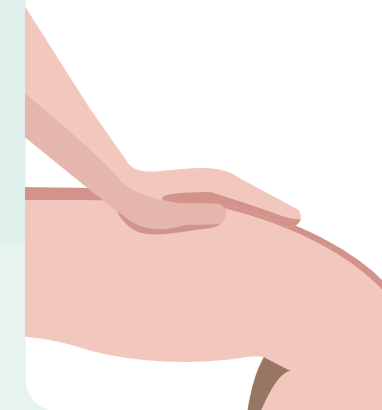
- 4 Pinch some skin and quickly insert the needle



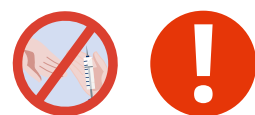
- 5 Push the plunger down all the way. Count to 5



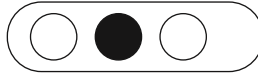
- 6 Let go of the skin. Remove the needle



- 7 Throw away the needle and syringe, if you are using one

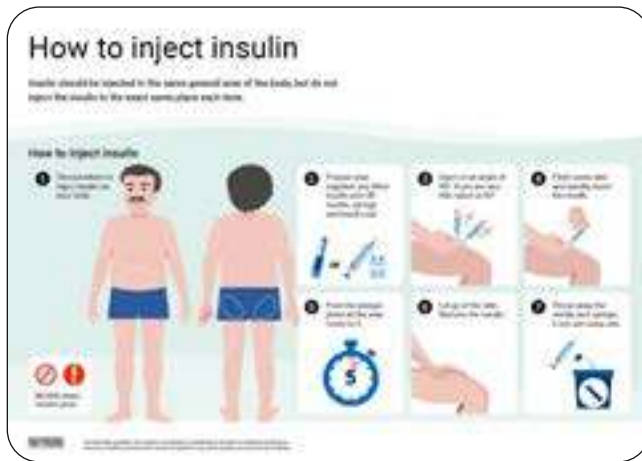


NEVER share insulin pens



How to inject insulin

Speaker notes:

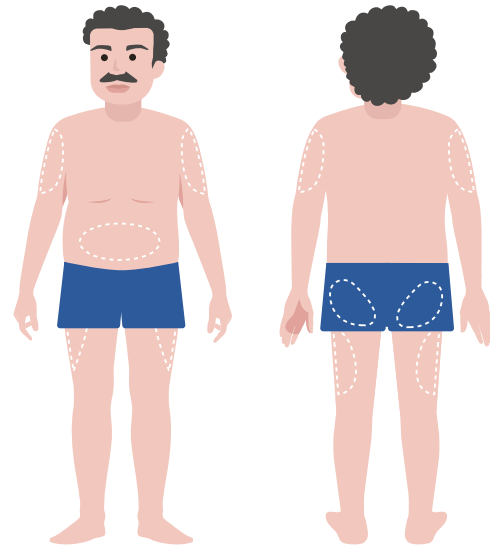


Insulin should be injected in the same general area of the body for consistency. Do not inject the insulin in the exact same place each time. Move around the same area instead.

How to inject insulin: whether you are using an injector pen or a syringe, the way you give yourself an insulin injection is the same. You will need either a pre-filled insulin pen OR a needle and syringe to draw insulin from a small bottle (vial).

How to inject insulin

1. Choose where to inject insulin on your body.



2. Prepare your supplies: pre-filled insulin pen

or



needle, syringe and insulin vial.



3. Inject at an angle of 90°. If you are very thin, inject at 45°.



4. Pinch some skin and quickly insert the needle.



5. Push the plunger down all the way and count to 5.



6. Let go of the skin and remove the needle.



7. Throw away the needle (and syringe, if you are using one) in a container that is designed for used needles or is made of hard plastic (do not throw needles away directly in your household rubbish).

Speaker's own notes

Symptoms of low blood glucose

Low blood glucose, which is also called hypoglycaemia, happens when the level of glucose in a person's blood dips too low. It can happen suddenly.

Early warning signs

Sweating or trembling



Feeling hungry



Dizziness



Feeling worried

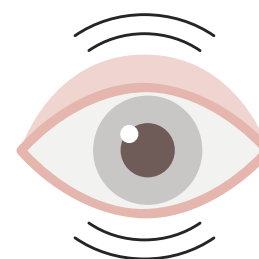


Severe warning signs

Weakness or trouble walking



Blurred vision



Feeling confused or acting strange



If you have symptoms

1



CHECK your blood glucose right away. If you cannot check it, treat anyway

2



TREAT by eating or drinking a quick source of sugar, such as a sugar tablet, a sugary drink or similar

3

+15 min



CHECK your blood glucose again after 10–15 minutes. If it is still low, treat again



If symptoms do not stop and you still feel unwell, get help from a doctor or nurse right away.



Signs of low blood glucose levels

Speaker notes:







Low blood glucose, which is also called hypoglycaemia, happens when the level of glucose in a person's blood dips too low. The symptoms of low blood glucose can change over time, depending on the person. However, common warning signs include sweating or trembling, dizziness and feeling hungry or worried. You should address these symptoms because if low blood glucose is not treated, it can lead to you becoming very unwell.

What can cause low blood glucose levels?




- Taking too much medicine, including insulin or certain diabetes pills
- Not eating enough food
- Exercising too much without eating a snack or reducing your insulin dose
- Leaving too long between meals
- Illness

What are the symptoms of low blood glucose?






Early warning signs

-  Sweating or trembling
-  Feeling hungry
-  Dizziness
-  Feeling worried

Severe symptoms

-  Weakness or trouble walking
-  Blurred vision
-  Feeling confused or acting strange

What you can do

-  **CHECK** your blood glucose right away. If you cannot check it, treat anyway. **You and a caregiver should always carry a quick source of sugar.**
 -  **TREAT** by eating or drinking a quick source of sugar, such as a sugar tablet, a sugary drink or similar.
 -  **CHECK** your blood glucose again after 10–15 minutes. If it is still low, treat again.
 -  **ADVISE** your family and friends that they should seek emergency help immediately if you are not responding to treatment (eating or drinking a quick source of sugar) or if you lose consciousness.
-  If symptoms do not stop and you still feel unwell, get help from a doctor or nurse right away.

Speaker's own notes

Theme 4: How does diabetes affect your body?

There are nine posters about how diabetes affects the body in this section. The posters provide advice on how to care for diabetes to prevent health problems.

Poster 10: The major effects of diabetes on the body

Poster 11: What is high blood pressure?

Poster 12: How does diabetes affect your heart?

Poster 13: How to prevent problems with your feet

Poster 14: How to look after your teeth

Poster 15: Diabetes and mental health

Poster 16: How to prevent diabetes complications

Poster 17: How to prevent infections

Poster 18: Limit risks related to COVID-19 infection



Theme 4: How does diabetes affect your body?

Speaker notes:

Without proper care, a person with diabetes may develop serious diabetes-related complications. Many of the health problems associated with diabetes may be avoided altogether, or managed, if detected early on, before the person's health becomes worse.

This section provides advice on how to care for diabetes to prevent problems.

Poster 10: The major effects of diabetes on your body

Poster 11: What is high blood pressure?

Poster 12: How does diabetes affect your heart?

Poster 13: How to prevent problems with your feet

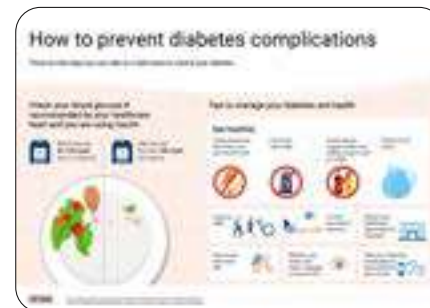
Poster 14: How to look after your teeth

Poster 15: Diabetes and mental health

Poster 16: How to prevent diabetes complications

Poster 17: How to prevent infections

Poster 18: Limit risks related to COVID-19 infection



Speaker's own notes

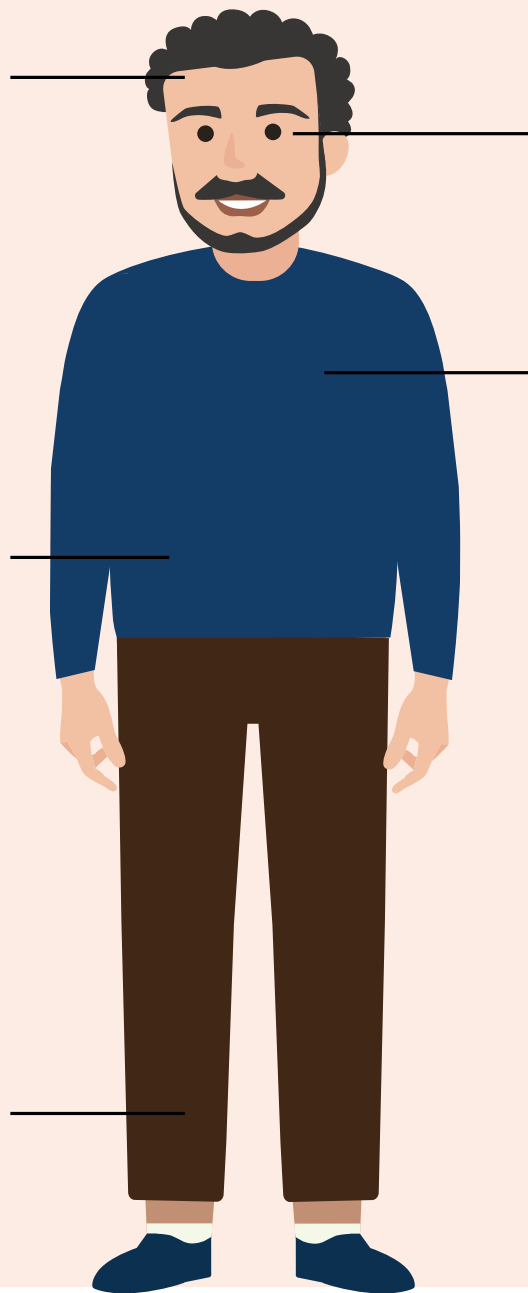
The major effects of diabetes on your body

Taking care of your health and managing your diabetes is the best way to avoid or delay important diabetes-related complications.

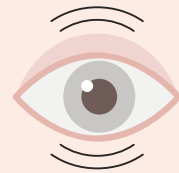
Diabetes-related complications you are at high risk of:



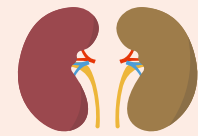
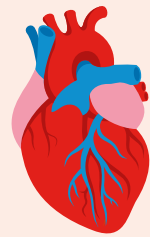
Stroke



Eye problems



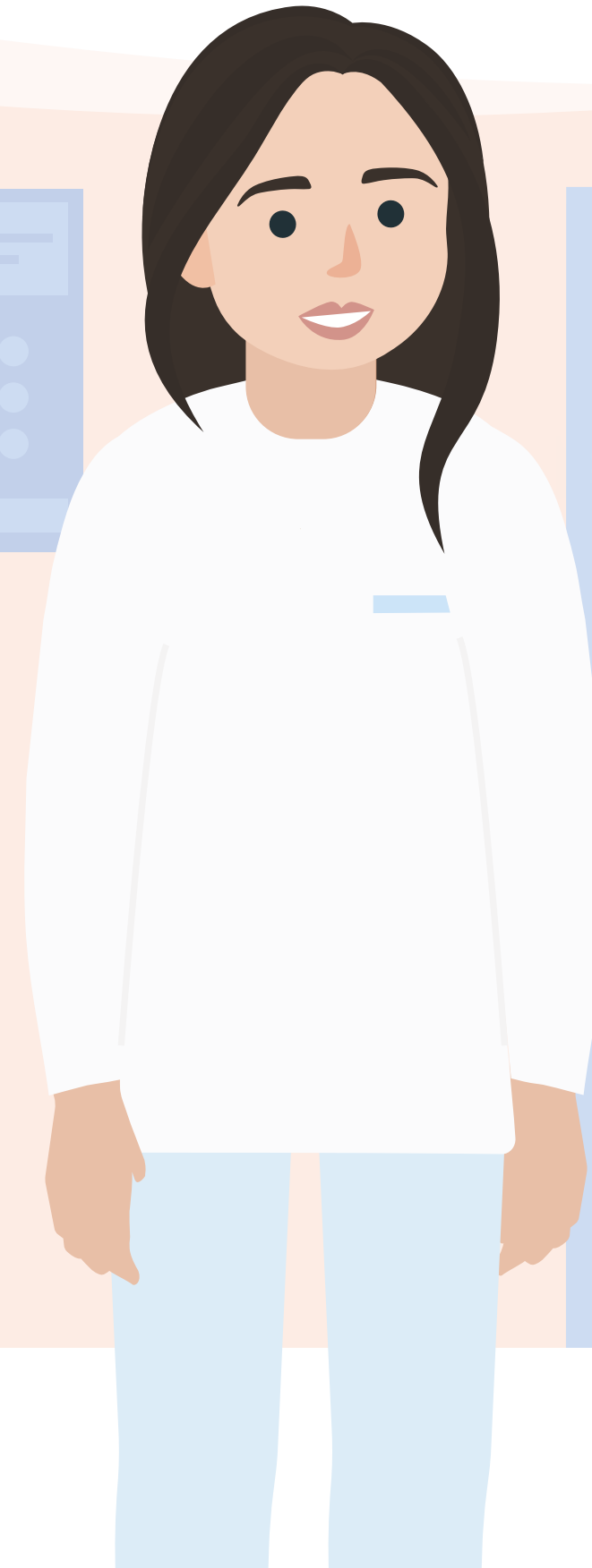
Heart disease



Kidney disease



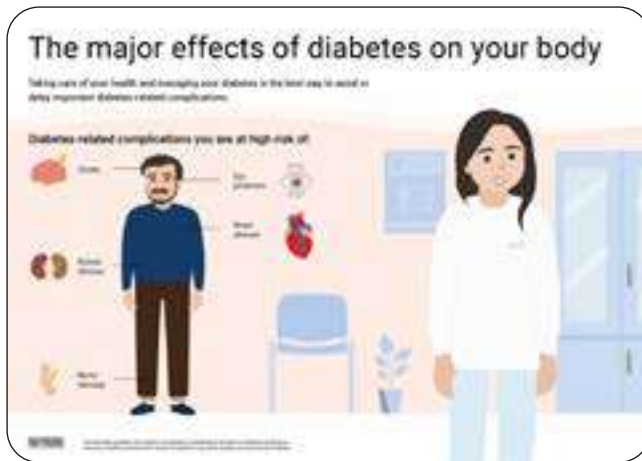
Nerve damage





The major effects of diabetes on your body

Speaker notes:



Taking care of your health and managing your diabetes is the best way to avoid or delay diabetes-related complications.

Exposing blood vessels in the body to high levels of blood glucose over a long period of time can lead to damage to important organs that these blood vessels supply.

People with diabetes are at high risk of complications:



Stroke

Damage to the blood vessels in the brain can lead to reduced blood flow to the brain, resulting in brain damage, which can cause a stroke.



Kidney disease

Damage to blood vessels supplying the kidneys can lead to damage to kidney tissue and reduce the kidneys' ability to function.



Eye problems

Damage to blood vessels supplying the eyes caused by high blood glucose can lead to loss of vision and blindness.



Heart disease

Damage to the blood vessels supplying the heart as a result of high blood glucose can cause damage to the heart muscle, leading to heart attacks.



Nerve damage

Blood vessels supplying nerves are very sensitive to high levels of blood glucose. Damaged nerves affect sensation in the hands and feet. People may suffer from pain and be prone to foot ulcers. Nerve damage can also affect sexual function.

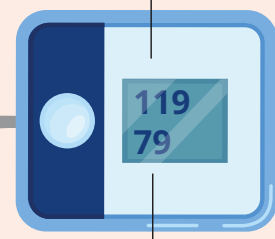
Speaker's own notes

What is high blood pressure?

High blood pressure, or hypertension, occurs when your blood pressure is higher than normal. When you have high blood pressure and diabetes together, your risk of damage to your blood vessels increases more than if you have either high blood pressure or diabetes.

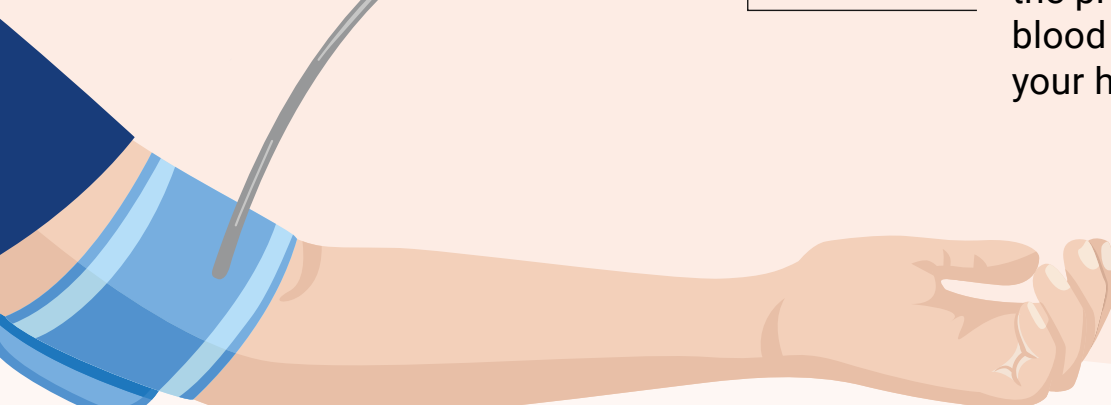
Measuring blood pressure

When your doctor or nurse tells you your blood pressure, they will say **two numbers**:



The top number is the pressure inside your blood vessels when your heart is pumping.

The bottom number is the pressure inside your blood vessels when your heart is relaxed.



How you can lower your blood pressure

Take blood pressure medication as prescribed by your doctor and tell them if it causes problems



Lose weight if you are overweight



Choose a diet low in fat and rich in fruit and vegetables



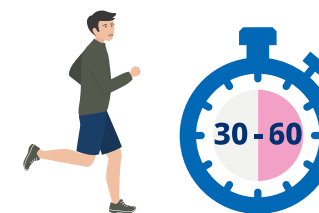
Reduce exposure to stressful situations



Limit your salt intake as part of a healthy diet



Be active for at least 30 minutes a day



Avoid harmful use of alcohol



Stop smoking



See a member of your healthcare team if your blood pressure reading is above 130/80 if you have diabetes, kidney or heart disease. If you do not have these conditions then see a member of your healthcare team if the blood pressure reading is above 140/90.



What is high blood pressure?

Speaker notes:



High blood pressure, or hypertension, occurs when your blood pressure is higher than normal. High blood pressure is dangerous because it makes the heart work harder to pump blood around the body and contributes to hardening of the arteries, putting you at risk of heart attack, stroke and kidney disease. It does not usually cause symptoms.

Keeping your blood pressure within a healthy range is important if you have diabetes as it reduces your risk of complications from your diabetes. If your doctor has prescribed blood pressure medication, the most important thing you can do is to take it.

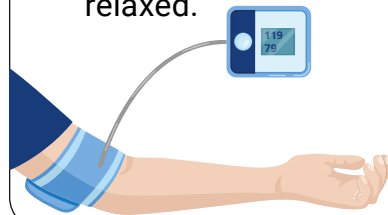
If it causes side effects, do not just stop taking it. Instead, talk to your doctor or nurse about the problems it is causing.

Measuring blood pressure





When your doctor or nurse tells you your blood pressure, they will say two numbers:





The top number is the pressure inside your arteries when your heart is pumping.

The bottom number is the pressure inside your arteries when your heart is relaxed.



How you can lower your blood pressure

-  **Take blood pressure medication** as prescribed
-  **Lose weight** if you are overweight
-  **Choose a diet low in fat and rich in fruit and vegetables**
-  **Limit your salt intake** as part of a healthy diet

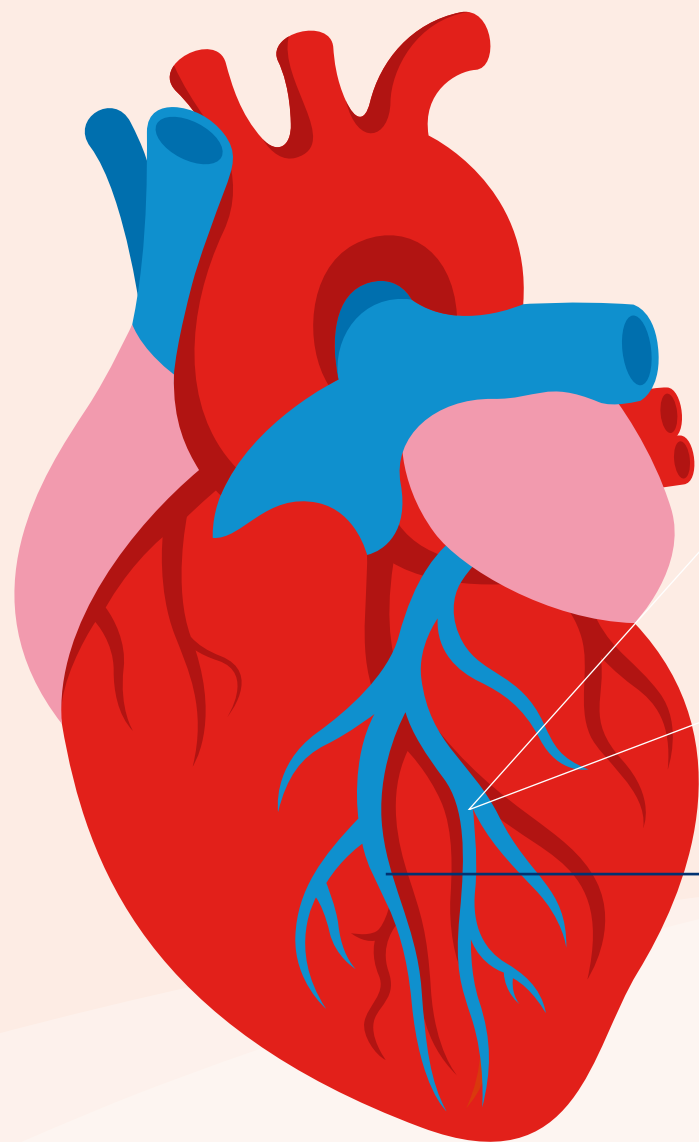
-  **Be active** for at least 30 minutes a day, for example by walking, running or cycling
-  **Cut down on alcohol** if you drink more than 2 alcoholic drinks per day
-  **Reduce exposure to stressful situations**
-  **Stop smoking**

Speaker's own notes

How does diabetes affect your heart?

Managing your blood glucose, blood pressure and cholesterol levels can help lower your risk of having a heart attack or stroke.

Diabetes increases your risk of heart disease



High blood glucose levels can damage the walls of the blood vessels.

Fatty material (fat and cholesterol) sticks to the blood vessels

This causes narrowing of the blood vessels and reduced blood flow to the heart

Reduced blood flow puts stress on the heart and blood vessels



Lower your risk of heart disease



Eat healthily



Exercise regularly



Take your medication as prescribed by your doctor

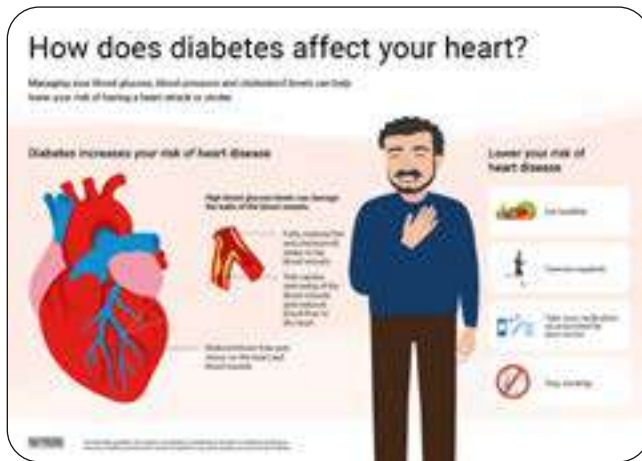


Stop smoking



How does diabetes affect your heart?

Speaker notes:



Managing your blood glucose, blood pressure and cholesterol levels can help lower your risk of having a heart attack or stroke.

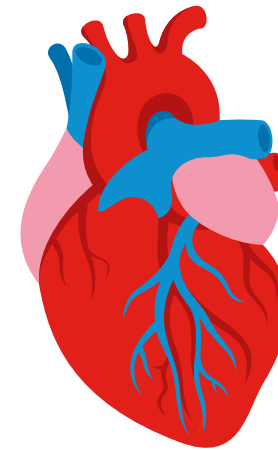
Diabetes increases the risk of heart disease – high blood glucose levels can damage the walls of the blood vessels.

This damage can increase the likelihood of fatty material (such as fat and cholesterol) sticking to the blood vessels and causing them to narrow. Over time, this can reduce blood flow and put stress on the heart and blood vessels.





Diabetes increases the risk of heart disease

High blood glucose levels can damage the walls of the blood vessels.

- Fatty material (fat and cholesterol) sticks to the blood vessels
- This causes narrowing of the blood vessels and reduced blood flow to the heart
- Reduced blood flow puts stress on the heart and blood vessels.



Lower your risk of heart disease

-  Eat healthily
-  Exercise regularly
-  Stop smoking
-  Take your medication as prescribed by your doctor

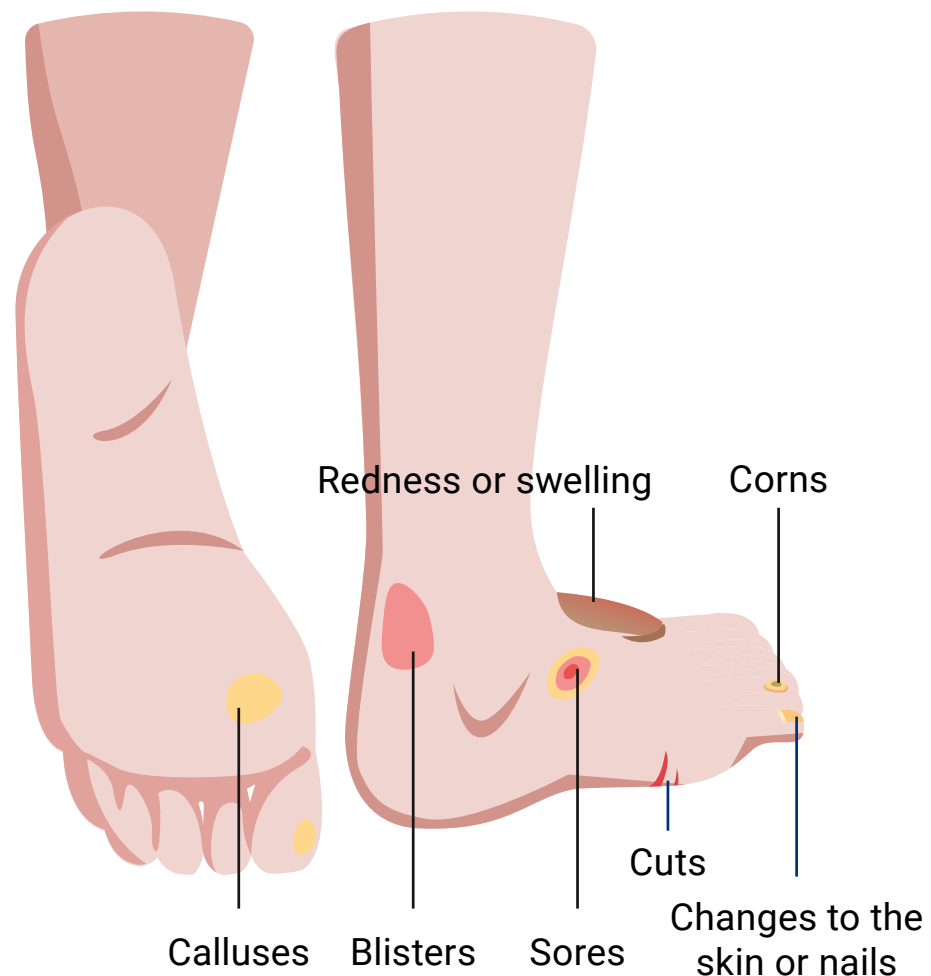
Speaker's own notes

How to prevent problems with your feet

Foot problems are a common complication for people with diabetes.

Fortunately, most of these complications can be prevented with careful foot care.

Check your feet every day for



Lower your risk of diabetes-related foot problems

Check the temperature of the water before washing your feet. Dry your feet well, including between your toes



Moisturise to avoid dry feet, but not between your toes



Trim your toenails straight across and not curved using nail clippers



Shake out your shoes before you put them on



Wear enclosed shoes and socks that fit well and keep moisture out. Avoid open toe shoes such as sandals or flip flops



Do not put your feet near an open flame or hot surface



Do not go barefoot EVER, not even inside



See your doctor right away if your feet hurt



You can check the back and sides of your feet more easily using a mirror.



How to prevent problems with your feet

Speaker notes:



Foot problems are a common complication for people with diabetes. Fortunately, most of these complications can be prevented with careful foot care. High blood glucose levels can damage the nerves in your feet and cause blood flow problems.

It is important to take good care of your feet so you do not develop sores and ulcers. If left untreated, foot ulcers can lead to serious problems and, in the worst case scenario, amputation.

Check your feet every day for:

- Cuts, redness or swelling
- Sores or blisters
- Corns or calluses
- Changes to the skin or nails.



Lower your risk of diabetes-related foot problems

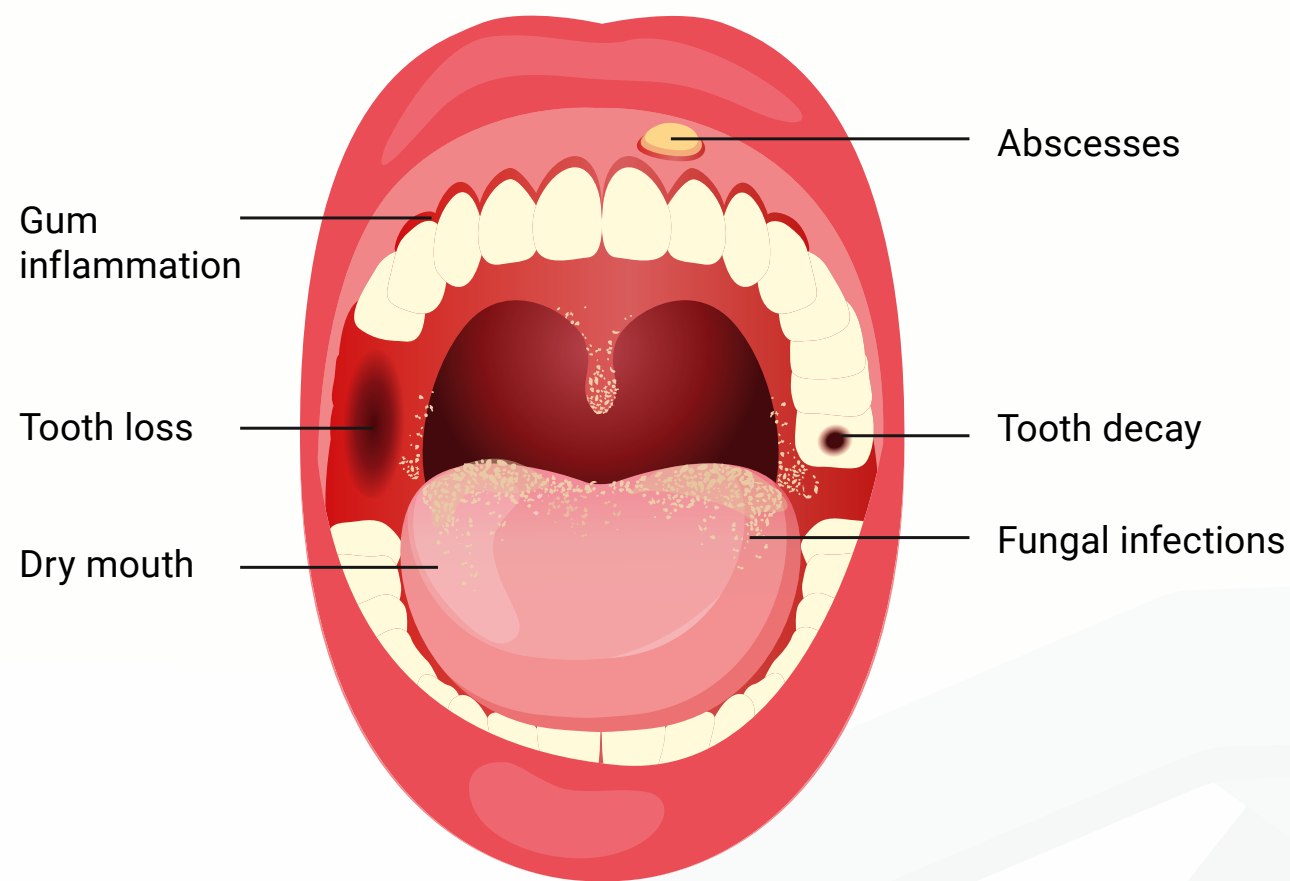
- Check, wash and dry your feet
- Moisturise to avoid dry feet (not between your toes)
- Trim your toenails with nail clippers
- Shake out your shoes before you put them on
- Wear shoes and socks that fit well and keep moisture out
- Do not put your feet near an open flame
- Do not go barefoot EVER, not even inside
- See your doctor right away if your feet hurt

Speaker's own notes

How to look after your teeth

Taking care of your teeth and gums when you have diabetes is important to avoid dental problems and more serious health issues.

If you have diabetes, you are at risk of these dental problems



Oral care advice

Brush your teeth



Use dental floss



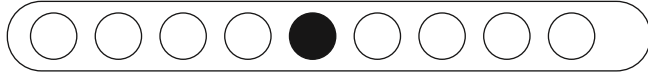
Go for regular check-ups at the dentist



Stop smoking



Do not ignore the early signs of mouth problems, such as redness, soreness and bad breath.



How to look after your teeth

Speaker notes:



Taking care of your teeth and gums is important to avoid dental problems and more serious health issues. High blood glucose can cause problems with your teeth, gums and mouth. It is therefore important to follow your doctor's advice about diet


and medication in order to keep your blood glucose levels as close to the target levels as possible. The early signs of mouth problems include redness, gum soreness and bad breath.


If you notice these signs, do not ignore them. Make an appointment with your dentist and have them checked, because getting the right treatment early can prevent severe infections, tooth loss and other complications later on.


Types of dental problem


- Gum inflammation
- Tooth loss
- Dry mouth
- Abscesses
- Tooth decay
- Fungal infections.

Oral care advice

 Brush your teeth at least twice a day, in the morning and evening, as well as after meals and snacks. Avoid vigorous or harsh brushing which can irritate your gums

 Use dental floss daily. Do not use sewing threads to floss with

 Go for regular check-ups at the dentist at least once a year

 Stop smoking

Speaker's own notes

How to look after your mental health

Having a lifelong diagnosis such as diabetes and having to change your lifestyle and diet and take medication can be distressing. Your mental health can be affected and you are at increased risk of developing depression and/or anxiety.

Looking after your mental health

Feeling stressed affects how you deal with diabetes and can also affect your blood glucose levels. You can reduce stress by:

Exercising regularly and taking time for yourself and to practise the physical activities you enjoy



Getting enough sleep



Speaking to a trusted person about your feelings



Taking some time to do things you enjoy, such as listening to music, praying or reading a book and making time to relax



Common signs of depression

Diabetes can affect your mood and lead to depression. Your healthcare team will assess your mood regularly. It is important to be aware of the common signs of depression.

Feeling sad, tearful or irritable



Losing or gaining appetite or weight, and sleeping too much or too little



Feeling tired easily



Thinking that life is no longer worth living



If you are experiencing signs of depression, contact a member of your healthcare team as soon as possible.



How to look after your mental health

Speaker notes:



The day-to-day management of diabetes can be overwhelming. That is why it is important to stay in touch with your emotions and look after your mental health. Feeling stressed and anxious, sad or angry is common when you live with type 2 diabetes.

Stress can raise your blood glucose levels, but you can learn ways to lower your stress. Left untreated, long-term stress can have a negative impact on your health and may lead to depression.

Depression is common among people with a chronic, long-term illness such as type 2 diabetes. Depression can affect your diabetes. Learn to recognise the signs and, if you are at risk, ask your doctor for help.

Learn to manage stress

Stress can raise your blood glucose levels, but you can learn ways to lower your stress.



Exercise regularly. Allocate time for yourself and to practise physical activities you enjoy



Get enough sleep



Speak to a trusted person about your feelings



Take some time to do things you enjoy, such as listening to music, praying or reading a book, and make time to relax

Common signs of depression

Depression can affect your diabetes. If you are at risk, ask your doctor for help.



Feeling sad, tearful or irritable



Losing or gaining appetite or weight, and sleeping too much or too little



Feeling tired easily



Thinking that life is no longer worth living

Diabetes and social life

You may also struggle with adapting to the changes brought about by having diabetes, especially since it can affect your social life. You may not be able to have the same variety of food and drink that you had before you were diagnosed. Be aware of this and talk to friends and family so that they can support you in making the necessary adjustments.

Speaker's own notes

Limit risks related to COVID-19 infection

Coronavirus (COVID-19) is a virus that causes respiratory illness that affects the lungs or breathing airways. It can spread from person to person. To manage your risk, make sure you get the COVID-19 vaccine.



People with diabetes, particularly if it is not well controlled, may be at increased risk of developing severe illness from COVID-19.

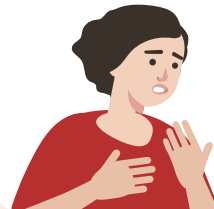
Common symptoms of COVID-19 infection



Fever



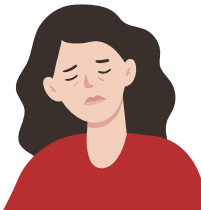
Coughing



Shortness of breath



Sore throat



Fatigue

Limit your risk of contracting and spreading COVID-19

Clean and disinfect surfaces regularly



Wear a face mask



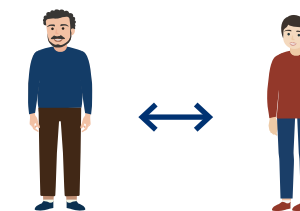
Avoid touching your eyes, nose and mouth



Stay at home, or if you must go out, avoid crowds



Keep two metres away from others



Take COVID-19 vaccines according to local guidelines





Limit risks related to COVID-19 infection

Speaker notes:



Coronavirus (COVID-19) is a virus that causes respiratory illness that affects the lungs or breathing airways. It can spread from person to person. People with diabetes, particularly if it is not well controlled, may be at increased risk of developing severe illness from.

COVID-19. Sometimes, the medications used to treat severe COVID infections, for example steroids, can cause your blood glucose levels to rise. Follow your diabetes care plan carefully to keep your blood glucose at the right level and manage your risk by making sure you get the COVID-19 vaccine.

Common symptoms of COVID-19 infection



Fever



Coughing



Shortness of breath



Sore throat



Fatigue

Protect yourself and stop the spread of infection



Avoid touching your eyes, nose and mouth



Clean and disinfect surfaces regularly



Wear a face mask when around others



Stay at home as much as possible



Avoid crowds and keep 2 metres away from others



Take COVID-19 vaccines according to local guidelines

Speaker's own notes

How to prevent infections

High blood glucose decreases the body's ability to fight infection. This can allow bacteria to grow and help infections develop more quickly in your body.

To reduce the risk of infections when you have diabetes, you should:

Control your blood glucose level (lifestyle, medications, diet)



Maintain good personal hygiene (daily shower, foot care and dental care)



Not share your insulin pen



Stay up to date with the recommended vaccines in your country

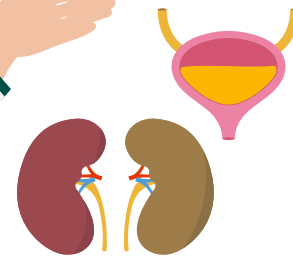


Visit the healthcare centre for regular check-ups and attend as early as possible if you are injured or ill



Some of the infections common in people with diabetes:

Bladder or kidney infections



Skin infections



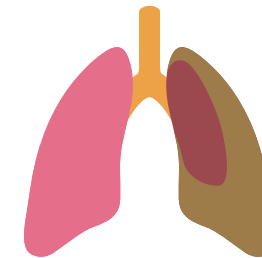
Infections on the feet



Yeast infections in the mouth



Lung infections



Infections after surgery, around the incision from the surgery






Why you should control your blood pressure


Speaker notes:




High blood glucose decreases the body's ability to fight infection. This can allow bacteria to grow and help infections develop more quickly in your body.


Some of the infections that occur in people with diabetes:


 Urine infection: these can happen in your bladder or kidneys

 Yeast infections in the mouth


 Lung infection


 Skin infections


 Foot infection: especially if you have an unhealed ulcer


 Infections around incisions from surgery

To reduce your risk of infections, it is important to do the following:

 Control your blood glucose level (lifestyle, medications, diet)

 Stay up to date with the recommended vaccines in your country. These include, when available, the influenza and pneumococcal vaccines

 Maintain good personal hygiene (daily shower, foot care and dental care)

 Visit the healthcare centre for regular check-ups and attend as early as possible if you are injured or ill

 Do not share your insulin pen

Speaker's own notes

How to prevent diabetes complications

These are the steps you can take on a daily basis to control your diabetes.

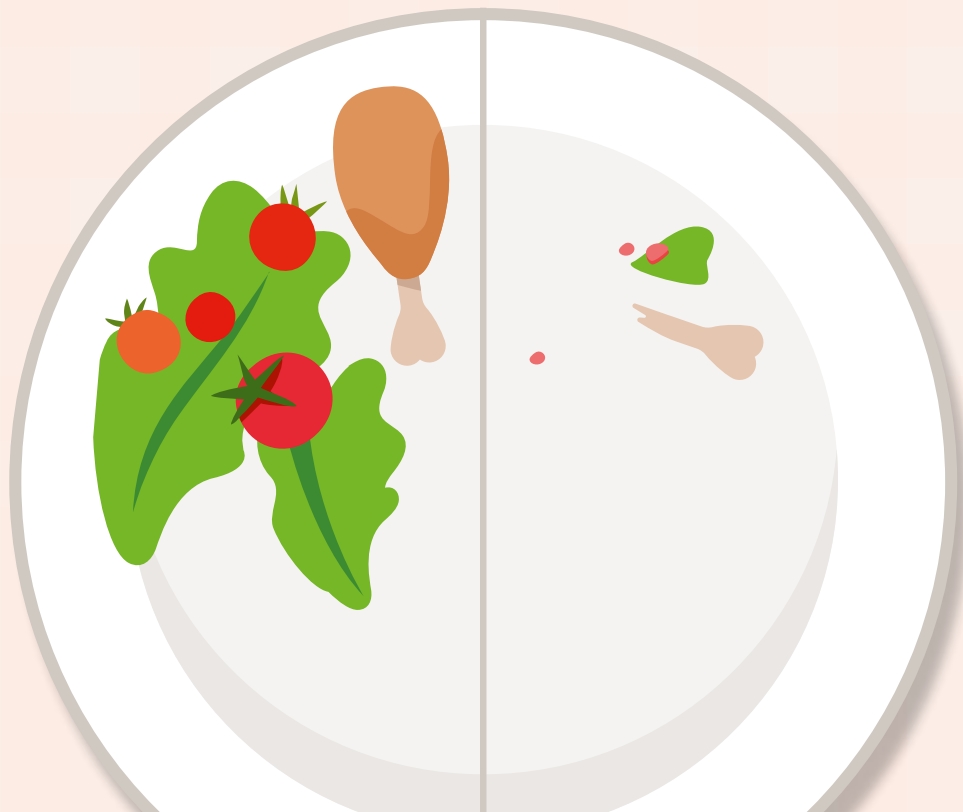
Check your blood glucose if recommended by your healthcare team and you are using insulin



Before you eat:
80–130 mg/dl
(4.4–7.2 mmol/l)



After you eat:
less than **180 mg/dl**
(10 mmol/l)



Tips to manage your diabetes and health

Eat healthily

Avoid animal fat, fried food and processed meat



Limit your salt intake



Avoid sweets, sugary drinks and adding sugar to tea or coffee



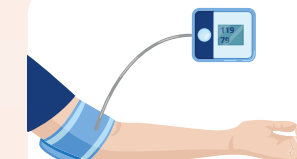
Drink lots of water



Exercise daily



Control your blood pressure



Attend your healthcare appointments regularly



Check your feet every day



Monitor your vision and report changes to your doctor



Take your diabetes medication as prescribed by your doctor





How to prevent diabetes complications

Speaker notes:



Managing your diabetes means more than just getting your blood glucose under control. Your doctor will advise you on steps you can take to avoid unnecessary health problems.

It is also important that you speak with your doctor before making any adjustments to your medication.



As diabetes affects different organs of the body, your healthcare team will need to review you regularly to check your blood glucose control, your blood pressure, your vision and your kidney function, and to examine your feet and monitor your mental health.

Check your blood glucose

If you have diabetes, your blood glucose should be:



Before you eat:
80–130 mg/dl
(4.4–7.2 mmol/l)



After you eat:
less than
180 mg/dl
(10 mmol/l)

Eat healthily

Follow a balanced food plan that includes all food groups: vegetables, fruit, dairy, protein and whole grains.



Eat less animal fat



Limit your salt intake



Avoid sugary drinks



Drink lots of water

Reduce your risk of long-term health problems



Exercise daily

Exercising every day is crucial, even if it is just a little – such as walking for 30 minutes



Control your blood pressure

High blood pressure can lead to complications such as heart and kidney problems. Keep it low by exercising, maintaining a stable weight and eating a low-salt diet



Check your feet every day

Diabetes can damage nerves and cause pain or loss of feeling. This can lead to serious infections and even amputation



Be aware of eye damage

Diabetes can lead to blindness by damaging the small blood vessels in the eye. The first symptom you will notice is poor vision. Visit your eye doctor right away



Medication

Take your diabetes medication as prescribed by your doctor

Speaker's own notes

Theme 5: Dealing with diabetes under various circumstances

There are two posters about dealing with diabetes under various circumstances.

Poster 19: Fasting and diabetes

Poster 20: Managing diabetes when you are ill



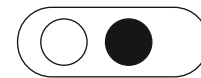
Theme 5: Dealing with diabetes under various circumstances

Speaker notes:

People with diabetes must be careful when they are fasting and when they fall ill. In both scenarios, there are special considerations to be made.

Poster 19: Fasting and diabetes

Poster 20: Managing diabetes when you are ill

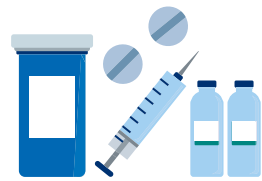


Speaker's own notes

How to fast when you have diabetes

Many people with diabetes choose to fast for personal reasons or as part of their religious or spiritual beliefs. Fasting can be done in a safe way as part of healthy diabetes management.

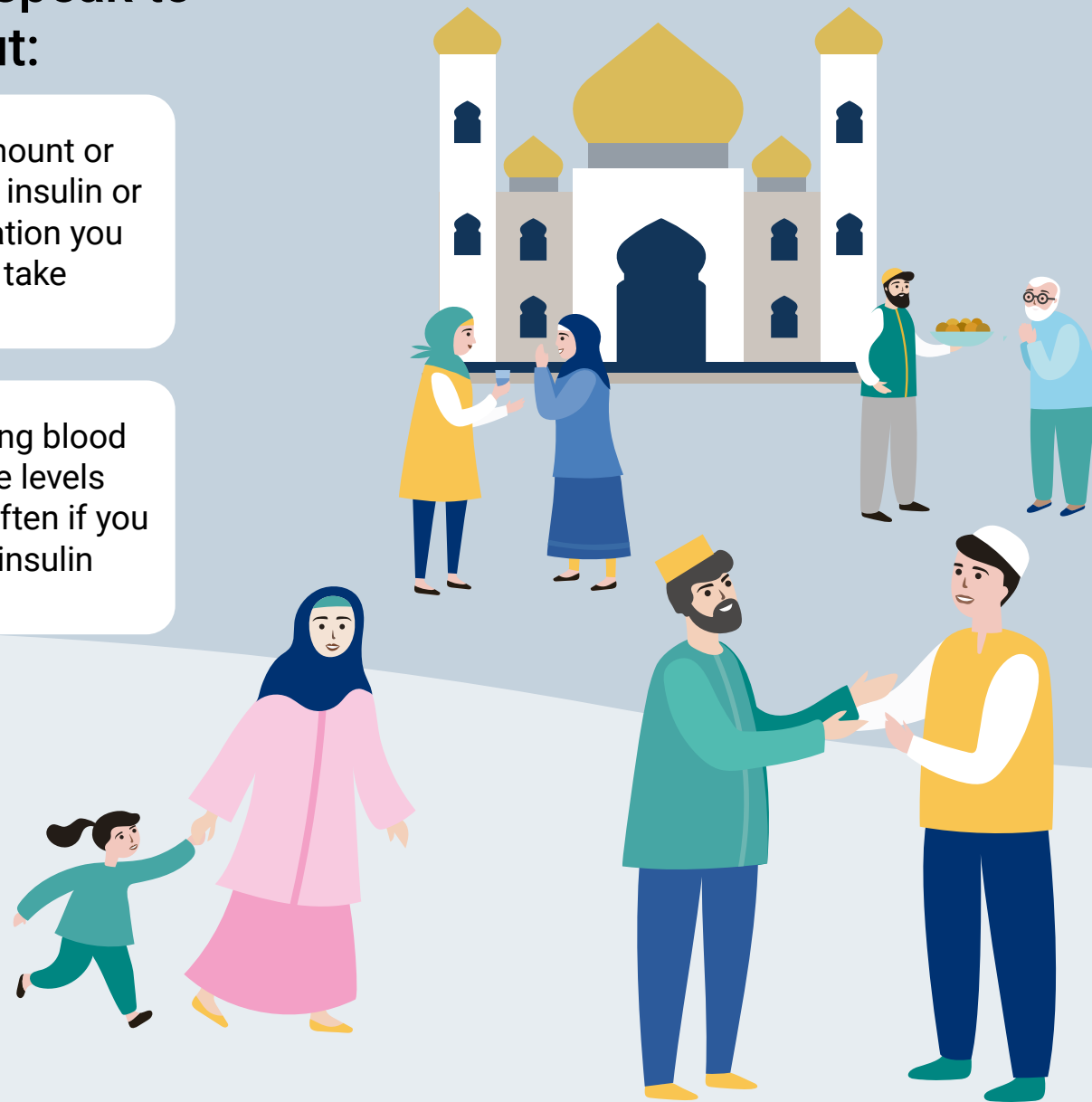
Before you fast, speak to your doctor about:



The amount or type of insulin or medication you should take

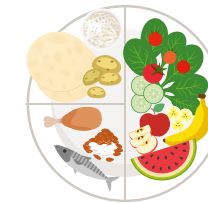


Checking blood glucose levels more often if you are on insulin



Diet and fasting recommendations

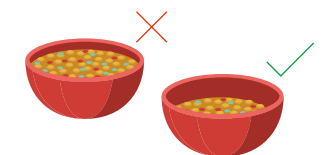
Keep to a balanced and varied diet



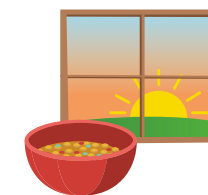
Eat more slowly absorbed foods



Eat smaller quantities of food when breaking the fast



Try to eat before sunrise when fasting for Ramadan



Avoid too many sugary or fatty foods



Avoid dehydration. After the fast, drink plenty of fluids





How to fast when you have diabetes



Speaker notes:









Many people with diabetes choose to fast as part of their religious or spiritual beliefs. There are also other personal reasons why a person may want to fast. Fasting can be done in a safe way as part of healthy diabetes management. If you decide to fast, it is important that, before the fast, you speak to your doctor about how you can best manage your blood glucose levels.

Your doctor can advise you about changes to your medication, how often you monitor your blood glucose and your diet, or make nutritional recommendations for you to follow before and after breaking your fast. Your nutritional needs will be the same, but meal timing and when to break the fast will be important considerations.

Before you fast, speak to your doctor about:

-  **The amount or type of insulin or medication you should take**
-  **Checking blood glucose levels more often** than normal.

Diet and before/after fasting recommendations

-  Keep to a **balanced and varied diet**
-  Try to **eat before sunrise** when fasting for Ramadan
-  Before starting the fast, eat a meal of **more slowly absorbed foods**, such as basmati rice and dhal, along with fruit and vegetables
-  When breaking the fast, eat **smaller quantities of food**
-  **Avoid** too many **sugary or fatty foods**
-  Avoid dehydration. After the fast, **drink plenty of sugar-free and decaffeinated fluids**

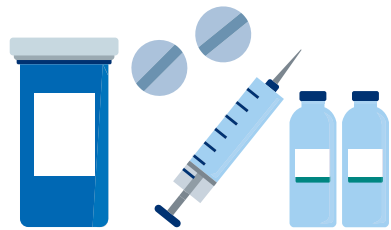
Speaker's own notes

How to manage your diabetes when you are ill

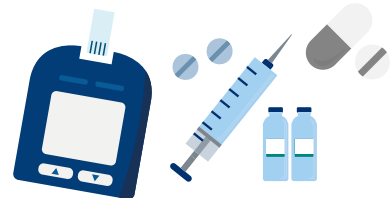
Being ill with a cold, flu or injury can also cause your blood glucose levels to rise and make it harder to control your diabetes. You may need to see a doctor if symptoms persist.

Things to remember when you are unwell

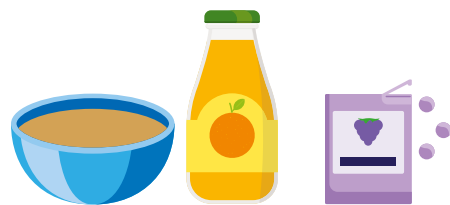
- 1 Take your diabetes medication as normal, unless your doctor tells you otherwise



- 2 Check your blood glucose levels and adjust your diabetes medication, according to your doctor's instructions



- 3 Nauseous or vomiting?
When you are ill, make sure you drink plenty of fluids to prevent dehydration. Sip sugary drinks or eat a little 'easy' food, such as soup or ice cream, or suck sugar tablets



! In some circumstances, you may need to go to the emergency department. For example:

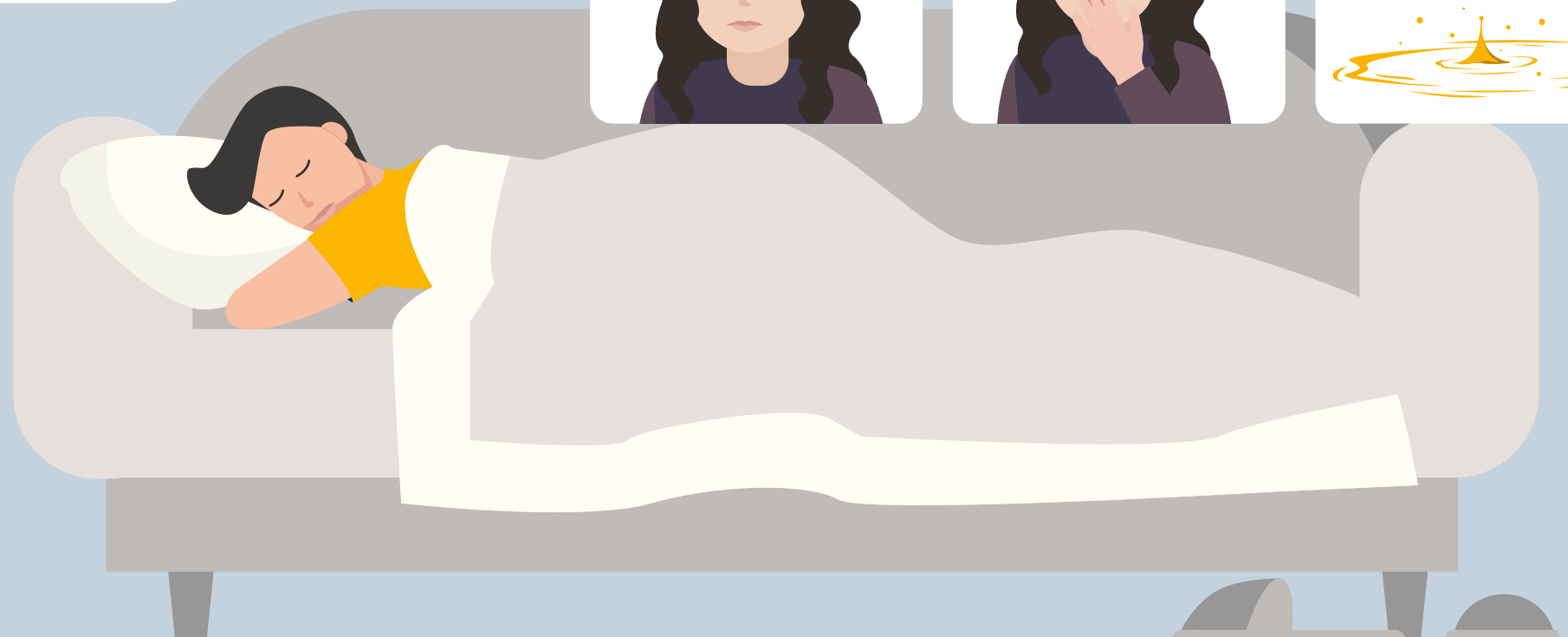
If you are feeling dizzy



If you are vomiting all the time



If you notice that the amount of urine is decreasing or your urine is getting darker in colour







How to manage your diabetes when you are ill


Speaker notes:





Being ill with a cold, flu or injury can also cause your blood glucose levels to rise and make it harder to control your diabetes. You may need to see a doctor if symptoms persist.


Things to remember when you are unwell


-  Take your diabetes medicine as normal, unless your doctor tells you otherwise
-  Check your blood glucose levels and adjust your diabetes medication according to your doctor's instructions


 Nauseous or vomiting? When you are ill, make sure you drink plenty of fluids to prevent dehydration. Sip sugary drinks or eat a little 'easy' food, such as soup or ice cream, or suck sugar tablets

 Strenuous activity such as going up the stairs or lifting heavy weights should be avoided, as this can increase your glucose levels when you are ill

 **In some circumstances, you may need to go to the emergency department. For example:**

 If you are feeling dizzy

 If you are vomiting all the time

 If you notice that the amount of urine is decreasing or your urine is getting darker in colour

Speaker's own notes
