

# What to do when you have **Type 2 diabetes**

An easy read guide

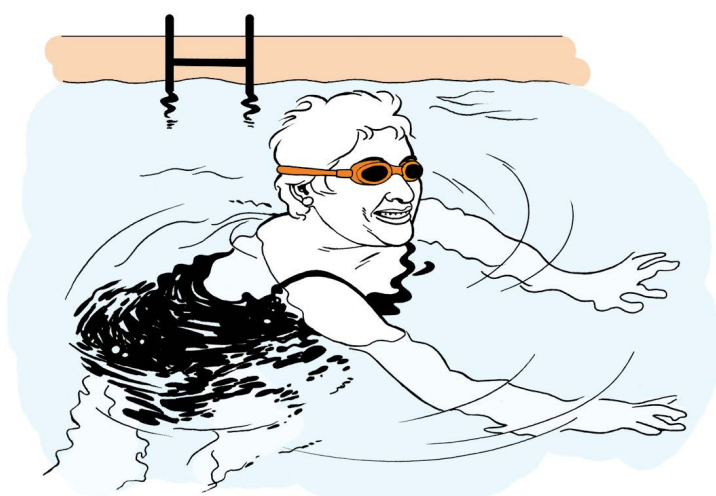


# What is diabetes?



Sometimes your body does not make enough insulin.

Sometimes your body can't use insulin properly.



Insulin helps you to use blood sugar. It helps you to be active.

People with diabetes get too much sugar in their blood.

Diabetes can happen to anyone.



You will always have diabetes, but the right treatment will help you to stay well.



# Type 2 diabetes

There are 2 kinds of diabetes - **Type 1** and **Type 2**.  
We have got **Type 2** diabetes.



Type 2 diabetes usually starts in people after the age of 40.

# See a doctor

Go to a doctor. Your doctor will give you a check-up.



Your doctor will tell you what diabetes is.

# See a nurse

You can talk to the nurse about diabetes.



# See a dietitian

You might get to see a dietitian who knows about food and health.



They will help you to choose the right foods to eat.

# Useful Information

Your doctor or nurse will tell you about Diabetes UK and how it can help you.

**DiABETES UK**  
**KNOW DIABETES. FIGHT DIABETES.**





# Will I feel better?

**Will my  
treatment  
make me feel  
better?**

**Yes, but...**

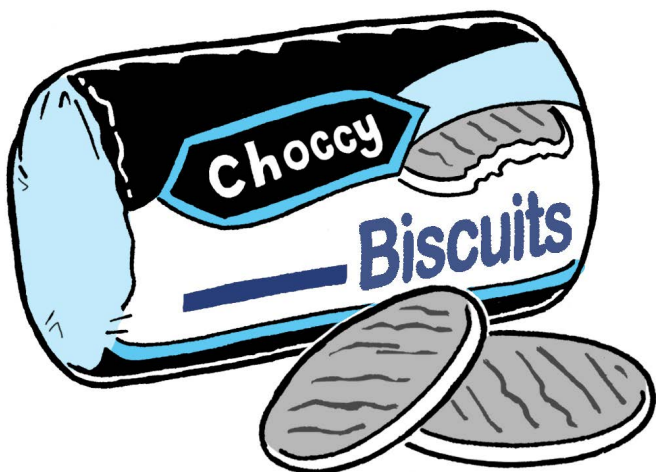
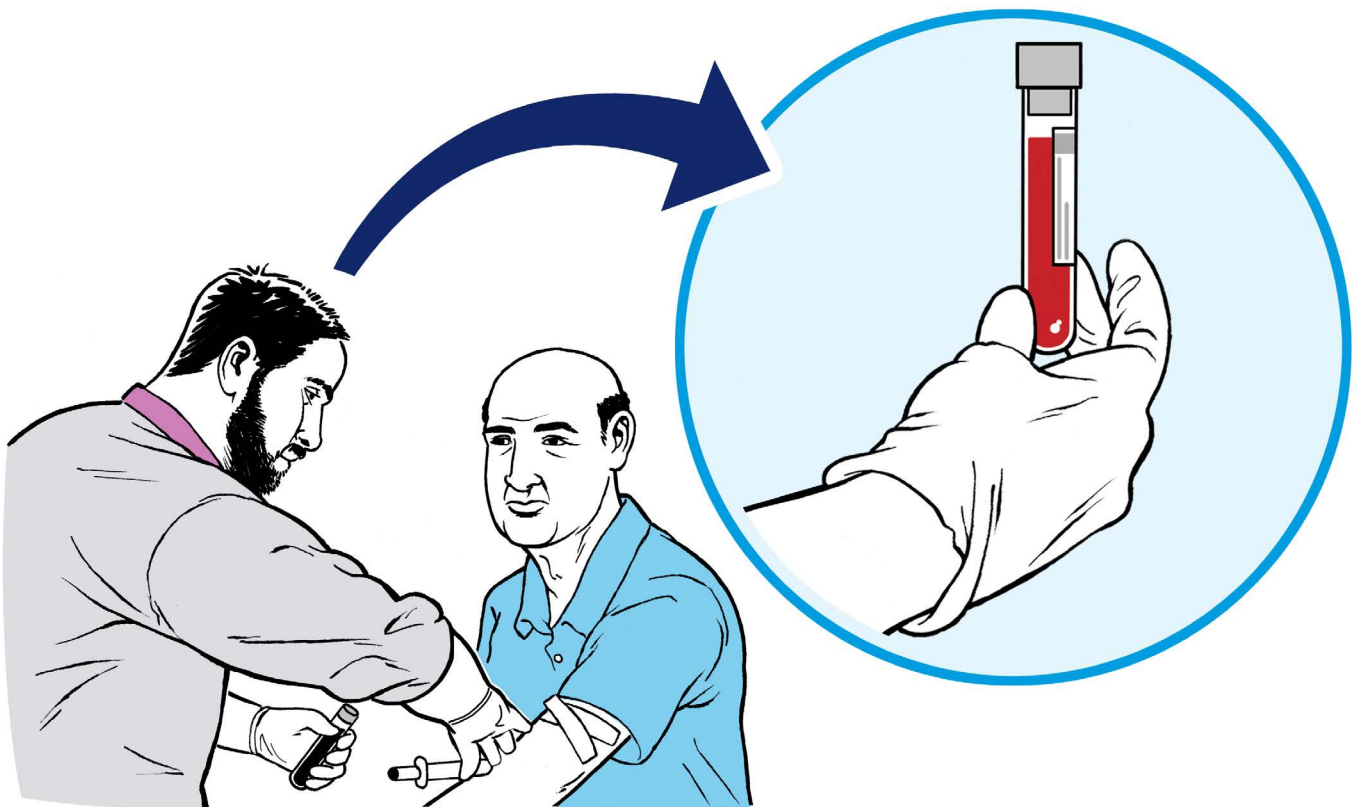


Sometimes you may feel unwell.

This could be because your blood sugar is too high or too low.

# What is blood sugar?

Sometimes you need a blood test to check your blood sugar.



Your body makes blood sugar when you eat bread, potatoes, and sweet things like biscuits.

# High blood sugar

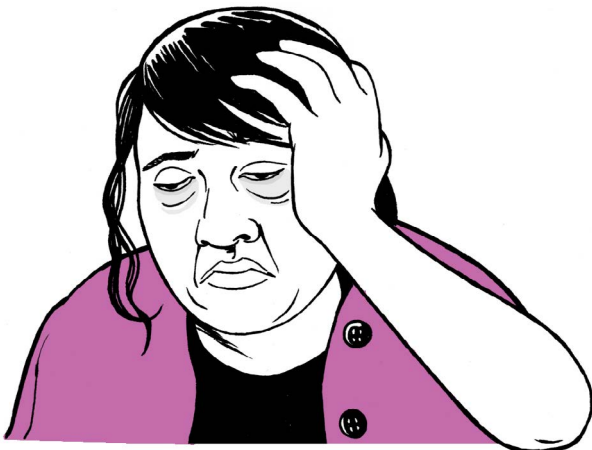
How do you know if your blood sugar is **high**?



You may feel very thirsty.



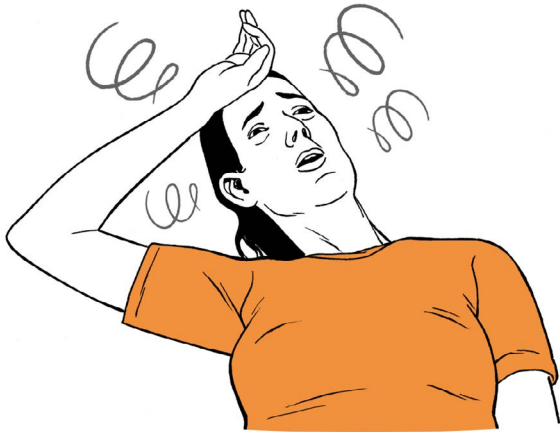
You may go to the loo a lot.



You may feel more tired than usual.

# Low blood sugar

How do you know if your blood sugar is **low**?



You may feel shaky or dizzy.



You may feel sweaty.



You may feel very tired and grumpy.

# What should I do?

**Make sure that you:**



**Take the right medication**



**Eat the right food**



**Have regular exercise**



If you still feel unwell, you must see your doctor or nurse.

# Your treatment



You may need to take tablets.



Sometimes you may need injections.



You need to eat a healthy diet.

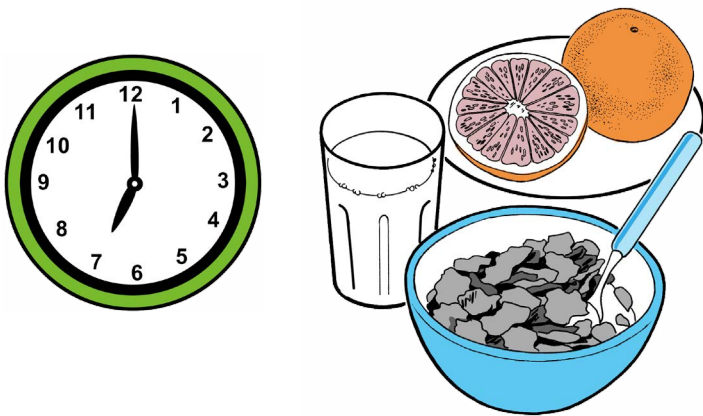


You need to exercise.

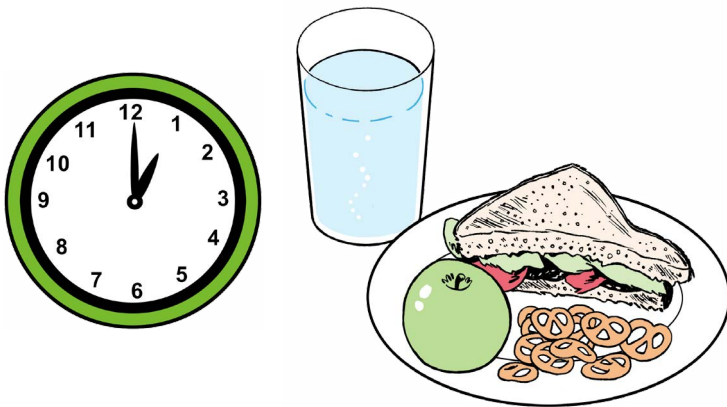
# Eat regular meals

**Don't miss meals.**

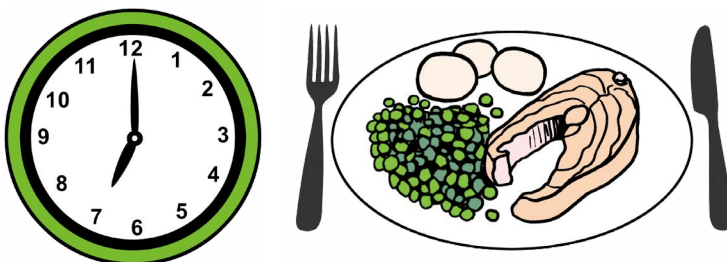
They will help your body to stay healthy.



**Breakfast**



**Lunch**



**Dinner**

# Choose the right foods

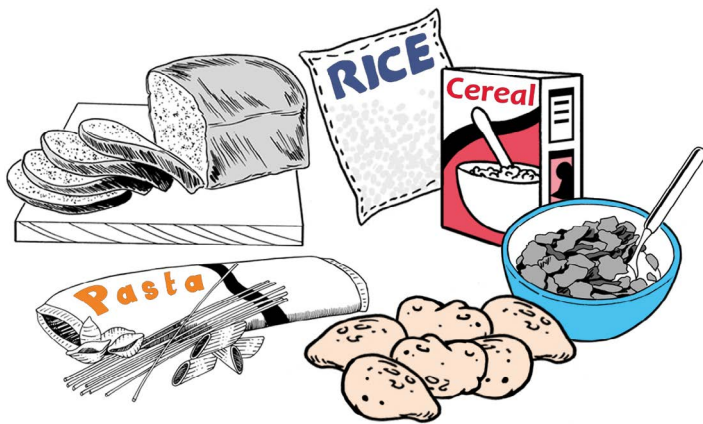
## Choose good healthy foods.

Eat fruit and vegetables, beans and lentils, meat, fish and dairy products.



## Fruit and vegetables

Try to eat 5 servings every day.



## Bread, rice, potatoes, pasta and other starchy foods

Try to eat some of these every day.



## Meat, fish, eggs, nuts, beans, milk and dairy foods

You can eat some of these every day.



# Be careful with these foods

Some foods have a lot of fat and sugar in them.  
Don't eat too much of them.



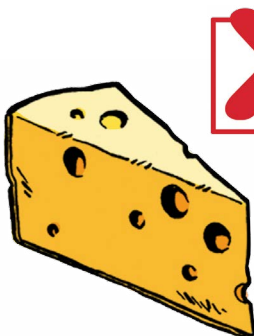
Chips



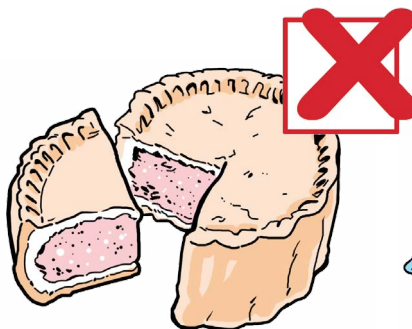
Butter / margarine



Cakes & biscuits



Cheese



Pastry

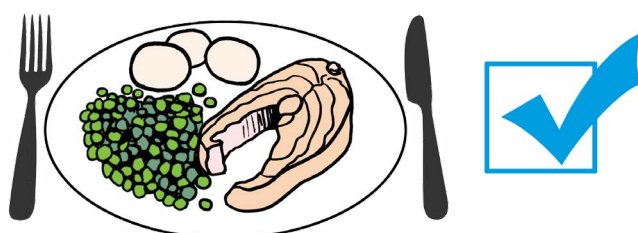


Crisps & snacks



Sugary fizzy drinks

**Choose low-fat foods.**



# Exercise is good for you



# When you are ill

If you are ill or have a cold, you must still take your tablets for diabetes. **This is very important.**



But if you are being sick or have diarrhoea, call your doctor or nurse for advice.

# Check-ups

**It is important to have regular check-ups.**

You should see your doctor or nurse at least once every year for a full check-up.



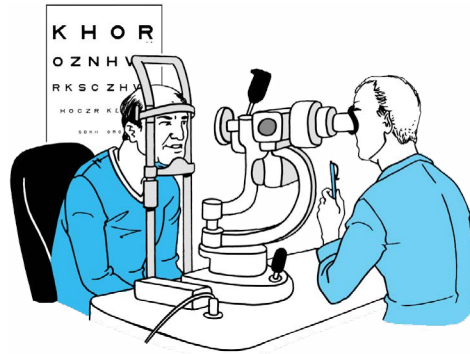
You can tell the doctor or nurse if you have any problems with your diabetes.

# Check-ups

You will need to have check-ups for:



Your feet



Your eyes



Your diet



Your blood pressure



The doctor or nurse may check your wee or take some blood.

# Remember

It is very important to follow the treatment you are given properly.



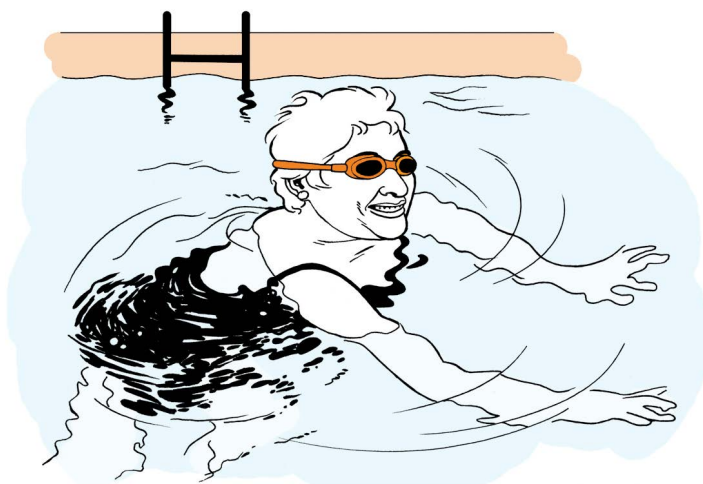
# Remember



**Eat the  
right foods**



**Take the  
medication  
at the right  
time**



**Take some  
exercise to  
stay fit**

# Remember



If you do all of this it will help you to keep well.

If you are worried about any of this, talk to your doctor or nurse.





# More information

**For more information contact:**

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.



## **Diabetes UK**

Wells Lawrence House,  
126 Back Church Lane,  
London, E1 1FH



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



## **Telephone Diabetes UK Helpline:**

Tel: **0345 123 2399\***

\*calls may be recorded for  
quality and training purposes



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



**This leaflet has been made by:**

Diabetes UK. We are leading the fight against the most devastating and fastest growing health crisis of our time, to create a world where diabetes can do no harm.

With help from CHANGE, a leading national human rights organisation led by disabled people.

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[www.changepeople.org](http://www.changepeople.org)

And the OK Diabetes team at the University of Leeds.

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