

Our World



and

Diabetes



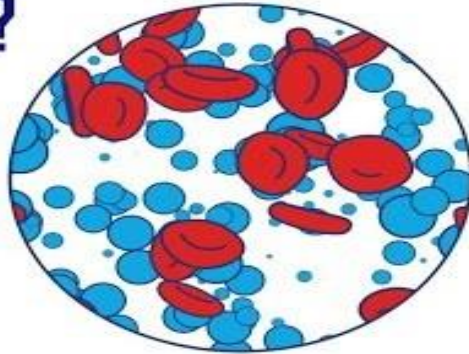
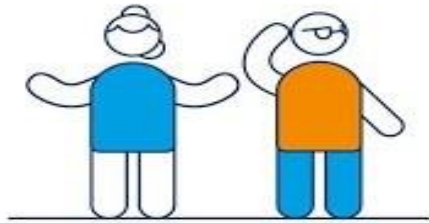
My World

# What is Diabetes?

- There are a number of different types of Diabetes. The main ones are: Type 1, Type 2 and Gestational Diabetes.
- Some of you may already know someone with diabetes.
- You can't catch diabetes.
- About 8% of the population have type 1 diabetes.
- Around 90% of people diagnosed with diabetes have type 2.

# Video about Diabetes

**WHAT IS DIABETES?**



# More people than you think...

- People think that there are not a lot of people with diabetes, but there are!
- There are a number of different charities that support people with diabetes differences:



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

The logo for Diabetes UK features the text 'DiABETES UK' in a bold, blue, sans-serif font. Below it, the tagline 'KNOW DIABETES. FIGHT DIABETES.' is written in a smaller, blue, sans-serif font.

**Diabetes.co.uk**  
the global diabetes community

The logo for Diabetes.co.uk features a red icon of four overlapping circles on the left. To the right, the text 'Diabetes.co.uk' is written in a bold, white, sans-serif font, with the tagline 'the global diabetes community' in a smaller, white, sans-serif font below it.

# Teressa May – Former Prime Minister



Teressa May has type 1 diabetes and uses a sensor to monitor her blood sugars.

# Tom Hanks – Famous Actor



Tom Hanks has type 2 diabetes.

He was diagnosed after a number of years of high blood sugars.

# James Norton



James is an actor, with Type 1 diabetes.

He keeps snacks hidden on stage to help maintain blood sugars.

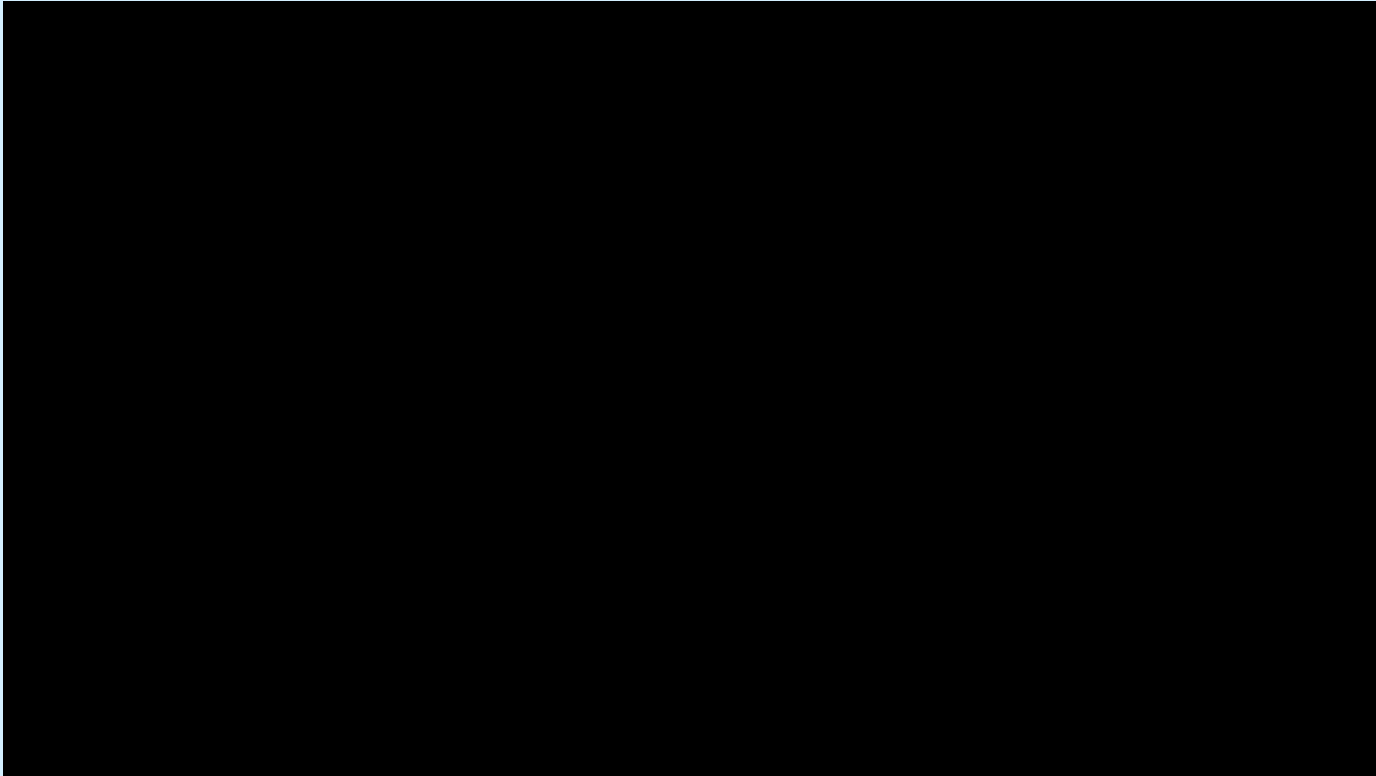
Read the Cbeebies bedtime story about diabetes.



## How to manage a mammoth

Join Jake, his Mum and Mel the diabetes mammoth as they join forces with their friends to become a super-team and work out how to shrink Mel to a manageable size.

# Type 1





# Yes we can...



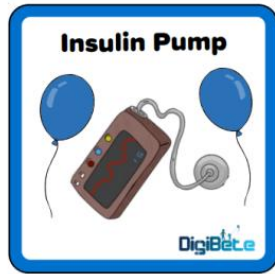
- People with diabetes **can do almost everything** anyone else can do.
- **Never underestimate** or limit what a person can do.
- Having diabetes does not stop people from **achieving their dreams**.
- It is all about the **attitude!**
- You need to plan carefully for whatever activity you plan to do.
- **Medical teams help you plan for special events, from a diabetic nurse to specialist consultants.**

# Management

NHS

DigiBete

How do those who have type 1 diabetes monitor glucose levels and get insulin?



Because the body cannot make insulin, those that have type 1 diabetes need to provide it via an injection pen or insulin pump to replace the constant supply of insulin needed for the body to function.



Those with type 1 diabetes also need to check their glucose levels throughout the day to make sure they aren't too low or too high. This can be done with a blood glucose meter or glucose

# Hypo = Low

Symptoms of low blood sugar can include:

- feeling hungry
- feeling dizzy
- feeling anxious or irritable
- sweating
- shaking
- tingling lips
- heart palpitations
- feeling tired or weak
- changes in your vision such as blurred vision
- feeling confused

**Treatment:**

- **Glucose**
- **Sugary drinks**
- **Biscuits**
- **Snacks**



# Hyper = High

Common symptoms include:

- feeling very thirsty
- peeing a lot
- feeling weak or tired
- blurred vision
- losing weight

Common causes of high blood sugar in people with diabetes include:

- being unwell
- feeling stressed
- eating too much sugary or starchy food
- being less active than usual
- missing doses of diabetes medicine

# People may struggle

- To let people know about their condition.
- Have a lack of confidence and low self-esteem.
- Feel self-conscious, shy, embarrassed or like you are on show when you are having a hypo, or need to inject.
- Feel isolated and alone – like you are different to, or even rejected by, other people.
- Feel upset, angry and defensive.
- Be unable to concentrate properly, have problems sleeping or experience nightmares.
- Feel like it is an ongoing condition that you can never rest from.

# How you can support

- Watch out for signs of hypo (low blood sugars)
- Be aware of the signs and symptoms of diabetes.
- Support others around you.

How can we help?



**Live in our world.**

Remember we are all unique and all have our own strengths and struggles.

By being kind and understanding you can help other people in our world.