

# Your Diabetes



## Checklist 1 – Newly Diagnosed with Type 1 Diabetes

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- 1 Diabetes means that the amount of sugar in the blood is too high because the body is unable to use it properly.

*Has this been explained to you adequately?*
- 2 Do you understand the importance of a low sugar, low fat diet, which is high in fibre and contains regular starchy carbohydrate?

*Have you been given dietary advice?*
- 3 Losing excess weight will reduce your blood pressure and cholesterol, and improve your blood sugar levels.

*Do you know what your target weight is and how to achieve it?*
- 4 Smoking is particularly harmful to diabetics as it speeds up the hardening of arteries.

*Do you smoke?  
What measures have you taken to stop?*
- 5 Regular exercise can help control your weight and diabetes. Your GP may be able to prescribe an Active Options package for you.

*What form of exercise have you considered? Ask your GP about an Active Options package*
- 6 Moderate alcohol intake is not harmful. Remember that alcohol is high in calories and stimulates your appetite. This can contribute to weight gain.

*Binge drinking is dangerous for diabetics and alcohol should be taken with or after a meal. Use sugar free mixers and avoid sweet wines, sherries, ciders and liqueurs.*
- 7 Eyes  
Feet  
Weight  
Blood Pressure

*Do you understand why regular checks of eyes, feet, weight and blood pressure can help identify early problems or reduce the risks of complications that may be linked to diabetes?*
- 8 Diabetes can cause problems with your feet including poor circulation and reduced sensation. It is important to take special care of your feet.

*You may need to seek advice from a podiatrist to whom you can self refer. Do you know how to contact the podiatry (chiropodist) service?*



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| 9  | Regular monitoring of your blood sugar is important to assess your control.  | <i>Have you been advised how to monitor and record the results of blood testing?</i>   |
| 10 | If you are testing your glucose levels at home do you know how to dispose of the needles?  | <i>Ask the surgery diabetic nurse how to obtain the sharps container.</i>  |
| 11 | If you are on insulin, or insulin and tablets, for your diabetes you are entitled to free prescriptions.   | <i>Have you obtained a prescription exemption form?</i>  |
| 12 | Being on insulin and/or taking tablets   | <i>If using insulin or taking tablets for diabetes have you been told how they all work and when to have them?</i>                                 |
| 13 | Now you have diabetes you can obtain free yearly eye tests. Regular checks, once your diabetes is stable, can help alert you early to any long-term changes that diabetes might cause. | <i>Do you know how to obtain a free eye check and when?</i>  |
| 14 | Diabetes may lead to sexual problems such as impotence.  | <i>Please discuss any concerns with your Doctor or nurse</i>   |
| 15 | If you feel low in mood bring this to the attention of your doctor   | <i>Please let your doctor know as soon as possible</i>   |
| 16 | Driving  | <i>If you drive you must inform the DVLA Swansea and your driving insurance company that you are an insulin dependent diabetic.</i>                |
| 17 | Does your employer know you have diabetes?   | <i>It may be important to tell them.</i>   |
| 18 | Hypoglycaemia or "hypo's" can occur if your blood sugar goes too low.  | <i>It is usually a result of either delaying or missing a meal, or taking more exercise than usual. Do you know what to do if you have a hypo?</i> |



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- 19 If you are unwell, for example with colds /flu /tummy bugs, your diabetes may go out of control. Usually the blood sugar goes higher. *It is important to drink plenty, keep taking your diabetic medication, monitor your blood sugar, seek advice / treatment at an early stage. You may need help to manage your diabetes. Do you know who to contact?*
- 20 In an emergency it is important that people know you have diabetes. *Do you carry an ID card that included details of your diabetes?*
- 21 Sometimes women with diabetes are more vulnerable to thrush. *Please let your doctor know as soon as possible if this happens to you*
- 22 Sometimes diabetes can exacerbate or cause different allergic reactions. *Please let your doctor know as soon as possible if this happens to you*
- 23 Planning a pregnancy? It is important to have good diabetic control both before and during pregnancy as this will reduce the risk of problems for you and your baby. *You will need to discuss this with the nurse or doctor before becoming pregnant. There is a target HbA1C for pregnancy*
- 24 Planning to go on holiday, travel and enjoy special occasions? *Live life as normally as possible but you may need special advice if travelling abroad.*
- 25 When you next see your doctor or nurse please take this checklist with you and discuss any points not already raised. *If there are things you would like to discuss which are not on the list, write these down before you visit your GP so you remember them all.*