

Your Diabetes



Checklist 2 – Newly Diagnosed with Type 2 Diabetes

- 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 (chiroprapist) service?



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- 9 Regular monitoring of your blood or urine sugar may be important for your well-being. *Have you been advised how to monitor and record the results of Urine or Blood testing?*
- 10 If you are testing your glucose levels at home do you know how to dispose of the needles? *Ask the surgery diabetic nurse how to obtain the sharps container.*
- 11 If you are on tablets or insulin for your diabetes you are entitled to free prescriptions. *Have you obtained a prescription exemption form?*
- 12 Taking Tablets *If taking tablets for diabetes have you been told how the tablets work and when to take them?*
- 13 When you have diabetes you can obtain free yearly eye tests. Regular checks, once your diabetes is stable, can help alert you to any long-term changes that diabetes might cause. *Do you know how to obtain a free eye check and when?*
- 14 Diabetes may lead to sexual problems such as impotence. *Please discuss any concerns with your Doctor or nurse*
- 15 If you feel low in mood bring this to the attention of your doctor *Please tell your GP as soon as possible*
- 16 Driving *If you drive you must inform the DVLA and your driving insurance company that you are diabetic if your diabetes is controlled by insulin or it is controlled by tablets (with another relevant condition e.g. retinopathy). If you have an LGV, PCV or CI you must inform DVLA however your diabetes is controlled*
- 17 Does your employer know you have diabetes? *It may be important to tell them.*



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- 18 Hypoglycaemia or "hypo's" can occur if your blood sugar goes too low. This will only happen if you are on diabetic tablets or insulin
- 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?
- 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 includes 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 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.*