

What are the signs and symptoms of diabetes?

Common symptoms of diabetes include:

- Being more thirsty than usual
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Unexplained weight loss (type 1)
- Gradually putting on weight (type 2)
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps

If you have experienced one or more of these symptoms see your GP!

What is Diabetes?

Diabetes is a serious condition that can occur at any stage in life. Diabetes requires daily self-care and can affect a variety of systems in our body. While there is no cure for diabetes, there are steps to help you develop and maintain an enjoyable life and effectively manage your diabetes.

Diabetes affects the level of glucose in the blood. Glucose is a type of sugar that our bodies require to maintain energy levels. If the glucose levels in our bodies are too high or too low this can lead to various complications.

Our bodies make a hormone called insulin to help regulate our glucose levels. When someone has diabetes insulin can no longer be produced or it is produced in insufficient amounts. If people with diabetes consume excessive amounts of foods containing glucose such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy properly. The glucose stays in the blood which results in high blood glucose levels.

Three things you need to know about diabetes:

- It is not one condition- there are three main types of diabetes: type 1, type 2 and gestational diabetes (when pregnant)
- All types of diabetes are complex and require daily care and management
- Diabetes does not discriminate, anyone can develop diabetes

How do I manage my Diabetes?

Diabetes is a serious condition and requires daily self-care and input from your doctor and nurse. To make sure you reduce your risk of complications from diabetes:

1. See your GP regularly
2. Visit our Diabetes Nurse every 6 months to have your bloods checked.
3. Look after your feet
4. See your optician at least every 2 years
5. Maintain a healthy balanced lifestyle and diet
6. Utilise relaxation techniques
7. Enjoy your life!