

Patient Information Leaflet

Diabetes



Community Learning Disability Team
Arthur Webster Clinic
35 Landguard Manor Road
Shanklin
Isle of Wight
PO37 7HZ

Telephone 866179
Opening hours Monday-Friday
8.30am-4.30pm



Date: September 2014
Review due: September 2017



Specialist health care empowering you to achieve your potential

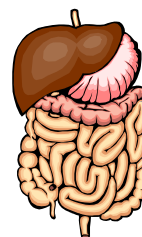
What is Diabetes?

Our bodies have many different parts that help us keep well and healthy

We eat and drink using our mouth



This is the stomach where food and drink is broken down



There is a part in the body called the pancreas



This helps the food we eat to give us energy



The pancreas also makes insulin to balance the amount of sugar in our bodies



What is Diabetes?

When we have diabetes the insulin made by our pancreas is not enough. This means that the sugar in our blood is too high and it makes us feel unwell.

We may feel:-

Thirsty



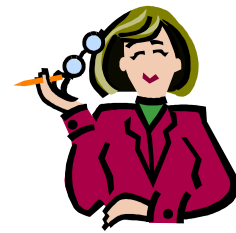
Needing to go to the toilet more often



Tired



Not seeing as well



There are two types of Diabetes

Type 1:

Usually happens before you are 40 years of age

It is treated by injections



Exercise



Healthy diet



What is Diabetes?

Type 2:

Usually happens after the age of 40 years
This is when your Diabetes is controlled by:

A healthy diet



Exercise



Tablets



Important information

Taking your tablets or having your injection at the time your doctor told you

And

Eating your meals at regular times

Will help you to stay well too.

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: LD/DIAB/3