

HELP US HELP YOU

across Suffolk
and north east Essex

NHS

Suffolk and
North East Essex



Taking care with diabetes (type 1)

When you have a long-term condition, it is important to take care of yourself and follow the advice of your healthcare team so you can prevent your condition from worsening. This guide will help you to know what you should be doing, and what to do if you start feeling worse. Our aim is to ensure that you get the care you need, when you need it. We want you to be able to look after yourself and know your warning signs, so that you don't end up in an emergency situation.

Treatment



Keeping on top of managing your diabetes is important in reducing the risk of long term complications and keeping you well. There are lots of free local and online resources to help you better manage your diabetes- you are not alone! <https://www.diabetes.org.uk/guide-to-diabetes>.

People with diabetes are at increased risk of becoming seriously ill from the flu. It is really important that you get your flu vaccination before the start of winter.

Your diabetes team can also help you set a target HbA1c level to aim for you to keep your blood glucose levels healthy.



If your blood glucose levels become too high or too low, this could lead to hyperglycaemia or hypoglycaemia respectively (high or low blood sugar levels) which can both cause severe symptoms and complications, so it's important to keep up with taking insulin and monitoring blood glucose levels as you have been advised.

A healthy lifestyle is a main factor in management of type 1 diabetes, if you are looking for support free advice and resources can be found via the NHS:

- <https://www.nhs.uk/better-health/> (lose weight, quit smoking, get active, mental health)
- <https://www.essexwellbeingsservice.co.uk/>
- <https://www.therapyforyou.co.uk/>
- <https://www.nhs.uk/conditions/nhs-fitness-studio/>

When to get medical advice



As type 1 diabetes is a long-term condition, you'll be in regular contact with your diabetes care team. The team will also need to check your eyes, feet and nerves regularly because they can also be affected by diabetes.

You should also be seen regularly - at least once a year - to check how well your diabetes is being controlled over the long term.

At your diabetes annual review you will have eight key health checks including bloods, feet, urine, BMI and blood pressure. The aim is to pick up any changes early and prevent them getting worse. More information here: <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect>

You should have had advice about how to look after yourself when you are ill – known as your “sick day rules”: Guidance on sick day rules for diabetes can be found here:

<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/illness>.

Please make sure you have adequate supplies of medication and monitor weather forecasts at regular intervals.

For up-to-date information and support with your diabetes please visit the UK charity Diabetes UK where there are free meal plans, information about medications, complications, living with diabetes and also support forums from other people living with diabetes across the UK.

<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes>

Support for type 1 diabetes:



Free self register type 1 learning:

<https://www.mytype1diabetes.nhs.uk/>

<https://www.diabetes.org.uk/guide-to-diabetes>

<https://www.jdrf.org/>

For locally run diabetes education sessions please contact the NEEDS team to discuss your options 0345 214 3313 option 2 or website: <https://diabetesneeds.co.uk/our-services/diabetes-education/>

Remember you can access healthcare services 24 hours a day, seven days a week. If there is an urgent need, you can obtain medical advice by visiting 111 online - www.111.nhs.uk - or phoning NHS 111.

