

# Self care and diabetes

## Diabetes and Endocrinology Patient Information Leaflet

### Self care

- You should follow the dietary advice given to you by the dietitian and watch your weight.
- Look after your feet. It is important to follow the advice given to you by the podiatrist.
- Exercise as much as you are able.
- Monitor your diabetes blood glucose and blood ketone levels as recommended by your healthcare professional.
- Have your eyes examined once each year. Go to an optician from the registered list available at your diabetes centre. These opticians are registered and trained to carry out retinal screening. There is no charge for the test.
- Attend for a diabetic clinic appointment, either at your GP surgery/health centre or the diabetes centre at the hospital, at least twice a year. Hospital appointments will either be sent to you through the post or made when you are at your clinic appointment.

## Follow up

Regular follow up is essential to ensure you remain fit and well and that your diabetes is controlled. The complications of diabetes, due to damage of the blood vessels and nerves, can happen if your diabetes is not well controlled.

Tests and examinations are necessary to detect, as early as possible, if there are any issues with your control of diabetes and if there are early signs of diabetes complications.

## How do I get the most from my appointment?

Seek local advice about where and when you should have your blood tests. Some clinics will need you to have a blood test two weeks before your appointment; others have the facility to test your blood on the day of your appointment. The tests can be done either at your own GP surgery/health centre or at the hospital laboratory.

If your diabetes is treated with insulin, the tests should be carried out immediately before your first meal of the day. This is called a fasting blood test.

When you come to your appointment, please bring a specimen of urine, collected first thing in the morning, as your healthcare professional will need this for your assessment. You will be given instructions about this with your appointment letter.

Your blood pressure should be checked once a year or more frequently if necessary. Your legs and feet should be examined yearly to check your circulation and nerves supply and, if necessary, you may be referred to a podiatrist.

## Can I find out more?

### Diabetes UK

**Tel:** 0345 123 2399

**Website:** [www.diabetes.org.uk](http://www.diabetes.org.uk)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Diabetes Team on 01384 244399 (9am to 5pm, Monday to Friday)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510**

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੇ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टेलीफोन नम्बर **0800 0730510** पर फोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية ( اللغة العربية ) , فرجاء اتصل بمتمسق المعلومات للمريض **0800 0730510** على التلفون **Information Co-ordinator**

میں ضرورت اس لیفلیٹ کو اپنی زبان (اردو) میں حاصل کرنے کے لئے رولہماریائی ٹیلیفون نمبر **0800 0730510** پر وقت، انٹرنیشنل اور ڈیٹیلڈ (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ قائم کریں۔