

## DIABETES - Some Facts

**Diabetes simply means** having too much glucose (sugar) in your blood.

**Knowing the symptoms and risk factors** for diabetes is important as non-diagnosis can seriously affect your quality of life. Undiagnosed or poorly controlled diabetes can damage your heart, arteries, eyes, nerves and kidneys, leading to serious health problems for you and your family to cope with.

**Eating a healthy diet** and taking part in **regular physical activity** can prevent or delay Type 2 diabetes (the most common form).

**The number of people** with diabetes in Ireland is growing rapidly.



Supported by educational grants from



### Diabetes Federation of Ireland

76 Lower Gardiner Street, Dublin 1

Tel: 01-836 3022

Fax: 01-836 5182

LoCall: 1850 909 909

website: [www.diabetes.ie](http://www.diabetes.ie)

e-mail: [info@diabetes.ie](mailto:info@diabetes.ie)

# Diabetes

## Are you at risk?

## Do you know the symptoms?



## Risk Factors

You are more at risk of getting Type 2 diabetes if you are (tick each box if they apply to you)

- Over 40 years of age
- Have a parent or brother/sister with diabetes
- Had diabetes during a pregnancy
- Are overweight for your height
- Do not take 30 minutes of physical activity daily
- Have high blood pressure
- Have high cholesterol

## And/or recognise any of these symptoms

- Blurred vision
- Fatigue, lack of energy
- Extreme thirst
- Frequent trips to the bathroom (urination), especially at night
- Rapid and unexplained weight gain or loss
- Frequent infections
- Slow-healing sore or cut
- Numbness, pain or tingling in your hands or feet

## How to find out if you have diabetes

The more boxes you ticked, the more likely you are to have diabetes or pre-diabetes. Show this leaflet to your doctor and tell him/her why you think you might have diabetes. A simple diabetes test will ease any worries you may have.

It is recommended that every person aged 40 years or older should consider being tested for diabetes every three years. People at high risk should be tested annually.

## Diagnosed with diabetes?

Don't worry. If diagnosed, your doctor will take steps to treat and control your condition. Early detection, effective treatment and good control will help you avoid the more serious related health problems and allow you maintain your quality of life.

## How do I know if my diabetes is well controlled?

People with diabetes can test their blood sugar levels to find out what their glucose level is at any time. Taking your prescribed medication, following a healthy diet and taking part in regular physical activity will help you maintain good control of your diabetes. Your medical team will educate you on how best to achieve good control.

## Treatment for diabetes

**Type 1** diabetes is where the pancreas no longer produces insulin and treatment involves injecting insulin daily, following a healthy diet and taking part in regular physical activity.

**Type 2** diabetes is where the pancreas produces some insulin but not enough and treatment may involve taking prescribed oral medication (tablets), following a healthy diet and taking part in regular physical activity. Insulin injections may be required by some people.

It is also important to learn about diabetes and keep up to date with new treatments and other developments as they happen.

You can do this by simply contacting the Diabetes Federation of Ireland on its lo-call helpline 1850 909 909 and requesting an information pack.

## Diabetes Federation of Ireland

The Diabetes Federation of Ireland is the national charity dedicated to providing support, education and motivation to people with diabetes.

Its range of services include:

- ▶ **Patient support** via its diabetes helpline
- ▶ **Information** via its wide range of leaflets, information packs, its quarterly "Diabetes Ireland" magazine and its website [www.diabetes.ie](http://www.diabetes.ie)
- ▶ **Support for children with diabetes** and their families via its Sweetpea Kidz Club, children and adolescent summer adventure camps, family education weekends, teen and parent support groups
- ▶ **Direct health education for patients** with diabetes via a range of education programmes
- ▶ **Financial services**; negotiated health and specified illness and motor insurance schemes
- ▶ **Educating the wider community** via public diabetes awareness campaigns and events
- ▶ **Health promotion** including schools and workplace awareness, early detection and prevention programmes and diabetes screening
- ▶ **Advocating** for improved diabetes services in Ireland
- ▶ **Funding** diabetes medical research in Ireland

*Remember, knowing the facts about diabetes will help you to help yourself.*

For further information or to become a member, contact the Diabetes Federation of Ireland at **Lo-call 1850 909 909** (Mon-Fri 9am-5pm)

Or visit [www.diabetes.ie](http://www.diabetes.ie)

