



Produced by:



Adult Learning Disability Division
(Health)
Mytton Oak
Royal Shrewsbury Hospital North
Shrewsbury
SY3 8XQ

Tel: 01743 261181

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With acknowledgement to:

Isle of Wight NHS Trust
Specialist Healthcare & Support Services
With People with Learning Disabilities
Arthur Webster Clinic
Landgaud Manor Road
Shanklin
Isle of Wight
PO37 7HZ

DIABETES



When we have diabetes, the amount of sugar in the blood is too high and there is not enough insulin in the body.

Sometimes the pancreas is not working properly.

This makes us feel unwell. We may be:



Thirsty

Type 2:

Usually happens after the age of 40



A healthy diet

And/or

Tablets or injection



Diet and Medication

Eating a healthy, balanced diet can help with your Diabetes.

Taking your tablets regularly, at the right time will help you too.

THERE ARE TWO COMMON TYPES OF DIABETES

Type 1:
Usually happens before you are 40 years of age.



It is treated by injections



And a healthy diet



Needing to go to the toilet a lot.



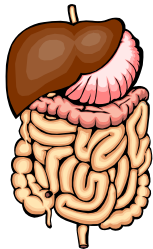
Tired



Not seeing so well

WHAT IS DIABETES?

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



Our food goes into our stomach where we get energy from the food/drink



There is a part in the body called the pancreas



This helps the food we eat be more useful to our bodies.



The pancreas also makes insulin that helps balance the sugar from our food in the body and blood.