


## Session 2

### English Slide Prints

# Welcome back



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## Group discussion

- Advantages and disadvantages to healthy living
- Barriers to reaching your targets

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## What we're going to talk about today

-  Blood sugar testing
-  Blood pressure
-  Your feet
-  Medicines
-  Your daily life

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#### Blood sugar testing

- Keep your blood sugar (glucose) levels under control
- The target is:
  - 4 – 7mmol/l **before** meals
  - less than 8.5mmol/l **2 hours after** meals
- Food, activity, being unwell and medicines can affect your blood sugar
- Check your blood sugar
  - By yourself
  - At the doctor's (HbA1c)



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#### Blood pressure checks

- Keep your blood pressure under control
- The target is 130/80 mmHg
- Have your blood pressure checked every year



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#### Looking after your feet

- Why it's important
- How to look after your feet



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 **How to look after your feet**

**Diabetes can damage your feet and legs**

- Look at and feel your feet every day
- Wash your feet every day
- Be careful not to burn your feet
- Keep your toenails short
- Look out for corns and callous
- Check your shoes & socks
- Don't smoke



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**Medicines**

If you take tablets for diabetes, make sure you know

- what they are for
- when to take them
- what to do if you are unwell

Have a routine for taking your tablets.

If you have any problems with your tablets tell your doctor or nurse. Don't just stop taking them. There might be something else that will suit you better.



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**Diabetes and your daily life**

• <b>Your family</b>	• <b>Employment</b>
• <b>Your religion</b>	• <b>Eating out</b>
• <b>Driving</b>	• <b>Smoking</b>
• <b>Travel</b>	• <b>Alcohol</b>



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Get your family involved 

- Shopping for healthy foods
- Cooking healthy meals
- Doing physical activities with you
- Learning all about diabetes

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Your religion – if you fast

People with diabetes may not be expected to fast but many still wish to fast.

Talk to you doctor or nurse before you start your fast and agree a plan.

advice on fasting and your diet      medicines      the end of the fast

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Driving 

- You must tell your motor insurance company that you have diabetes.
- If you take tablets or insulin you must, by law, tell the DVLA. You can write to them at:

DVLA  
Swansea  
SA99 1TU

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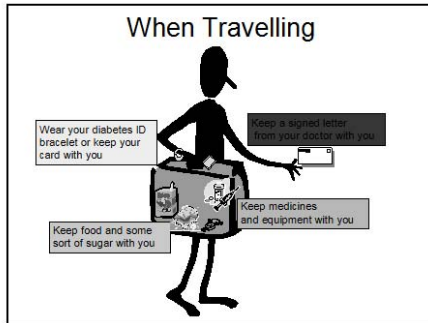
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## Session 2 English Slide Prints

### When Travelling



Wear your diabetes ID bracelet or keep your card with you

Keep a signed letter from your doctor with you

Keep food and some sort of sugar with you

Keep medicines and equipment with you

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### When you're away from home



Keep to your usual meal schedule in moderate climates

Plan ahead for changes to meal times e.g. when crossing time zones

Take extra medicines with you

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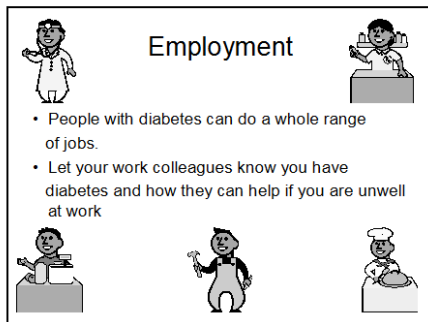
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### Employment



- People with diabetes can do a whole range of jobs.
- Let your work colleagues know you have diabetes and how they can help if you are unwell at work

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#### Eating out, Special occasions and festivals

- At many festivals or special occasions a larger variety of foods will be available.
- You can still eat healthily even during these occasions.
- Talk to your dietitian if you want advice about these occasions. 

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#### Alcohol

If you drink alcohol keep to sensible limits

- Men – maximum of 3 units a day
- Women – maximum of 2 units a day

1 unit =

Each of the drinks below contains <b>one unit</b>				
				
Half a pint of ordinary strength beer, lager or cider	1 small glass of wine	1 small measure of spirits	1 small glass of sherry	1 small measure of aperitif

Try to have at least 2 alcohol free days a week

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#### Smoking

- Damages your blood vessels
- Increases your chances of a heart attack, stroke and damage to your feet or legs

Smoking **and** having diabetes increases the chances by 4-9 times

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## Session 2 English Slide Prints

Review of personal targets

- Healthy eating target 
- Physical activity target 

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End of today's session

- Any questions ???
- Suggestions for next week
- Thank you for coming

• Physical activity 

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