


**Session 3**  
**English Slide Prints**

## Welcome back



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## What we're going to do today

1. Weight measurements 
2. Talk about:
  - Diabetes out of control
  - How you are feeling
3. Fill out:
  - Personal action plans
  - Diabetes questionnaire
  - Evaluation sheets
4. Find out where to get more information



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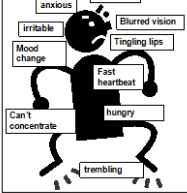
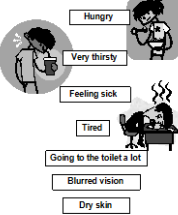
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## Diabetes out of control

Hypo- low blood sugar	Hyper – high blood sugar
 <ul style="list-style-type: none"><li>anxious</li><li>sweating</li><li>Irritable</li><li>Blurred vision</li><li>Mood change</li><li>Tingling lips</li><li>Fast heartbeat</li><li>Can't concentrate</li><li>hungry</li><li>trembling</li></ul>	 <ul style="list-style-type: none"><li>Hungry</li><li>Very thirsty</li><li>Feeling sick</li><li>Tired</li><li>Going to the toilet a lot</li><li>Blurred vision</li><li>Dry skin</li></ul>

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### Diabetes out of control

- Sick day rules
- When to get medical help



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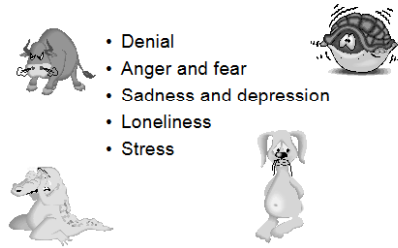
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### Diabetes and how you are feeling

- Denial
- Anger and fear
- Sadness and depression
- Loneliness
- Stress



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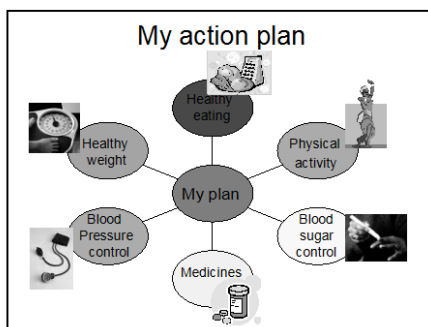
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# Session 3

## English Slide Prints

### Where to get more information

Diabetes UK Scotland  
The Venlaw  
349 Bath Street  
Glasgow G2 4AA



Telephone 0141 245 6380  
Email [scotland@diabetes.org.uk](mailto:scotland@diabetes.org.uk)

#### Diabetes UK Careline:

- can give you information and support in managing diabetes
- It is linked to an interpreting service of up to 100 languages.

Telephone – 0845 120 2960

Leave your name, telephone number and language. Within a few minutes a 3 way telephone link is set up with the caller, a Careline Counsellor and an interpreter.

You can also email Careline - [carelinescotland@diabetes.org.uk](mailto:carelinescotland@diabetes.org.uk).

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### End of the sessions

- Any questions ???
- 6 month follow up
- Evaluation sheets
- I thank you



- Physical activity

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