

Diabetes

When we have diabetes, the amount of sugar in the blood is too high and the insulin made in the body by the pancreas is either not enough or it is not working properly.

This makes us feel unwell. We may be:

❖ Thirsty



❖ Needing to go to the toilet a lot.



❖ Tired



❖ Not seeing so well



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.



If you are unhappy about the service you receive, please contact the PALS service at St. Mary's Hospital on 524081 extension 4850

LD/DIAB/1

Isle of Wight Healthcare



NHS Trust

DIABETES



WHAT IS DIABETES

THERE ARE TWO TYPES OF DIABETES

Type 1:

Usually happens before you are 40 years of age.

- ❖ It is treated by injections
- ❖ And a healthy diet



Type 2:

Usually happens after the age of 40 years
This is when your Diabetes is controlled by:

- ❖ A healthy diet



And/or

- ❖ Tablets

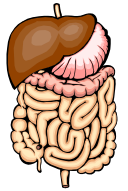


Our bodies have many different parts that help us keep well and healthy.

We eat using our mouth



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.
It gives us energy



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

