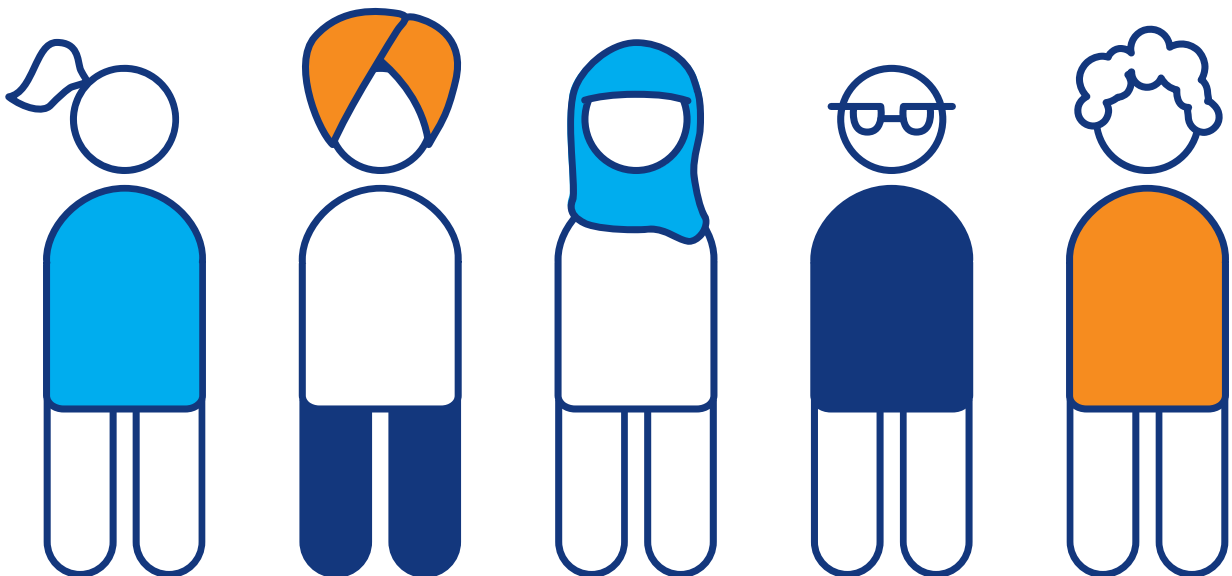
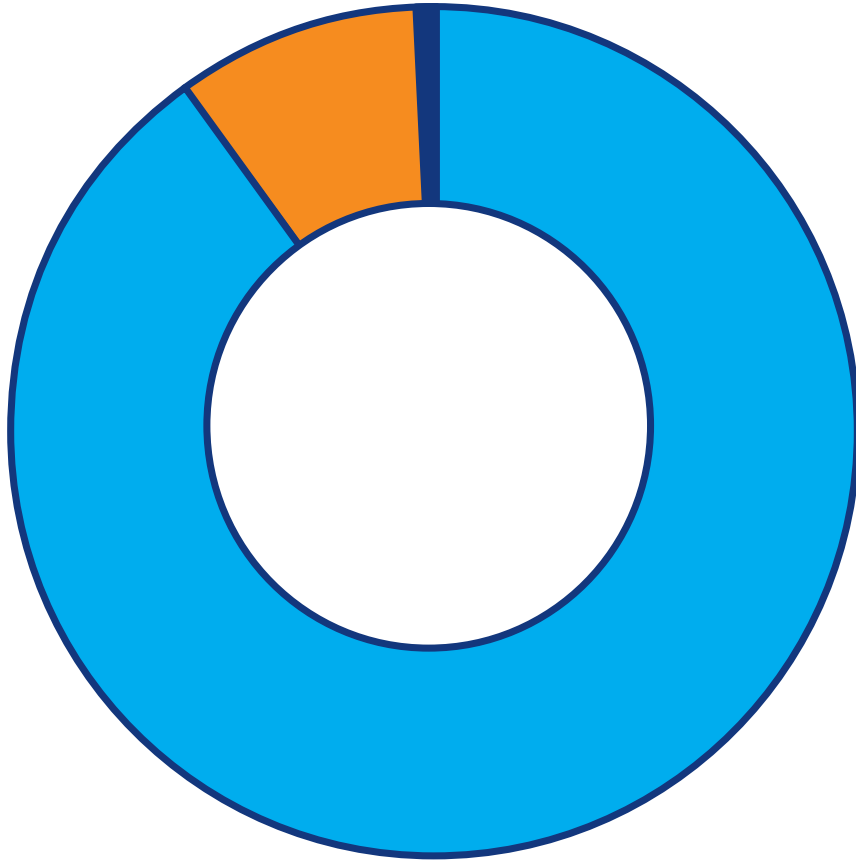


# Newly diagnosed with diabetes

## What's next?





About **90%** of people with diabetes have **Type 2**.

About **8%** of people with diabetes have **Type 1**.

About **2%** of people have **rarer types** of diabetes.

# Being told you have diabetes can be a real shock. And learning to live with it can be a challenge.

You might be going through all sorts of emotions. It's perfectly normal to feel upset, angry, confused or even guilty. You might be struggling to understand why you've got diabetes or worried about how you're going to manage with it.



We'll give you detailed information, support and advice to help you feel more confident about managing your condition. We can also put you in touch with people who are in the same situation as you. We'll help you and your family to understand and manage what's happening, so you can get on and enjoy your life.

## Know the facts

### **What is diabetes?**

Diabetes is a condition where your body can't produce insulin or doesn't produce enough, or where your insulin doesn't work properly. Insulin helps your body use the glucose (sugar) in your blood to give you energy. If you don't have the right amount of insulin, or if your insulin isn't doing its job properly, your blood sugar will remain high which can make you very ill.

Diabetes is a serious condition. Around 4.7 million people in the UK are living with diabetes. Another 12.3 million people are at increased risk of developing Type 2 diabetes.

### **What type do you have?**

Your doctor or nurse will tell you what type of diabetes you have. There are two main types – Type 1 and Type 2 – but there is a range of other types of diabetes.

## Type 1

Type 1 usually affects children or young adults, starting suddenly and getting worse quickly. People with Type 1 diabetes cannot produce insulin naturally. No one knows what causes it, but it's not to do with being overweight and it isn't currently preventable.

## Type 2

Most people with diabetes have Type 2. This type usually starts later in life. It starts gradually and it can be years before you realise you have it. You might get Type 2 diabetes because your family history, age or ethnic background puts you at an increased risk. You are also more likely to get Type 2 diabetes if you are overweight.

## Other types

About 2% of people have other types of diabetes. These include different types of monogenic diabetes, cystic fibrosis-related diabetes, and diabetes caused by rare syndromes.

# Look after yourself

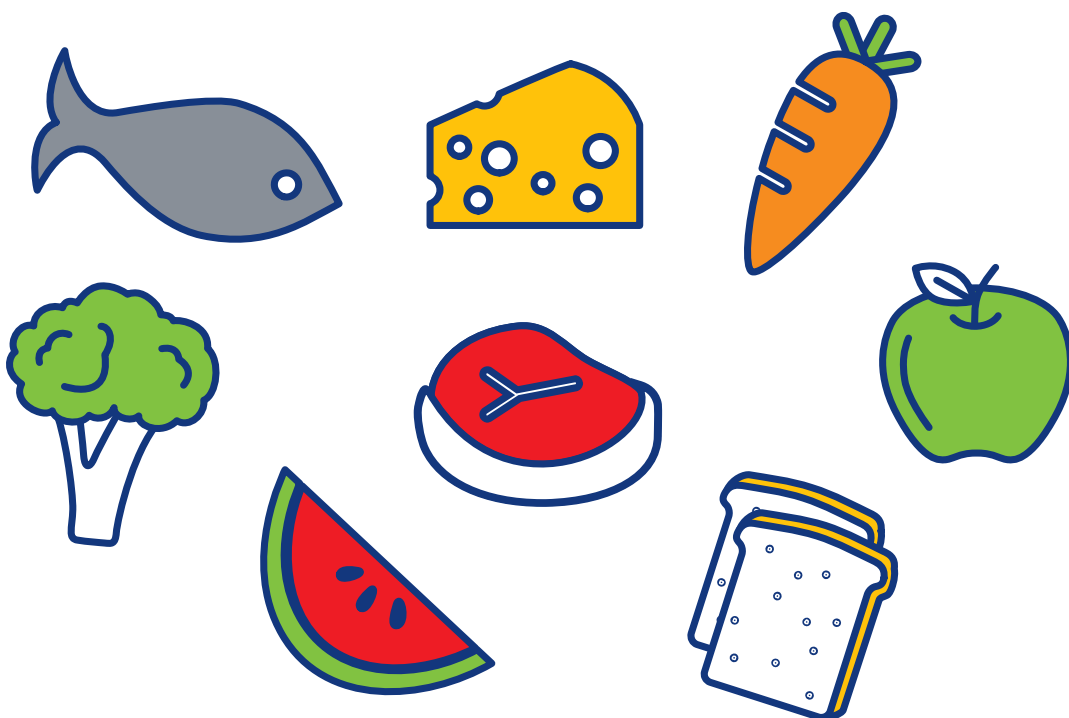
**As well as following your treatment, it's important to think about your lifestyle. If you can live more healthily, you will improve your quality of life and help yourself to feel better. The main things you can do are eat well, keep active and give up smoking.**

## Eat well

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Having diabetes means it's more important than ever to have a healthy diet, but you can still enjoy a wide range of food. You can get expert advice on what the right food is for you by seeing a dietitian. Ask your doctor or nurse to book an appointment for you.

You can find advice, simple recipe ideas and more information about eating well at [www.diabetes.org.uk/enjoyfood](http://www.diabetes.org.uk/enjoyfood)

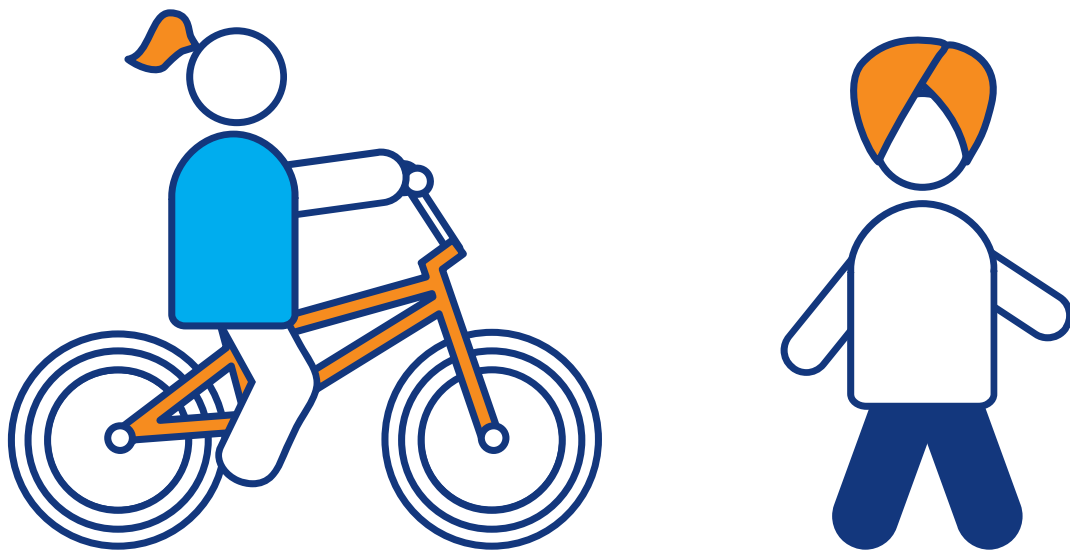


## Keep active

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It's good for everyone to keep physically active, but especially if you have diabetes. Most adults should try to do at least 30 minutes of moderate exercise five times a week. Ask your doctor or practice nurse about ways to keep active that are right for you.

You can find more information about keeping active on our website at [\*\*www.diabetes.org.uk/keeping-active\*\*](http://www.diabetes.org.uk/keeping-active)





## Give up smoking

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Smoking is bad for everyone. But if you smoke when you have diabetes, you can also increase your risk of diabetes complications, like heart attacks and strokes. Smoking can also lead to other serious health problems.

You can get help to give up smoking at **[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)** or call the NHS Smokefree helpline on **0300 123 1044**.

In Scotland, go to **[www.canstopsmoking.com](http://www.canstopsmoking.com)** or call Smokeline on **0800 848 484**.



# We're here to help

## Information and support

We have the information and support you need to help you manage your diabetes well. There are lots of different ways we can help.

Go to **[www.diabetes.org.uk](http://www.diabetes.org.uk)**

Call **0345 123 2399**

Our website has information and practical tips on living with diabetes, from care and treatment to eating and living well and understanding your condition. You can also find out about support available in your local area.



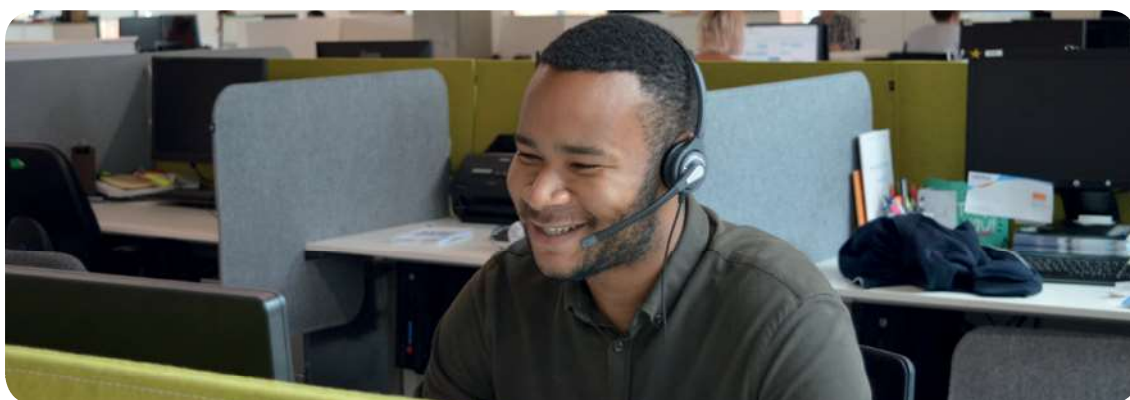
## Speak to our helpline

Our specially trained counsellors have a wide knowledge of diabetes and can give you specialist information and practical advice on many aspects of living with diabetes, including food, diet, work, driving and travel.

We're here to answer your questions, offer support or just to chat when you need to speak to someone who knows about diabetes.

Call our helpline on **0345 123 2399**,  
Monday to Friday, 9am to 6pm, or email  
**helpline@diabetes.org.uk**

If you're in Scotland, call **0141 212 8710**,  
Monday to Friday, 9am to 6pm, or email  
**helpline.scotland@diabetes.org.uk**



# Guides to diabetes

You can order our practical guides free of charge from our online shop at [shop.diabetes.org.uk](https://shop.diabetes.org.uk)



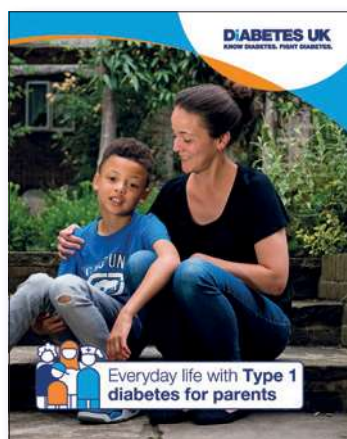
Everyday life with Type 1 diabetes



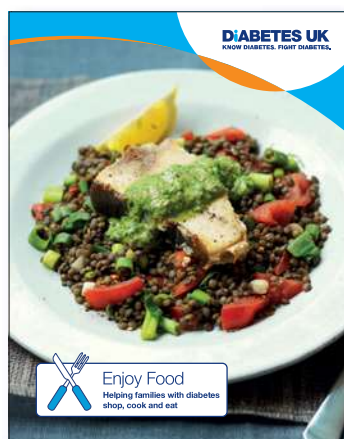
Everyday life with Type 2 diabetes



Everyday life with gestational diabetes



Everyday life with Type 1 diabetes for parents



Enjoy Food

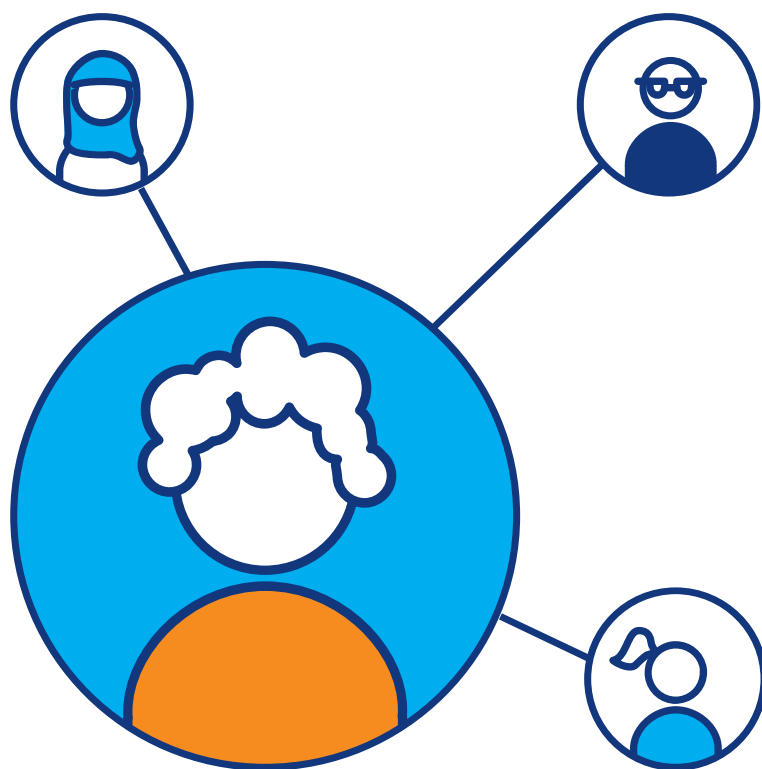


Food labels made easy

## Support from people with diabetes

You can find advice and support from thousands of other people living with diabetes by joining the Diabetes UK Support Forum. Our online community brings people living with any type of diabetes together to share experiences, ask questions, and get information and advice on a huge range of topics.

Go to **[forum.diabetes.org.uk](https://forum.diabetes.org.uk)**

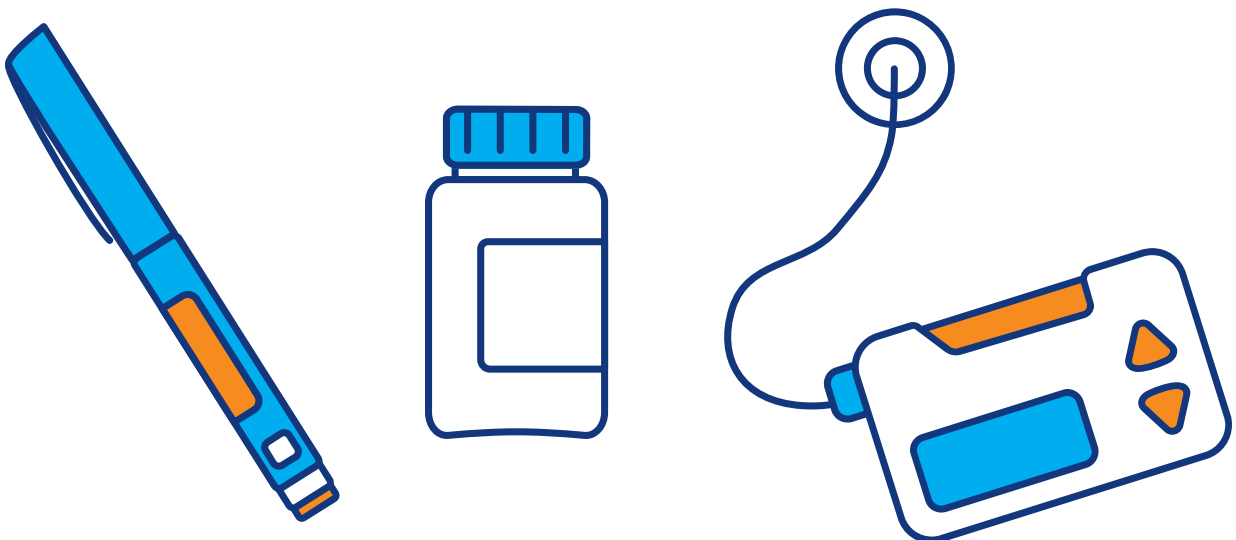


## Managing your diabetes

Your doctor or nurse will talk to you about how to manage your diabetes. Depending on your type of diabetes you might need to take tablets or have insulin injections, or both. You might use an insulin pen or pump. It is important to eat more healthily and be more physically active.

Everybody's different and it can sometimes take a while to find what works. You might need to change your treatment over time. Your doctor or nurse will continue to work with you to find the treatment that's right for you.

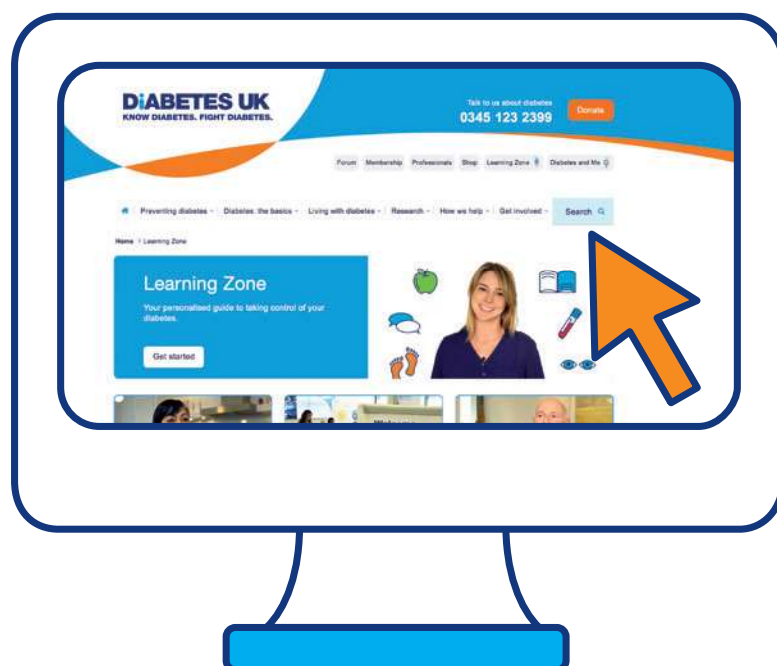
Make sure you understand what you need to do and that you are happy to do it. You might want to make another appointment to go over things again and to make sure you have all of the information you need.



# More about Type 1 and Type 2 diabetes

For more information on Type 1, Type 2 and other types of diabetes, go to **[www.diabetes.org.uk](http://www.diabetes.org.uk)**

Our new Learning Zone is a free way to learn about Type 1 or Type 2 diabetes online in your own time. It's based on who you are and what you need to know. You can find it at **[www.diabetes.org.uk/learningzone](http://www.diabetes.org.uk/learningzone)**



## Join Diabetes UK

Become a member and you'll receive many benefits, including our magazine and updates on the latest developments in diabetes treatment, care and research.

You can join by going to  
**[www.diabetes.org.uk/join](http://www.diabetes.org.uk/join)**  
or call **0345 123 2399**

## We're here to help

Keep this card handy – in your purse or wallet. That way, you can always call us if you have a question or just want to talk something through. You can also find us at:



/diabetesuk



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