The content of these materials was developed by Dr Vinod Patel and the Diabetes Care Team at George Eliot Hospital NHS Trust.
Advice on Diabetes

Eat healthy food
Aim for 5 portions of fruit or veg a day.

Exercise regularly
Aim for 30 mins brisk walking a day.

Don’t smoke
Smoking increases heart and lung problems.

Control your weight
Being overweight increases heart problems.

Plan your journeys
Keep glucose and monitor in your car.

Don’t drink too much
Alcohol lowers blood sugar.

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Advice on Diabetes

A hypo is when your blood sugar is less than 4 mmol/L.

A hypo is caused by:
- Not enough food
- Vomiting
- Increased activity
- Too much insulin
- Alcohol
- Being hot or cold

Watch out for:
- Lack of concentration
- Shaking
- Hunger
- Drowsiness
- Headache
- Sweating

Driving Advice:
Blood sugar to be 5 mmol/L. After a hypo wait 45 mins to drive.

If you feel a hypo, stop and eat some sugar.

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Blood Pressure

Good blood pressure control.

Raised blood pressure can increase diabetes complications.

You must check your blood pressure regularly.

Eat healthy food, reduce salt and exercise more.

Take your medication regularly.

Remember your target is around 130/80
Cholesterol is the amount of 'fat' in blood.

Some fats provide energy.

Too much fat can block blood vessels.

High cholesterol can lead to heart problems and stroke.

A healthy diet, exercise and tablets will reduce cholesterol.

Do you know your cholesterol level?
Diabetes Control

A good blood glucose target is 4→7

Achieve this with regular glucose monitoring.

Many drugs help control diabetes.

HbA1c tells you your blood glucose every 60 days.

Low HbA1c reduces

- heart problems
- kidney problems
- poor circulation
- eye problems
- stroke

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When was the last time you had your eyes checked?
Feet

Diabetes can cause foot ulcers and numb feet.

It is important to examine your feet regularly.

You must treat foot injuries.

Check inside shoes for seams that may cause blisters.

It is important to get advice about your feet.

When was the last time you had your feet checked?

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Guardian Drugs

Guardian drugs reduce further diabetes complications.

Talk to your care team for treatment options.

Aspirin
- reduce heart attacks and stroke.

ACE inhibitors
- reduce heart disease, stroke, eye and kidney problems.
  - e.g. Ramipril, Lisinopril

Statins
- reduce heart attacks and stroke.
  - e.g. Simvastatin, Atorvastatin

Do you know if you are taking any of the guardian drugs?