



DIABETES

Bromley Well

HEALTH FACT SHEET

Updated July 2024

What is Diabetes?

Diabetes is a long term condition that causes a person's blood sugar (glucose) level to be high due to your body not producing enough insulin or the producing insulin that isn't effective

There are two main types of diabetes:

- Type 1 diabetes – occurs because the pancreas does not produce any insulin. People with type 1 diabetes need insulin injections.
- Type 2 diabetes – occurs because the pancreas does not produce enough insulin or the body cannot use the insulin produced and affects 90% of the UK population.

What are the symptoms?

- Feeling very thirsty
- Urinating more frequently than usual, especially at night
- Frequent episodes of thrush
- Feeling very tired
- Weight loss
- Cuts or wounds that heal slowly
- Blurred vision

What are the causes?

The amount of glucose in your blood is controlled by a hormone called insulin. Insulin is produced by your pancreas. When food is digested and enters your bloodstream, insulin moves glucose out of the blood into the cell, where it is converted into energy. If you have diabetes, your body is unable to convert glucose into energy. are living with overweight or obesity. Your risk of diabetes are increased if you:

- Do not have a healthy diet
- Have a family history of type 2 diabetes
- Are of Asian, Black African or African Caribbean origin
- Take certain medicines such as steroids for a long time
- Have high blood pressure
- Have had gestational diabetes during pregnancy

What about treatment?

Treatment for diabetes includes managing blood sugars by regular checking them and using medication and insulin where necessary. but also lifestyle changes such as eating healthily and being active.

References: NHS Condition: <https://www.nhs.uk/conditions/diabetes/>
Diabetes UK <https://www.diabetes.org.uk/>

Monitoring Your Blood Sugar

Knowing how to monitor and manage your blood sugar levels will help you manage your diabetes. National Charity Diabetes UK has lots of tips and advice on how to go about this.

If you are a diabetic your target range will be:

- When you wake up and before you have eaten, 4 to 7 mmol/l
- 2 hours after meals, less than 8.5 mmol/l

SELF CARE TIPS

- Eating a healthy balanced diet
- Losing weight if you're overweight or obese
- Stopping smoking if you smoke
- Increasing physical activity
- Taking oral, anti-diabetic medication

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



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FURTHER RESOURCES

[Diabetes UK](#)

Helpline 0345 123 2399

Email helpline@diabetes.org.uk

A national charity providing information for members of the public and health professionals. A really useful website packed with information on everything from recipes to the latest research.

[Diabetes UK Bromley Support Group](#)

3 Hayes Lane, Bromley, Bromley BR2 9EA

Email: diabetesbromley@gmail.com

Telephone: 0208 460 7368

Local support groups run by Diabetes UK in Bromley

[Diabetes.co.uk](#)

An online forum for members of the public. Contains advice on many areas from dealing with difficult emotions to practical advice around work and benefits, for people living with diabetes.

[Bromley Council Diabetes and prevention in Bromley](#)

Information about diabetes and about diabetes prevention programmes in Bromley.

[BDA Foodfacts Type 1 Diabetes](#)

[BDA Foodfacts Type 2 Diabetes](#)

The Association of UK Dietitians food fact sheets containing diet advice for people living with diabetes and tips for managing your condition.

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