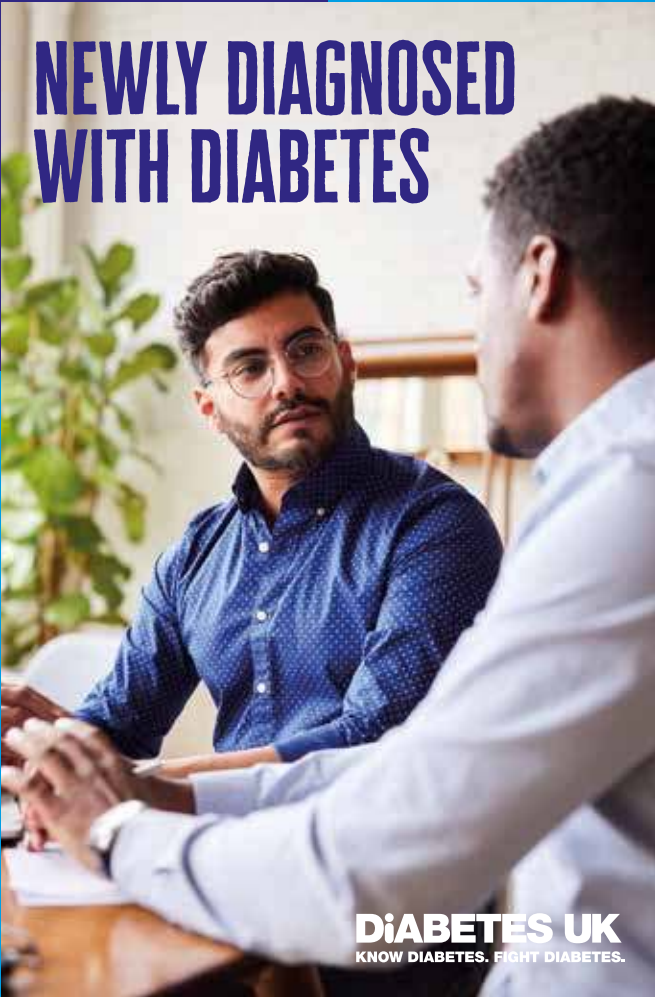
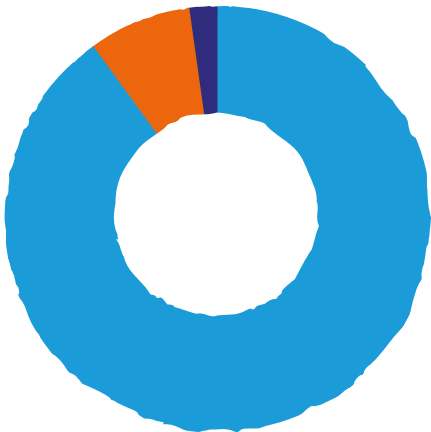


NEWLY DIAGNOSED WITH DIABETES

A photograph of two men sitting at a wooden table in a bright, indoor setting. The man on the left, with dark hair, a beard, and glasses, is wearing a blue patterned button-down shirt and is looking towards the other man. The man on the right, seen from the side, has short dark hair and is wearing a light blue button-down shirt. His hands are clasped on the table. In the background, there is a green plant and a window with light coming through. The image is framed by a blue border on the top and left, and an orange border on the bottom and right.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



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 different emotions. That's totally normal. But we're here to support you every step of the way.

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, doesn't produce enough insulin, or where your insulin doesn't work properly. Insulin helps your body use the sugar, also called glucose, 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 level will remain high. This can make you very ill.

Diabetes is a serious condition. More than 4.9 million people in the UK are living with diabetes. There are also 850,000 people living with type 2 diabetes who haven't been diagnosed yet. Another 13.6 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, called type 1 and type 2. There is also gestational diabetes (diabetes that can develop during pregnancy). There are other, rarer types too.

Type 1

Type 1 is most commonly diagnosed in children and young adults, but it can be diagnosed later in adulthood. It starts suddenly and gets worse quickly. People with type 1 diabetes can't produce insulin naturally. No one knows what causes it, but it's not to do with your weight and it isn't currently preventable.

Type 2

Most people with diabetes have type 2. This type usually starts later in life, although it's occasionally diagnosed in children. Type 2 diabetes develops more slowly than type 1 diabetes. 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 living with overweight. There is strong evidence, though, that some people can put their type 2 diabetes into remission by losing weight.

Other types

About 2% of people have other types of diabetes. These include different types of monogenic diabetes, which is diabetes caused by a change in a single gene, cystic fibrosis diabetes, and diabetes caused by rare syndromes.

LOOK AFTER YOURSELF

Being diagnosed with diabetes can mean taking medication, needing to change what you eat and doing more physical activity.

This can all feel daunting. But many people say they get used to these changes and find balance in their lives. Following a healthy lifestyle will help improve your quality of life and help you feel better. This means eating well, keeping active and giving up smoking, if you smoke.

Eat well

Having diabetes means it's important to have a healthy diet, but you can still enjoy a wide range of foods. You can get expert advice on healthy food choices that are right for you by seeing a dietitian. Ask your doctor or nurse to refer you.

You can find advice, simple recipe ideas and more information about eating well at **diabetes.org.uk/eat-well**



Keep active

It's good for everyone to keep physically active, but especially if you have diabetes. Getting active can help your body to use insulin better and reduce your risk of developing diabetes complications like strokes or heart attacks. 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.

If you're looking for ways to get moving, we've got lots of free resources, including exercise videos, tips and ideas for every ability.

Visit **diabetes.org.uk/new-move-more** for more information.

Or call our helpline on **0345 123 2399** to speak to one of our trained advisors.



Give up smoking

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

Giving up can be hard, but you don't have to do it alone. In fact, no matter how you choose to quit, you're more likely to quit when you have support.

Where to get support

- Call the NHS Smokefree Helpline on 0300 123 104.
- Speak to your GP or practice nurse about quitting.
- Visit **www.nhs.uk/better-health/quit-smoking** for more advice about treatments that can help you quit, including nicotine replacement therapies and prescription medication.
- Download the free NHS Quit Smoking app.

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 healthily and be physically active as well.

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.



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.

Visit our website

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.

Go to **diabetes.org.uk**



Speak to our helpline

Our specially trained advisors can give you information and practical advice on many aspects of living with diabetes, including food, getting active, 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

Guides to diabetes

You can order or download our practical guides free of charge from our online shop at **shop.diabetes.org.uk**



Support from people with diabetes

You can get 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.

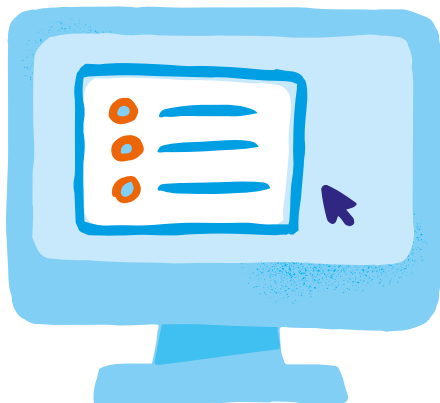
Go to **forum.diabetes.org.uk**



Sign up for free online learning

Our Learning Zone is a free way to learn about type 1 or type 2 diabetes online, in your own time. Get information and advice, tailored to you, as well as videos, quizzes and interactive tools.

You can find it at **diabetes.org.uk/learningzone**



JOIN DIABETES UK

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

You can join by going to **diabetes.org.uk/join** or by calling **0345 123 2399**.

Search **Diabetes UK** on Facebook, Twitter, YouTube, Instagram and TikTok



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane, London E1 1FH © Diabetes UK 2022.

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