

LIVING WELL WITH DIABETES

2
Type

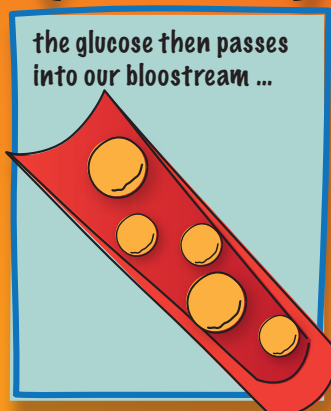
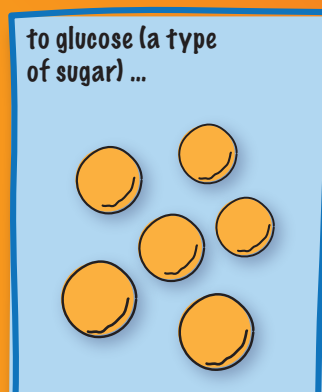
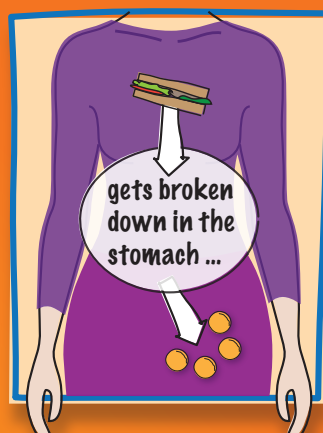
NHS

Bradford Teaching Hospitals
NHS Foundation Trust

What is Type 2 Diabetes

Information for young people with diabetes

Diabetes is a condition where there is too much glucose in your blood. Your body needs glucose for energy - it's your body's fuel source, a bit like petrol in a car – but in diabetes your body isn't able to use it properly.



The body makes a hormone called **insulin**. It is made by the **pancreas** which is found just behind the stomach. Insulin works like a key to open the door of the cells so that the glucose can move from the blood into the muscles and brain. Then it can be used for **energy**.

In **type 2 diabetes** the insulin is not working properly – this is called **insulin resistance**. Your body makes plenty of insulin but it isn't able to open all the doors so whilst some glucose passes to your muscles and brain, some of it stays in your blood.

You may also have heard of **type 1 diabetes** - this is where the pancreas has stopped producing any insulin. People with type 1 diabetes need to have insulin injections.

Pre-diabetes – you may have been told you have pre-diabetes or impaired glucose tolerance. This means that your glucose levels are higher than they should be but not as high as in diabetes. It does mean that over time you are more likely to get type 2 diabetes. By following the advice in this pack you can reduce the chances of getting diabetes and even help your glucose levels to get back to a healthy level.

How will I feel?

Some people don't get any symptoms but when your blood glucose levels are too high you may:

- Need to wee more often
- Feel thirsty
- Feel more tired than usual
- Have blurred vision
- Lose weight without trying
- Develop thick, darkened patches of skin in the armpit and around the groin and neck
- Develop cysts on the ovaries if you are female

Why have I got diabetes?

It used to be unusual for young people to get type 2 diabetes. The reasons why it is now more common include:

- Being overweight
- Not keeping active
- Having a member of your family with diabetes
- Coming from a Black or South Asian background

Can I be cured or treated?

Unfortunately, there isn't a cure for diabetes - but there are changes you can make to control it. Being more active and losing weight are the best things you can do to look after your diabetes and live a healthy life.

We know it isn't easy to make changes and it will be important that your family help you with this. Remember, the whole family can benefit from a healthy diet and doing more activity! Your dietitian and nurse will support you and your family so you won't feel alone.

Tablets and / or insulin may also be needed to control your blood glucose levels.

If blood glucose levels are not controlled, you may get problems over time with your heart and blood circulation, eyes, feet, kidneys and nerves. Advice from your diabetes team will help you to control your blood glucose levels. Your diabetes team will also do regular tests to check everything is on track.

Food for Life - Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

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If you need this information in another format or language, please ask a member of staff to arrange this for you.