Don't leave it too late

Diabetes - A Guide for Gypsies, Roma and Travellers





CD content

- ♦ Introduction
- What is diabetes?
- Eat well. Stay active
- Other health problems
- Hypos
- **Travelling with diabetes**
- ♦ Who to contact

What is diabetes? How will I know if I have diabetes?

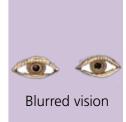


Feeling very tired









than usual



3 Eat well. Stay active

Can I still drink alcohol?





What about smoking?

Do I need to do special exercise?





Other health problems

4

How will I know if I have problems with my feet?

How can diabetes harm my eyes?









Diabetes can

What's the right amount of sugar in my blood?



cause problems with your heart



lead to a stroke



damage your kidneys

Examples of blood glucose meters – the special tester that measures your blood sugar



6 Travelling with diabetes

What sort of things do I need to have when I'm travelling around the country?





Diabetes UK Careline	0845 120 2960 www.diabetes.org.uk
NHS Direct (England & Wales	& NI) 0845 4647
NHS 24 (Scotland)	08454 24 24 24
For a list of pharmacies, hospi practices and walk-in centres: England and Wales:	www.nhs.uk
Scotland: NHS Helpline	0800 22 44 88
Northern Ireland:	www.hscni.net
DVLA	0870 600 0301



The charity for people with diabetes

Macleod House, 10 Parkway, London NW1 7AA A charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136) ©Diabetes UK (2009)

Design: info@blinkdesign.org.uk Telephone: 07817 192805

Music: Tommy Mordecai www.gypsy-dreams.co.uk



in association with **Travellers'** Times