### 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?

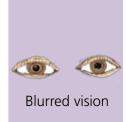


Feeling very tired









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)

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