

# Don't leave it too late

**Diabetes** - A Guide for Gypsies, Roma and Travellers



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- ◆ What is diabetes?
- ◆ Eat well. Stay active
- ◆ Other health problems
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## What is diabetes?

How will I know if I have diabetes?



Feeling very tired



going for a wee more, especially at night



Repeated skin infections or Thrush



More thirsty than usual



Cuts and scratches are slow to heal



Blurred vision

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## Eat well. Stay active



Eat regular meals that include foods like jacket potatoes or pasta



Eat more fruit and vegetables



Cut down on sugar and salt



Eat less fatty foods

## Can I still drink alcohol?



1 unit =



What about smoking?



Do I need to do special exercise?



## 4 Other health problems

How can diabetes harm my eyes?



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



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

## 5 Hypos



headache

blurred vision

going pale

tingling lips

sweating

feeling hungry

heart racing

feeling shaky

tired

not thinking  
clearly

## How to treat a Hypo



A glass of fruit juice  
– not squash



A small glass of Lucozade  
or cola (not diet cola)



Three glucose tablets



Five sweets – these should  
be jelly babies or similar

## 6 Travelling with diabetes

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





## 7 Who to contact

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, hospitals, GP practices, dental 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  
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