

For more information



Don't struggle alone, speak
to family, ask a doctor for
advice or call

**DIABETES
UK**

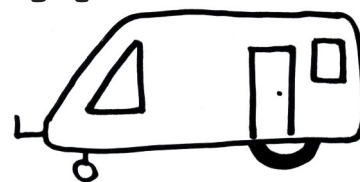
0345 123 2399



0113 240 2444

In your area....

Gypsies and Travellers



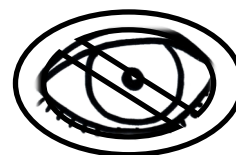
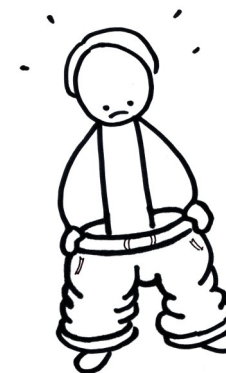
and **Diabetes**

*Have
You noticed?*

**Thirsty all
the time**



Weight loss



Blurred vision

**Needing
toilet
a lot**



**Dizzy
and tired**



Diabetes

What is it?

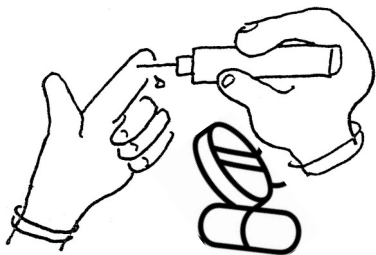


Insulin helps you to use blood glucose (sugar) to create energy.

Sometimes your body does not make enough insulin.

Sometimes your body cannot use insulin properly.

People with diabetes have too much sugar in their blood.



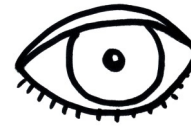
To control this, you might have to take tablets or inject insulin

Living With Diabetes

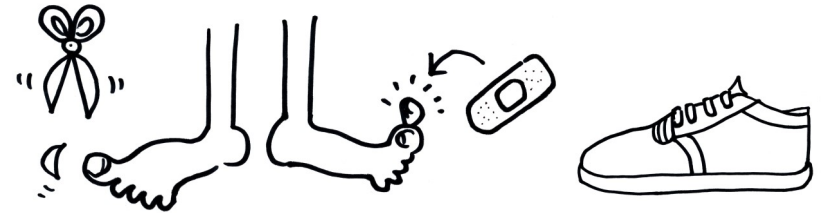
Things to do



It's really important to visit Your doctor for check ups



You should go for eye tests regularly



Your feet don't heal well so wear good shoes and look after cuts and blisters



Eat healthy food and exercise regularly

