

BID SERVICES

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# ABOUT DIABETES

**Diabetes is a lifelong health condition that causes an individual's blood sugar level to be too high.**

## Types of Diabetes

### Type 1

This is where the body's auto immune system attacks and destroys the cells that produce insulin.

### Type 2

This is where your body doesn't produce enough insulin or the body's cells become resistant to insulin.

**Type 2 Diabetes is the most common. In the UK, around 90% of all adults with diabetes have Type 2 (NHS website 2020).**

### Pre Diabetes

This where your blood sugar level is above the normal range, putting you at higher risk of developing full blown diabetes.

**It is very important for diabetes to be diagnosed as early as possible because it will get worse if left untreated.**

## Main Symptoms of Diabetes

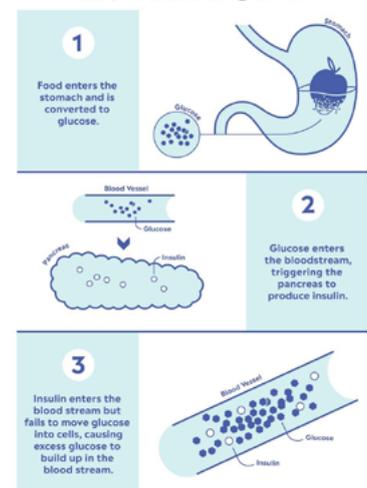
- Feeling very thirsty
- Urinating more often, particularly at night
- Feeling very tired
- Weight loss
- Itching in your private area
- Frequent episodes of thrush
- Cuts or wounds healing slowly
- Blurred vision

**You should see your GP if you experience the main symptoms of diabetes.**

## Causes of Diabetes

The amount of sugar in your blood is controlled by a hormone called insulin, which is produced by the pancreas. When food is digested and enters the bloodstream, insulin moves glucose out of the blood and into cells, this is where it is broken down to produce energy. If someone has diabetes, the body is unable to breakdown glucose into energy. The reason for this is either there isn't enough insulin to move the glucose or the insulin produced does not work properly.

## TYPE 2 DIABETES IN THE BODY



A healthy diet, regular exercise and a healthy bodyweight will help you manage your blood sugar levels.

See our healthy eating and exercise factsheet for more information.

### IMPORTANT

**If you have diabetes, you should be attending regular diabetes check-up, a minimum of once a year, to make sure your blood pressure and cholesterol**

**If you would like further support, please contact:**

**Email:** [access@bid.org.uk](mailto:access@bid.org.uk) **Telephone:** 0121 246 6100 **Mobile/Text:** 07595 086540

**Visit our website:** [www.bid.org.uk](http://www.bid.org.uk)