

Is my diabetes more severe than other people?



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- **No it isn't.** All people with Type 1 diabetes are the same in that they need to:
 - Test their blood glucose (sugar)
 - Carb count
 - Take insulin (injections or via an insulin pump)
 - Aim for normal blood glucose level (between 4-7)
 - Aim for an HbA1c under 48 mmol/mol
- The better people are at looking after their diabetes, the more healthy they will be.
- It is hard work to do this all the time, but worth the effort as you will feel better. You will also feel like diabetes doesn't stop you from doing the same things as other people without diabetes.





What makes it worse?

- Sometimes other things make it more difficult to look after diabetes as easily:

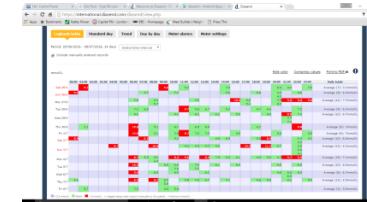
- Other health problems
- Not eating a **healthy diet**
- Not doing much **exercise**
- Being **overweight**
- Not getting enough **sleep**
- Thinking diabetes isn't important and not looking after it
- Not getting enough **help or support** from people (family, friends, school, etc.) for you to do what you need to look after your diabetes
- Not asking for help
- **Hiding** diabetes from family, friends, school.....





Is clinic for checking how bad my diabetes is?

- **Clinic is about seeing how we can help you to live a normal life with diabetes.** This means trying to get your blood glucose as similar as we can to people without diabetes.
- In clinic you have your long term blood glucose test (HbA1c) to see how well controlled your diabetes has been recently.
- You may also be shown your blood glucose readings in diasend so you can discuss and **find any patterns**. In particular this will include spotting what times of the day your blood glucose tends to go high or low.



Clinic is also for asking about things you want to know or plan to do where diabetes feels a bit tricky. Do ask us for advice!



Can I remember what I have learnt?

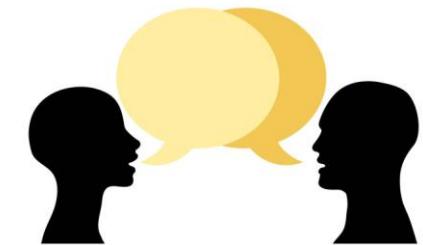
- Is all type 1 diabetes the same or can some be worse?
- Can other health conditions make diabetes more difficult, if so which ones?
- What other things make diabetes more difficult to look after?
- Are the diabetes team there to tell you off when your diabetes control has been more difficult (HbA1c and blood glucose higher)?





Suggestions for further discussion

- How can I make clinic less boring and more useful to me?
- What is the difference between type 1 and type 2 diabetes?
- What is HbA1c and why is it important?
- Why are there nurses, dietitians and psychologists in diabetes clinics?
- How do hormones and growing affect my diabetes?
- How can I check dia send at home?



Remember: Clinic is to help you live a normal life with diabetes. Come and ask us questions about things you want help with where diabetes feels tricky.