

Easy Read Diabetes

About Diabetes and Insulin

This is general information. Talk to your doctor for information made for you.

QCIDD. (2023). *Health Resources - Easy Read Diabetes*. Available from <https://www.qcidd.com.au/home/health-resources>.

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What is Diabetes?



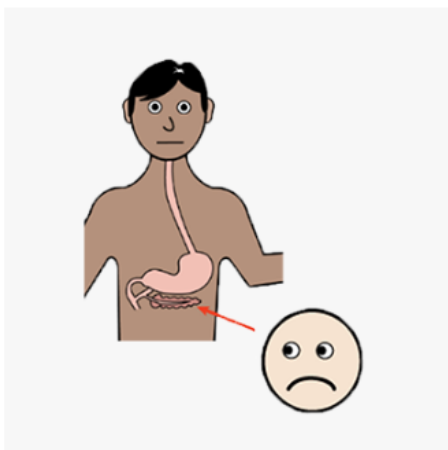
Diabetes means:

You have high blood sugars.



Type 1 diabetes means your body does not make insulin.

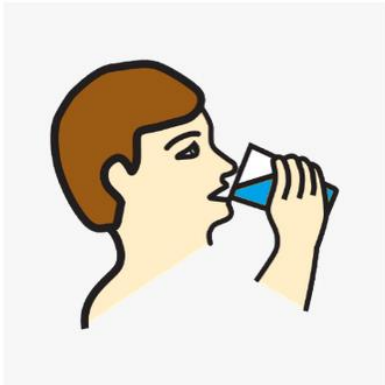
Learn more about type 1 diabetes on page 12.



Type 2 diabetes means your body does not use insulin the way it should.

Learn more about type 2 diabetes on page 17.

Signs of diabetes

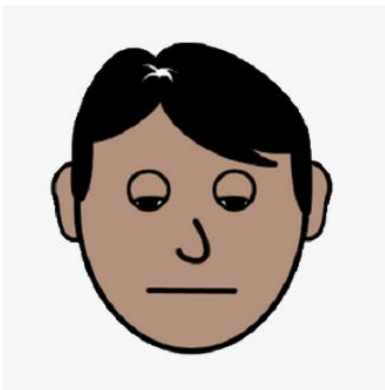


You may

- feel very thirsty



- need to pee a lot

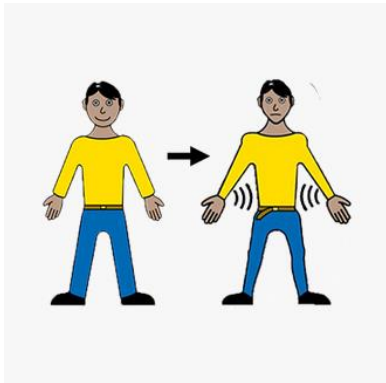


- feel very tired

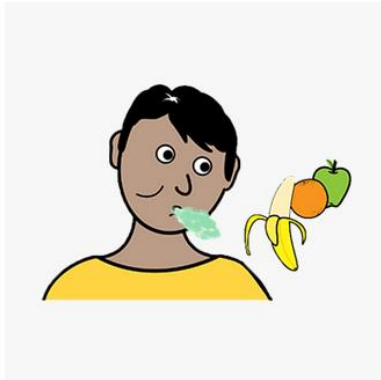


- feel hungry all the time

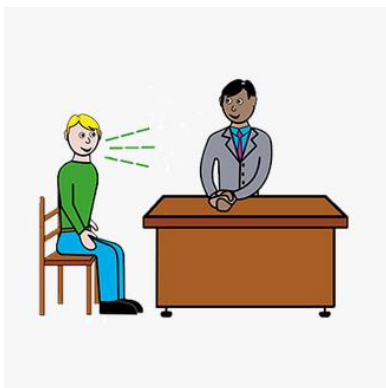
When you have diabetes



- you may lose weight. But you have not changed your diet or exercise

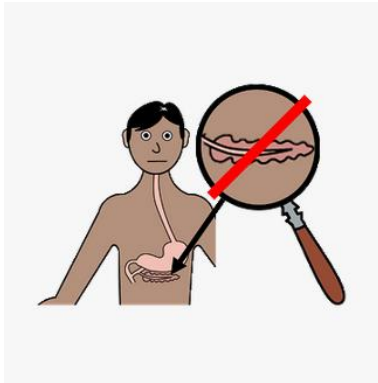


- your breath smells like fruit



Talk to your doctor.
They will run tests.

About Type 1 Diabetes



If you have type 1 diabetes

- your body does not make insulin.



Your body can **not** use the sugar in your blood.

Your sugar is stuck in your blood

and

your blood sugars go high.

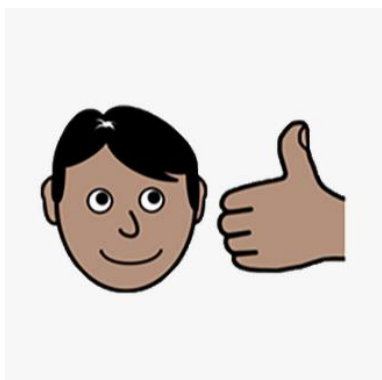


You can get sick.

It happens very fast.



Most people with type 1 diabetes get diabetes when they are younger.



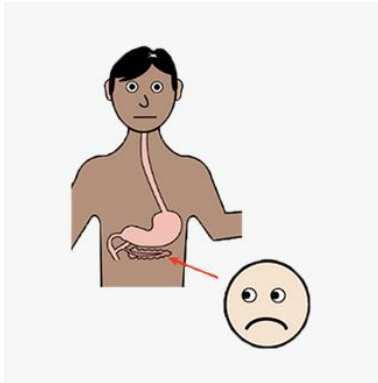
But

You can live a normal life.



Learn about looking after your type 1 diabetes on page 14.

About Type 2 Diabetes



If you have type 2 diabetes:

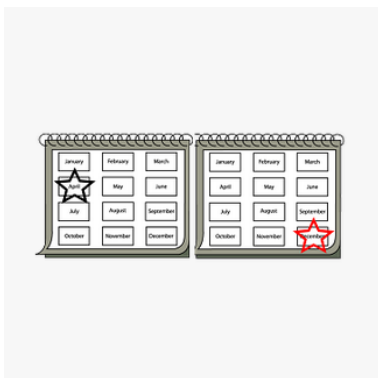
Your body

- Does not use insulin the way it should
- Slowly stops making insulin

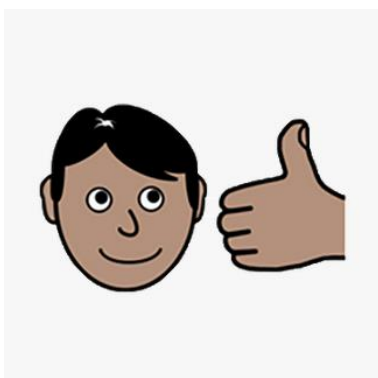


You

- get it when you are an adult



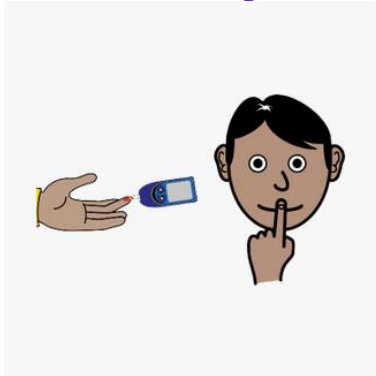
- get diabetes over time. Like last year you were OK. Now you have diabetes.



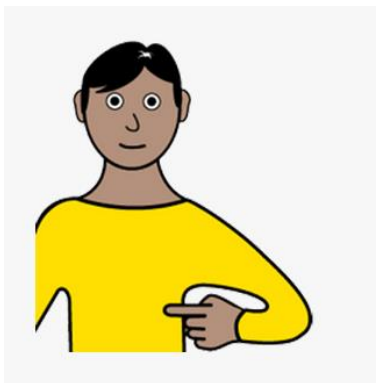
You can live a normal life.

Learn more about type 2 diabetes on page 19.

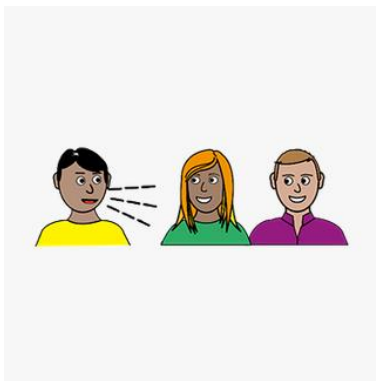
Who can you tell about your diabetes?



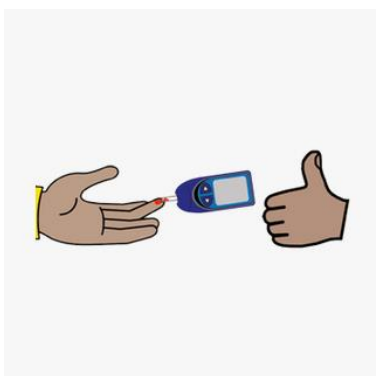
Diabetes is your private health thing.



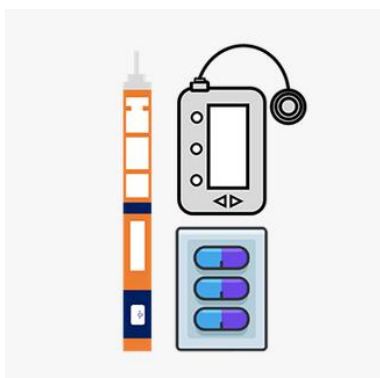
You choose who you tell.



Tell people you trust.

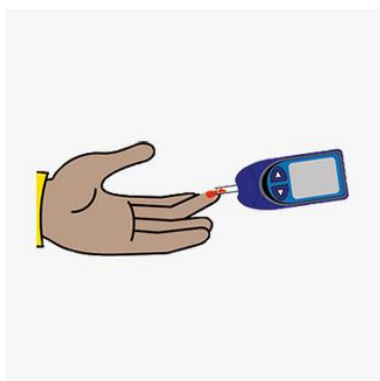


They can help you look after your diabetes.



Like

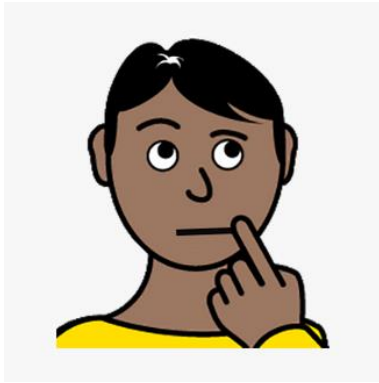
- taking your medicines and insulin



- checking your blood sugars



- following your sick day plan

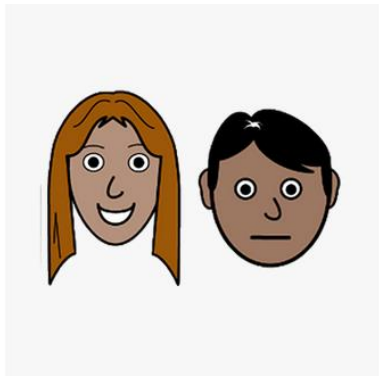


You might have feelings about your diabetes.

You can feel

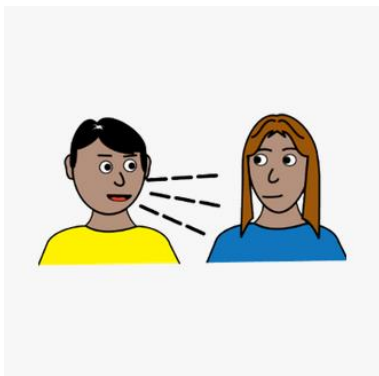


- sad
- bad
- worried



Or

- good
- OK



You can tell people how you feel.

Type 1 Diabetes

Type 1 Diabetes



If you have type 1 diabetes

- your body does not make insulin.

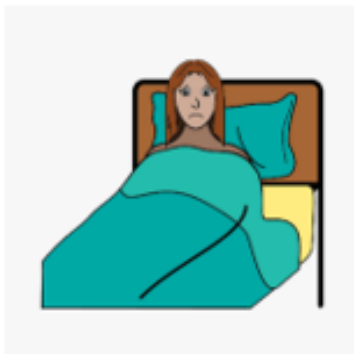


Your body can **not** use the sugar in your blood.

Your sugar is stuck in your blood

and

your blood sugars go high.



You can get sick.

It happens very fast.

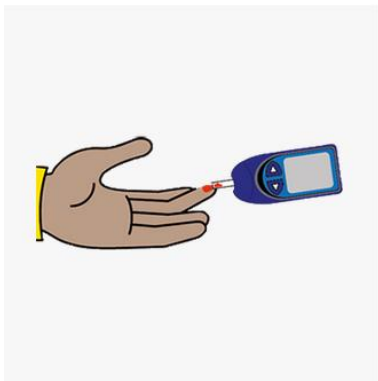


Most people with type 1 diabetes get diabetes when they are younger.

How to Look After your Type 1 Diabetes



Keep your blood sugars in range.
It will help you stay healthy.

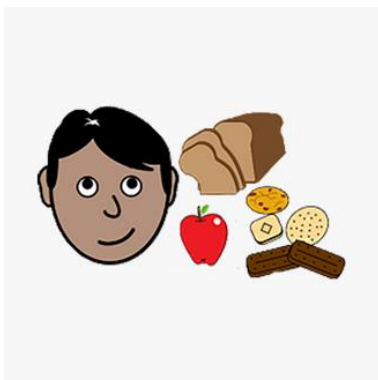


You need to

- check your blood sugars



- take your insulin

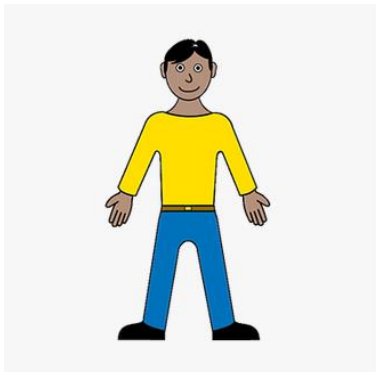


You must also try to

- think about the carbs you eat



- do some exercise
- do activities where you move your body. Like dancing.



- be a healthy weight



You must also

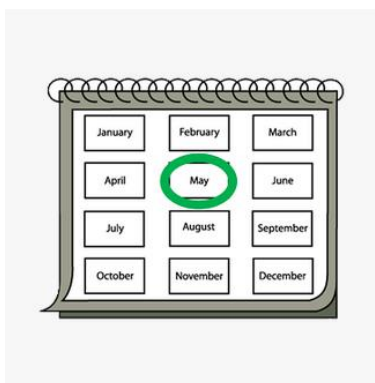
- Try to stop smoking



- be sensible when drinking alcohol



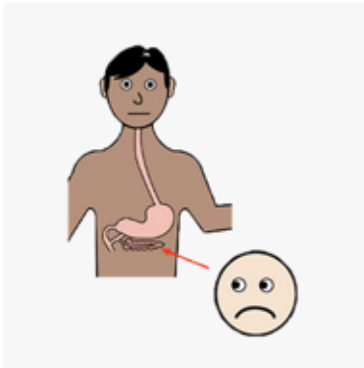
- see your doctor. You need check-ups and blood tests



You must get health checks **every year**.
It will help you stay well.

Type 2 Diabetes

Type 2 Diabetes



If you have type 2 diabetes:

Your body

- Does not use insulin the way it should
- Slowly stops making insulin



You

- get it when you are an adult

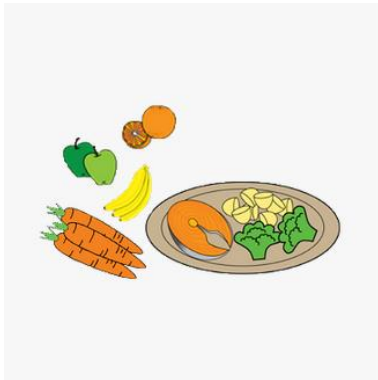


- get diabetes over time. Like last year you were OK. Now you have diabetes.

How to Look After your Type 2 Diabetes



Keep you blood sugars in range.
It will help you stay healthy.



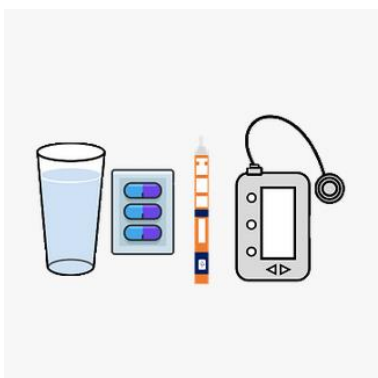
You need to make some small changes.

Like

- eat healthy food



- try to do exercise every day

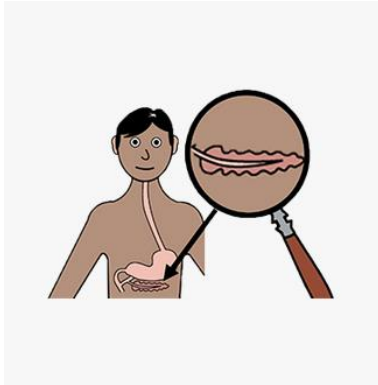


- take the medicines the doctor gives you

You can live a normal life.

Insulin

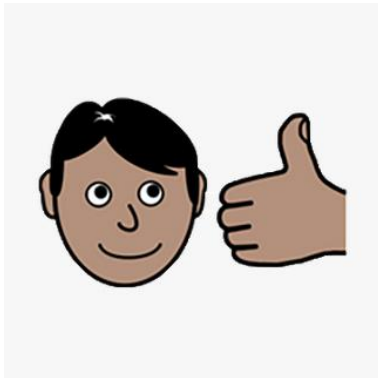
Insulin



Insulin is in your body. You can **not** see it.

Your pancreas makes it.

Your pancreas is under your tummy.



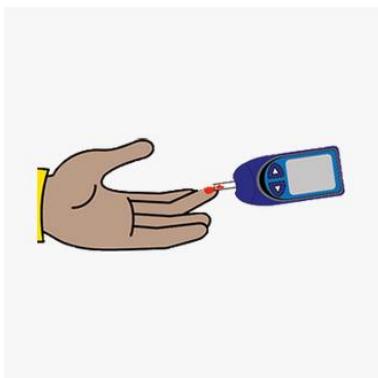
Insulin is very important.

Insulin helps make energy for you.



Energy lets you do things you want to do. Like

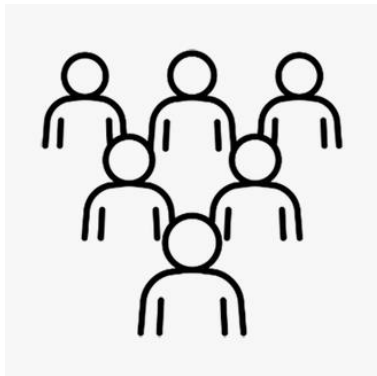
- go for a walk
- think
- play games



Insulin does **not** work the right way for some people.

They may have diabetes.

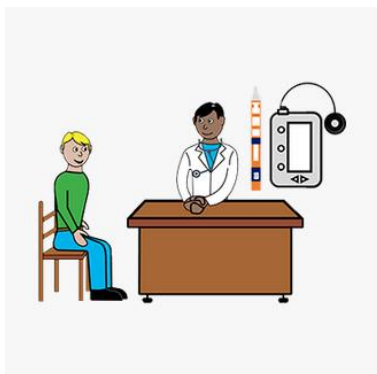
How do you take insulin?



Everyone with type 1 diabetes takes insulin.

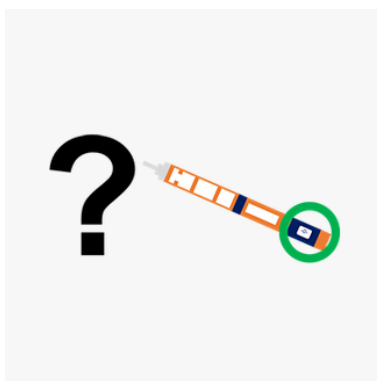


Some people with type 2 diabetes take insulin.



Your diabetes doctors will help you.

Your doctor will tell you



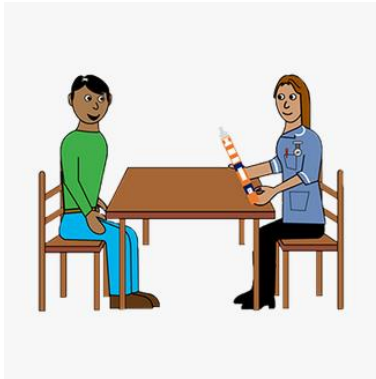
- how much insulin to take

and



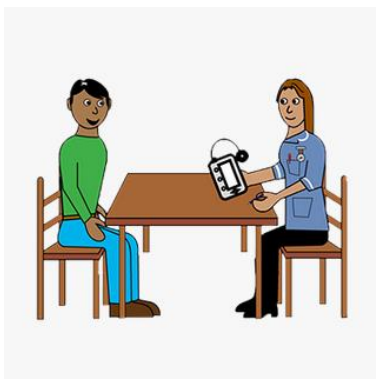
- what time you must take your insulin

Your doctor or diabetes nurse educator will tell you



- how to inject insulin with a needle

or



- how to use your insulin pump

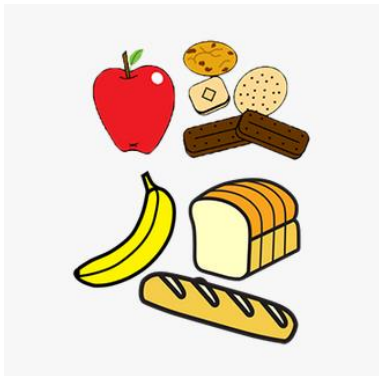
You can watch our video on taking insulin at this website:

<https://www.qcidd.com.au/home-2/individuals-2/diabetes-to-the-point/diabetes/insulin-3/taking-insulin/>

How Insulin makes energy



Insulin is the key.



You eat lots of different food.

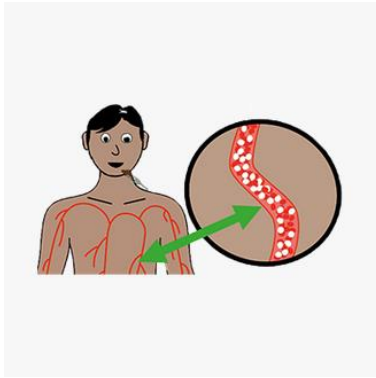
There are sugar and carbs in your food.



Your body needs the sugar from your food.



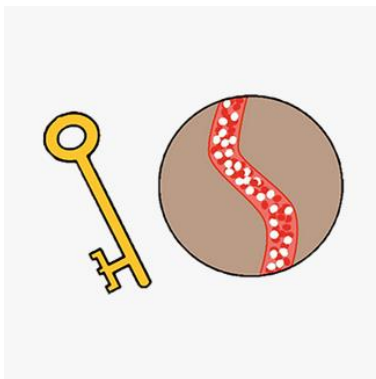
You eat food with sugar and carbs in it.



Your body moves the sugar to your blood.

Now.

There is lots of sugar in your blood.



Insulin is the key.

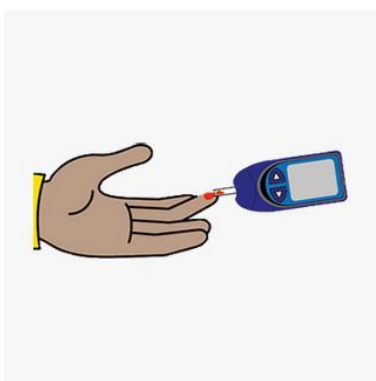
It unlocks the sugar in your blood.



Insulin turns the sugar into energy.

This happens every time you eat.

But



Insulin does not work the right way for some people.

They may have diabetes.

