

Easy Read Diabetes

Accessible Diabetes Information

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This is general information.

Talk to your doctor for information made for you.

The contents of this document can be found online at <https://www.qcidd.com.au/home/individuals-2/diabetes-to-the-point/diabetes/>.

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About Diabetes

What is Diabetes?



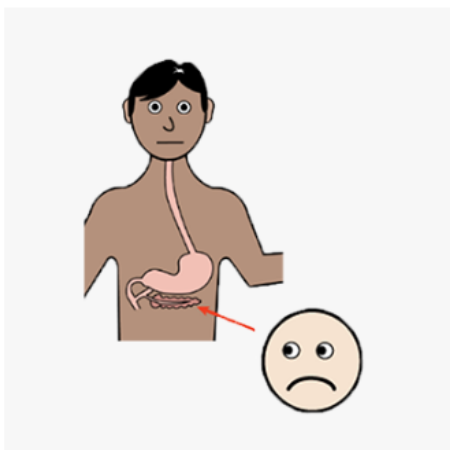
Diabetes means:

You have high blood sugars.



Type 1 diabetes means your body does not make insulin.

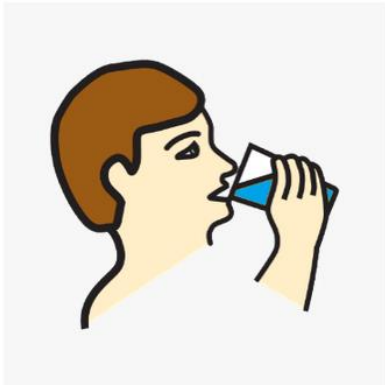
Learn more about type 1 diabetes on page 10.



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

Learn more about type 2 diabetes on page 12.

Signs of diabetes

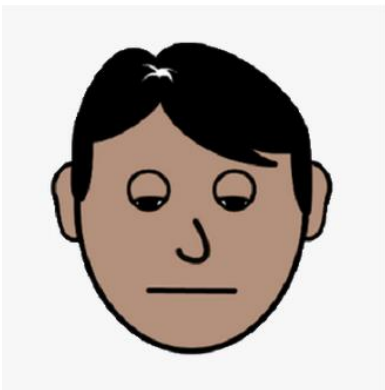


You may

- feel very thirsty



- need to pee a lot

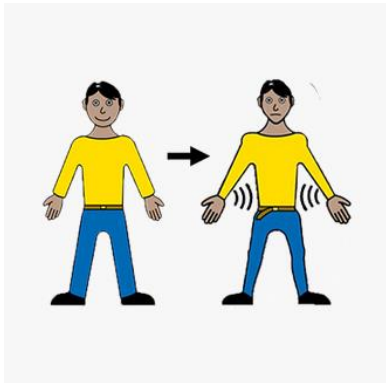


- feel very tired

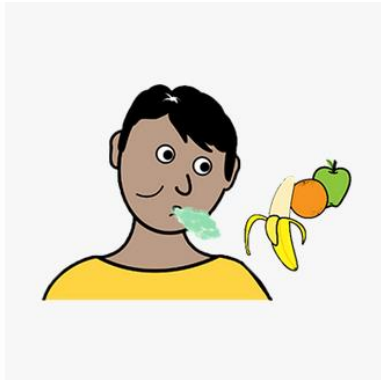


- feel hungry all the time

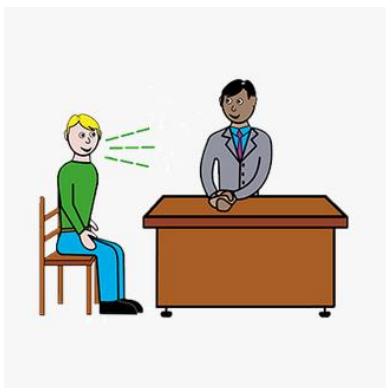
When you have diabetes



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

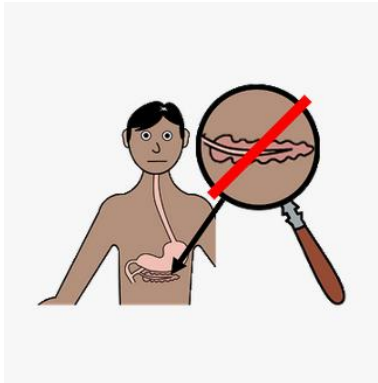


- your breath smells like fruit



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

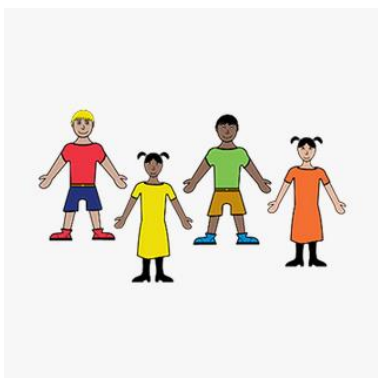
and

your blood sugars go high.

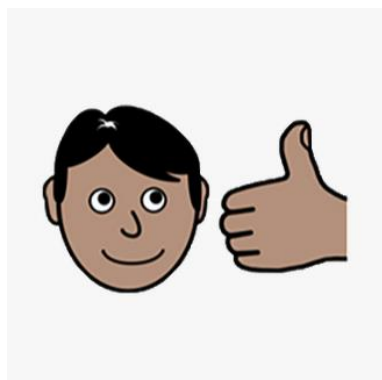


You can get sick.

It happens very fast.



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



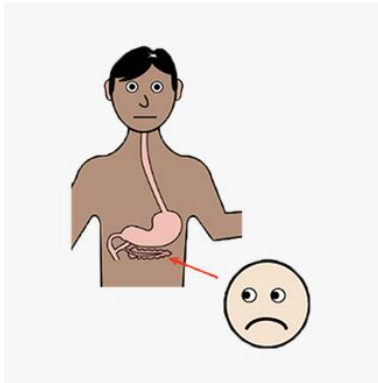
But

You can live a normal life.



Learn about looking after your type 1 diabetes on page 18.

About Type 2 Diabetes



If you have type 2 diabetes:

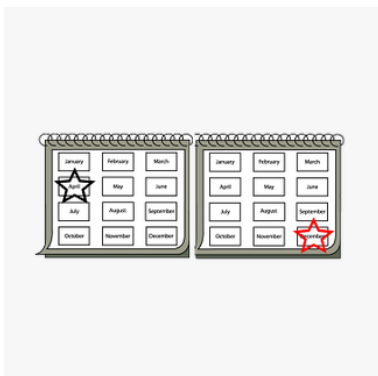
Your body

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

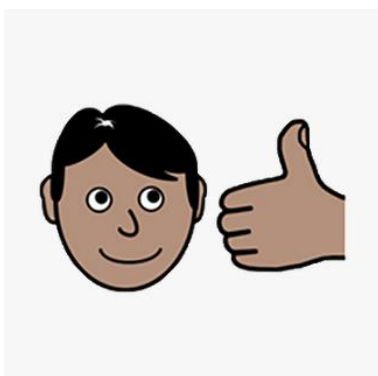


You

- get it when you are an adult



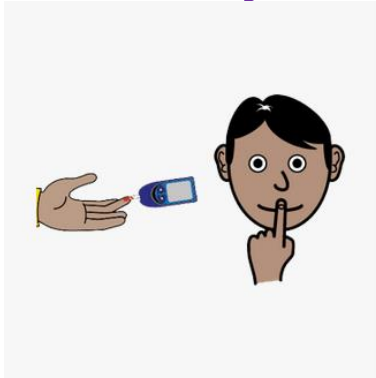
- get diabetes over time. Like last year you were OK. Now you have diabetes.



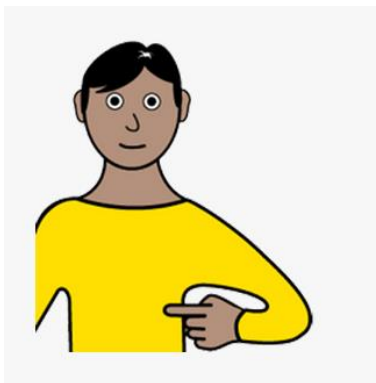
You can live a normal life.

Learn more about type 2 diabetes on page 23.

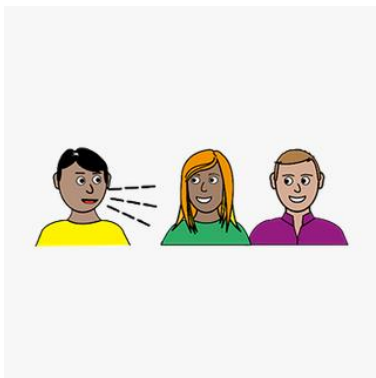
Who can you tell about your diabetes?



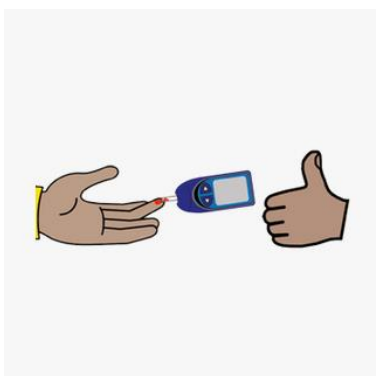
Diabetes is your private health thing.



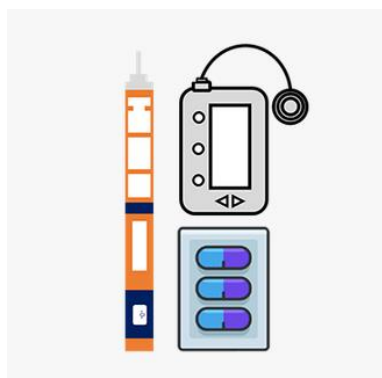
You choose who you tell.



Tell people you trust.

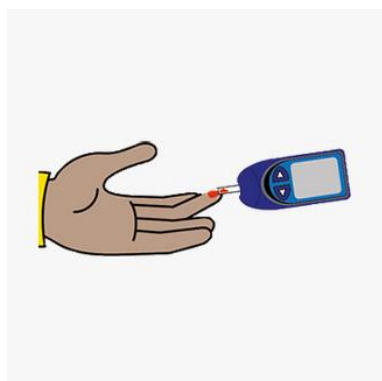


They can help you look after your diabetes.



Like

- taking your medicines and insulin



- checking your blood sugars

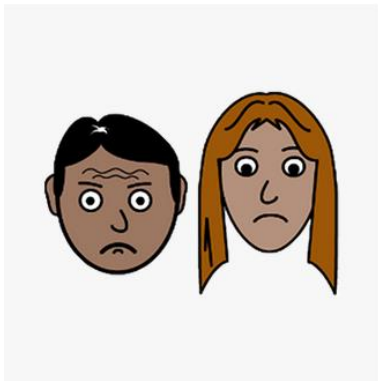


- following your sick day plan

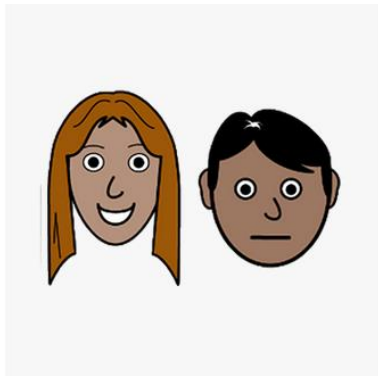


You might have feelings about your diabetes.

You can feel

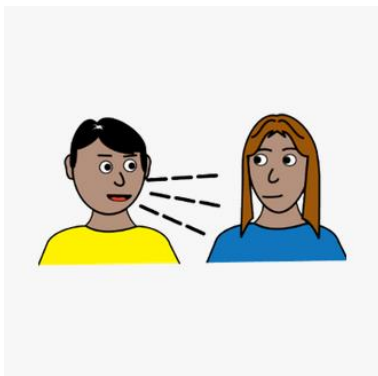


- sad
- bad
- worried



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.

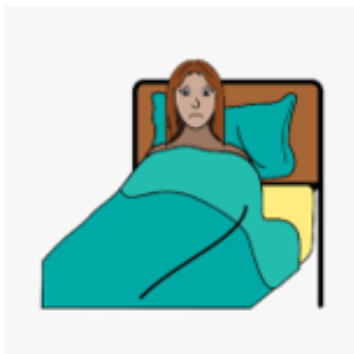


Your body can **not** use the sugar in your blood.

Your sugar is stuck in your blood

and

your blood sugars go high.



You can get sick.

It happens very fast.

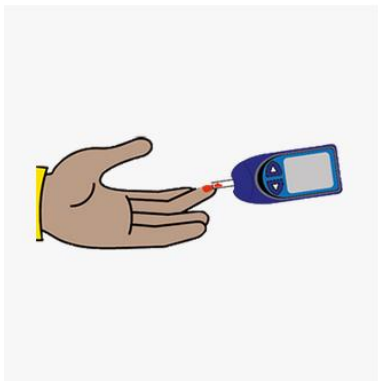


Most people with type 1 diabetes get diabetes when they are younger.

How to Look After your Type 1 Diabetes



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

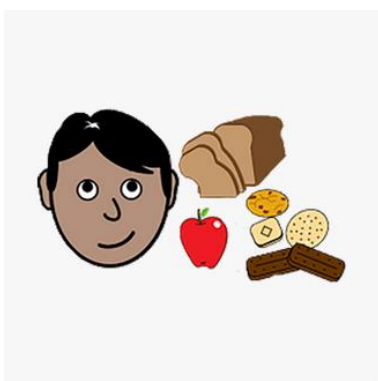


You need to

- check your blood sugars



- take your insulin

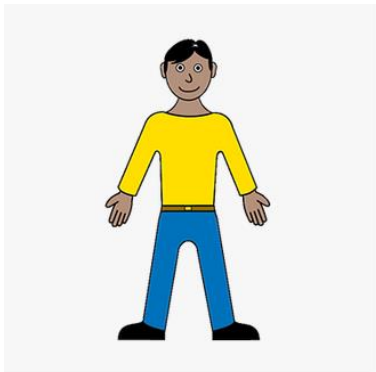


You must also try to

- think about the carbs you eat



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



- be a healthy weight

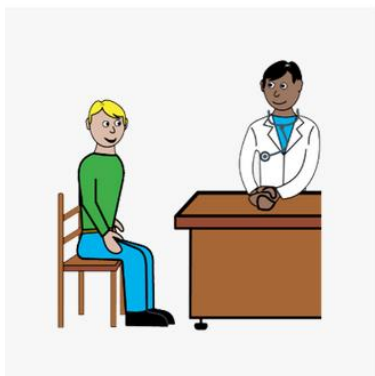


You must also

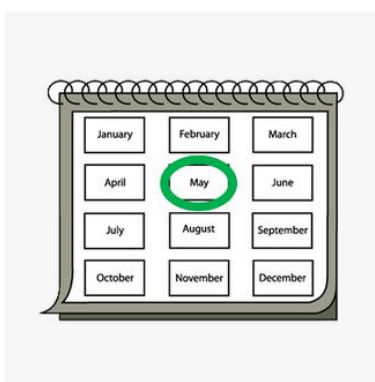
- Try to stop smoking



- be sensible when drinking alcohol



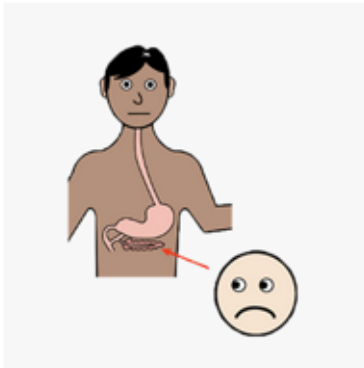
- see your doctor. You need check-ups and blood tests



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



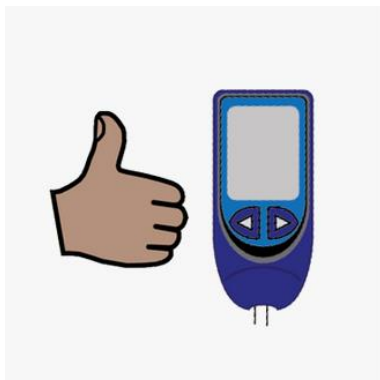
You

- get it when you are an adult

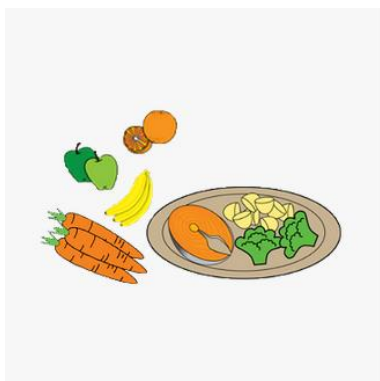


- get diabetes over time. Like last year you were OK. Now you have diabetes.

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

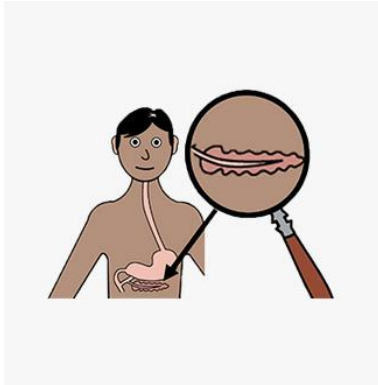


- take the medicines the doctor gives you

You can live a normal life.

Insulin

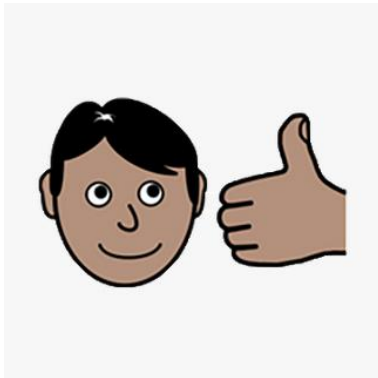
Insulin



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

Your pancreas makes it.

Your pancreas is under your tummy.



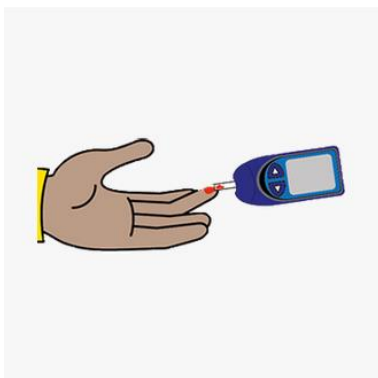
Insulin is very important.

Insulin helps make energy for you.



Energy lets you do things you want to do. Like

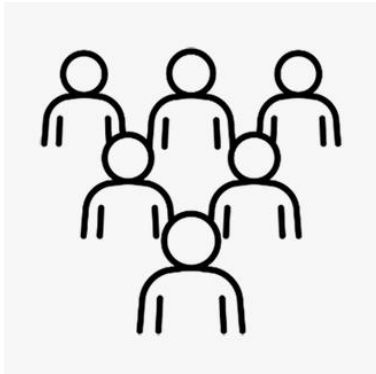
- go for a walk
- think
- play games



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

They may have diabetes.

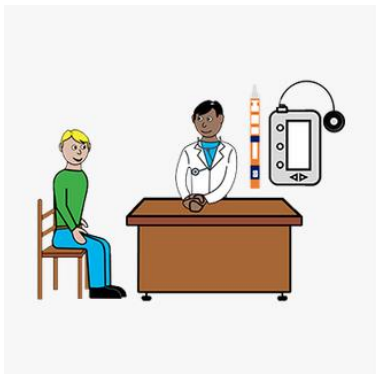
How do you take insulin?



Everyone with type 1 diabetes takes insulin.

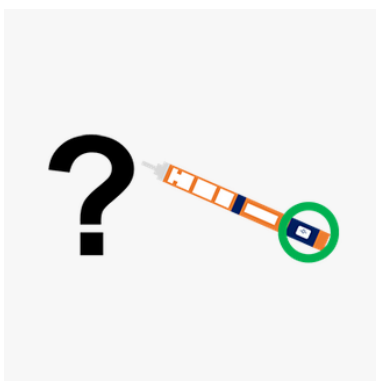


Some people with type 2 diabetes take insulin.



Your diabetes doctors will help you.

Your doctor will tell you



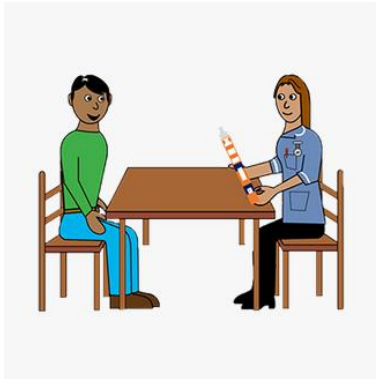
- how much insulin to take

and



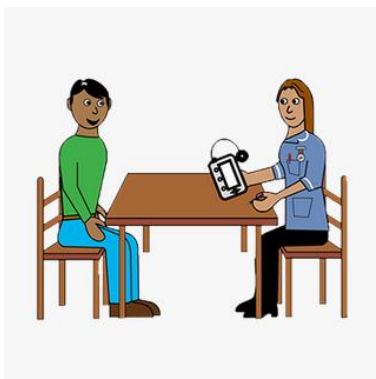
- what time you must take your insulin

Your doctor or diabetes nurse educator will tell you



- how to inject insulin with a needle

or



- how to use your insulin pump

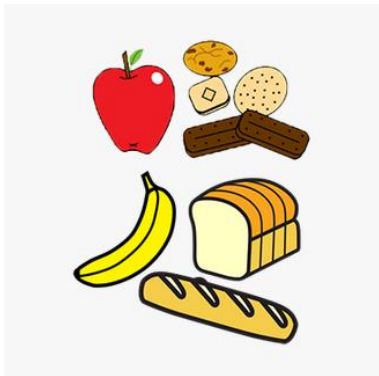
You can watch our video on taking insulin at this website:

<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.

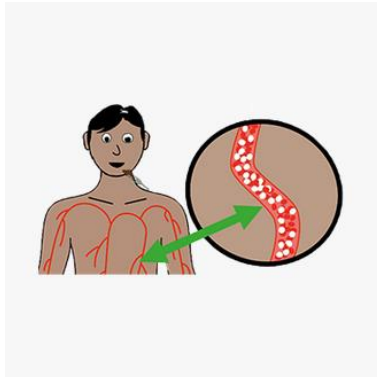
There are sugar and carbs in your food.



Your body needs the sugar from your food.



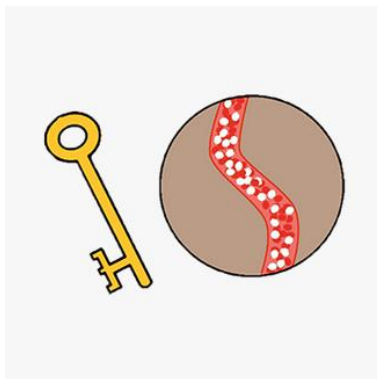
You eat food with sugar and carbs in it.



Your body moves the sugar to your blood.

Now.

There is lots of sugar in your blood.



Insulin is the key.

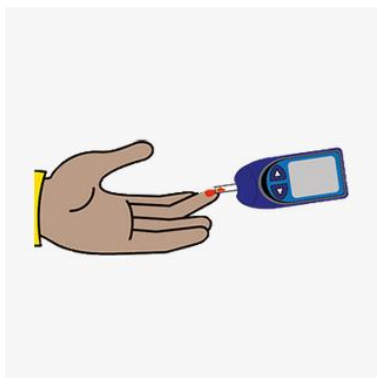
It unlocks the sugar in your blood.



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.

Blood Sugar

About Blood Sugars

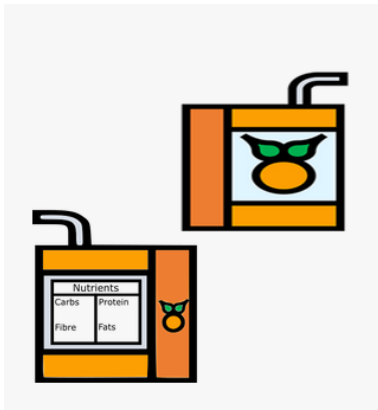


What are your blood sugars?

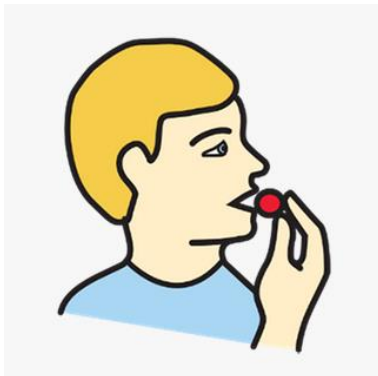
Sugars start with food.

Food gives you energy.

So you can do things you like.



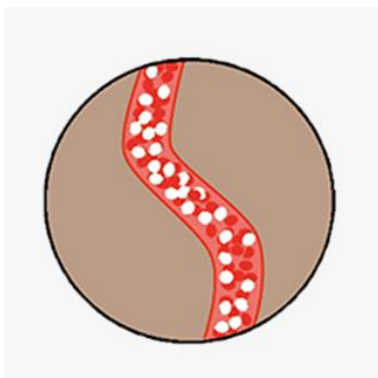
The energy in food is in sugar and carbs.



Now.

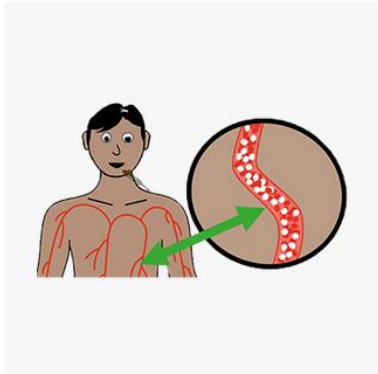
There is sugar in food.

You eat the food. The sugar is now in your tummy.



Your body moves the sugar in your tummy into your blood.

These are your blood sugars.



Your blood moves the sugar all around your body.



But
The energy in the sugar is locked.



Insulin is the key.
Insulin unlocks the energy in your blood.



Insulin does not work properly for some people.



Some people with diabetes need to take insulin.



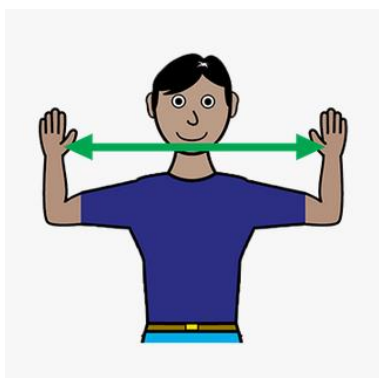
Blood sugars that are not unlocked by insulin stay in your blood.

This can cause high blood sugar.



Sometimes the insulin unlocks too much sugar.

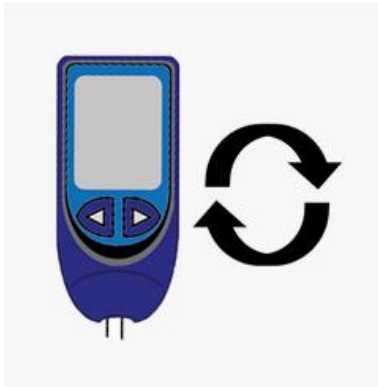
This can cause low blood sugars.



Keep your blood sugars in range.

This can help you stay healthy.

Why your Blood Sugars change



Your blood sugars change all the time.

Like when



- you eat

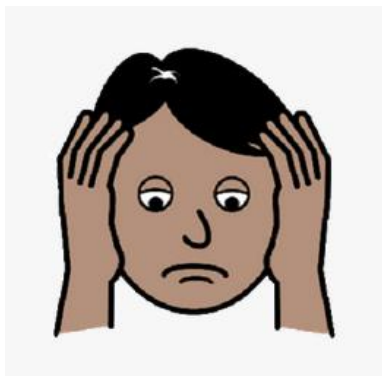


- you do exercise

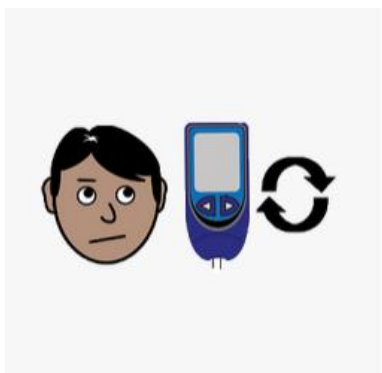
They change when



- you are sick

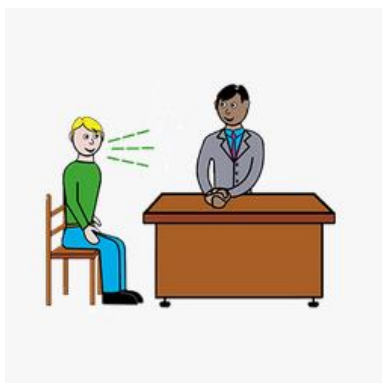


- you feel stressed



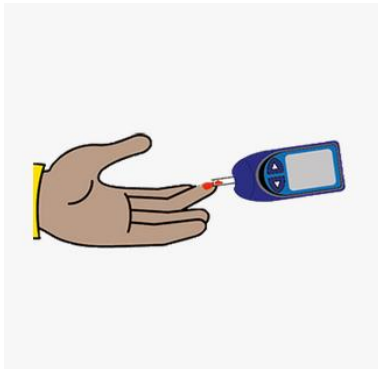
Sometimes you do not know why your blood sugars change.

It is OK.



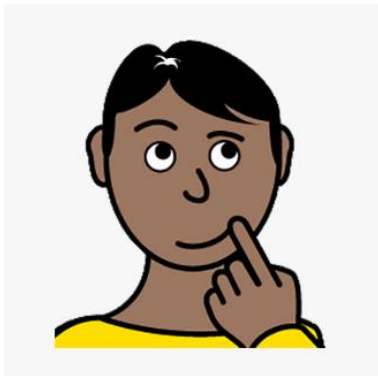
Talk to your diabetes team when it happens a lot.

When to Check your Blood Sugars



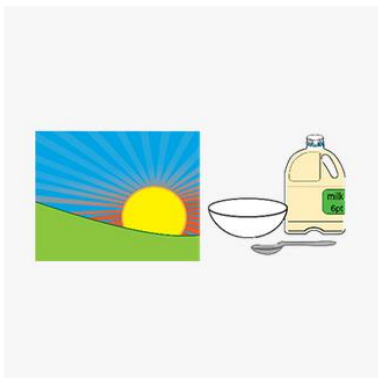
When you take insulin you need to check your blood sugars.

You will need to do it more than 1 time every day.

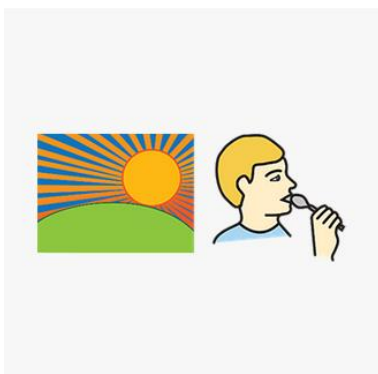


Check before you eat.

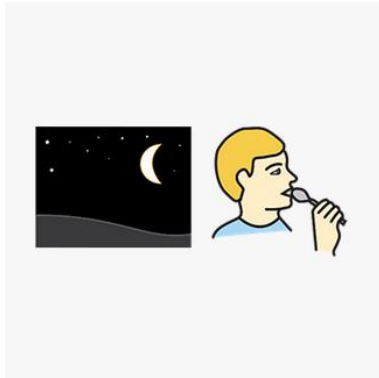
Like before



- breakfast

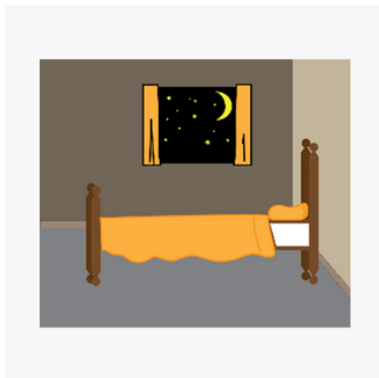


- lunch



- dinner

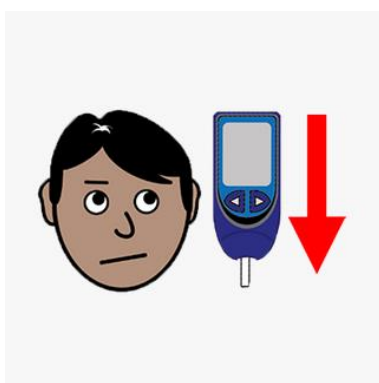
You must check your blood sugar



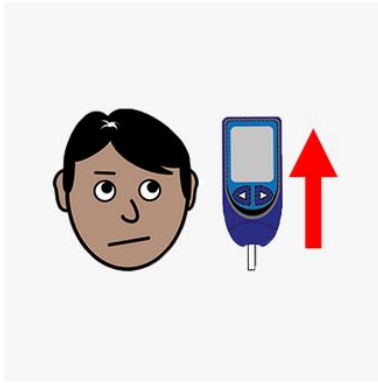
- before you sleep



- before you do exercise



- when your blood sugars feel low



- when your blood sugars feel high



- when you feel sick



- when you feel stressed

But

It is different for everyone.

Talk to your doctor.

They will tell you when you must check your blood sugars.



What do your Blood Sugars Mean?



Your blood sugar can be

- high

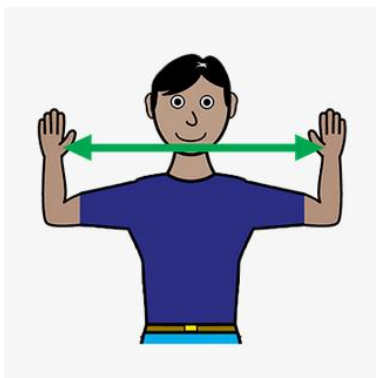


- normal

It is also called in range

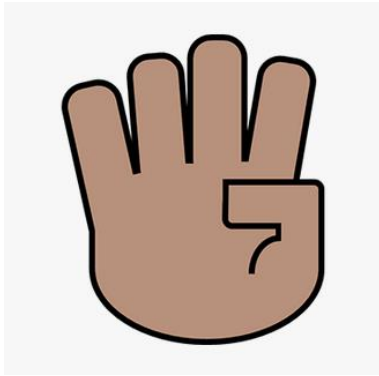


- low



Your doctor gives you a target range.

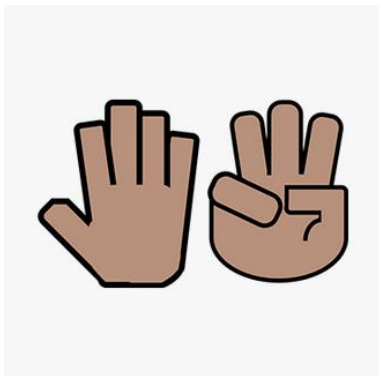
Your blood sugars need to be inside the range.



Your range has 2 numbers. It has

- a small number. Like 4

And

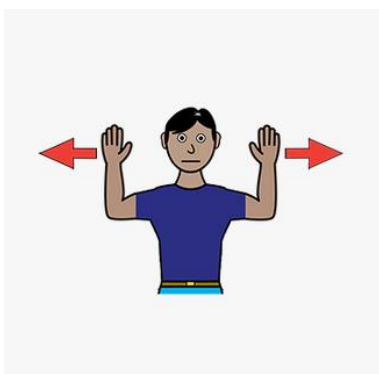


- a big number. Like 8



Keep your blood sugar inside the range.

It will keep you healthy.



Your blood sugars can go outside your target range.

Like they are



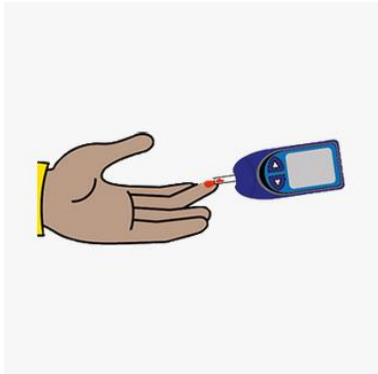
- less than 4
- **this is low blood sugar**



- more than 10
- **this is high blood sugar**

Low Blood Sugar

What is low blood sugar?



You do your finger prick.

Your meter has a number on it.



When the number is less than 4 you have low blood sugar.

Like when the number starts with

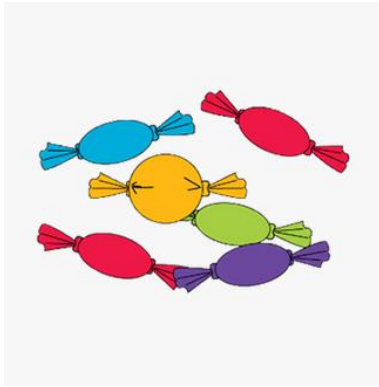


3

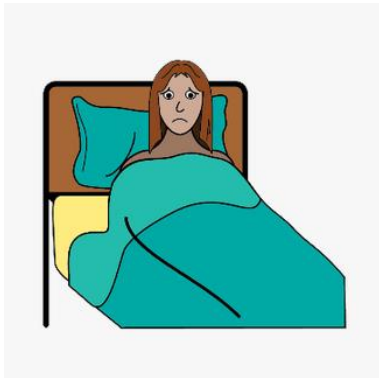
Or



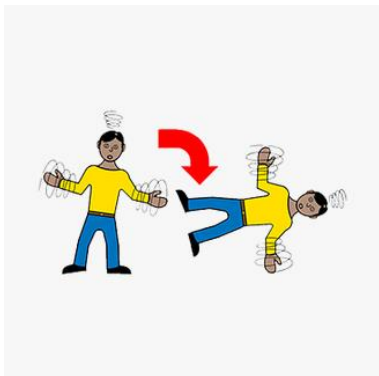
2



You must eat sugar.



Low blood sugar makes you sick.



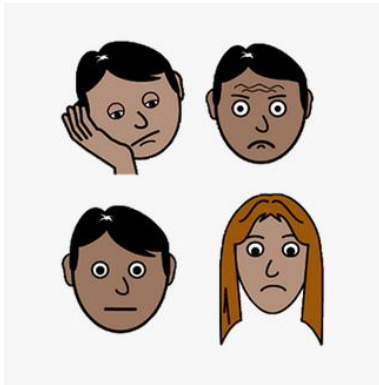
When you do not treat your low blood sugar you can pass out.



You need a special needle.

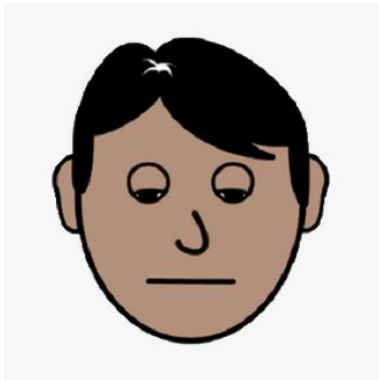
The ambulance or doctor must give it to you.

What does low blood sugar feel like?

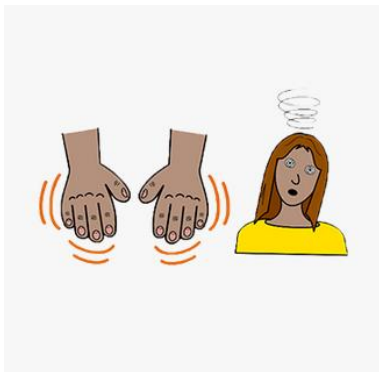


Low blood sugar feels different for everyone.

You may feel

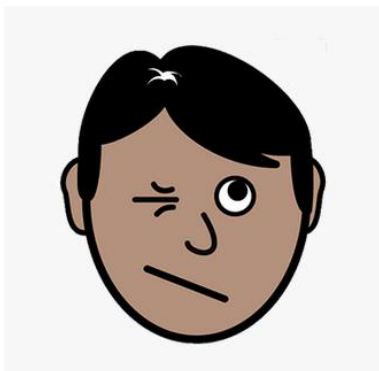


- tired
- weak

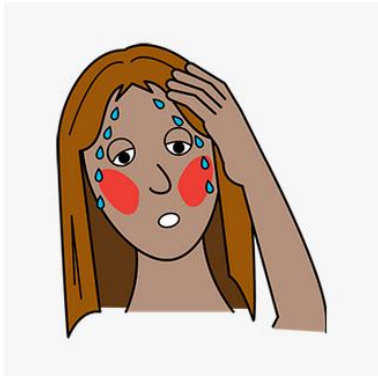


- part of your body is shaking
- dizzy

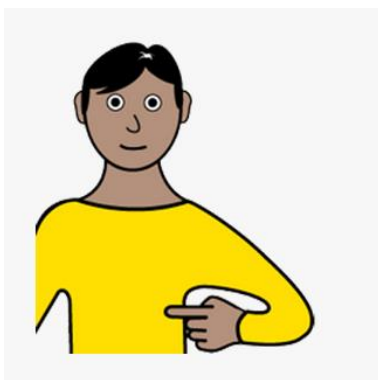
You may also feel



- confused



- sweaty



You need to know what low blood sugar feels like for you.

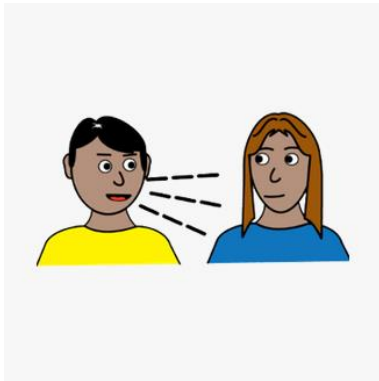
Use our worksheet.

Write down what low blood sugar feels like for you.

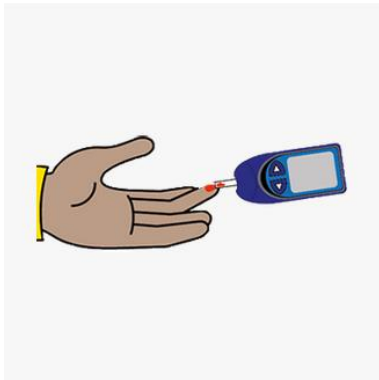


It helps you learn about your low blood sugar.

You think you have low blood sugar. What do you do?

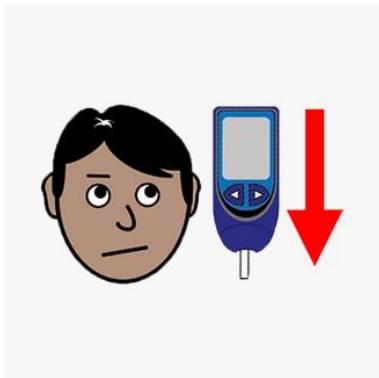


1. Tell a support person.

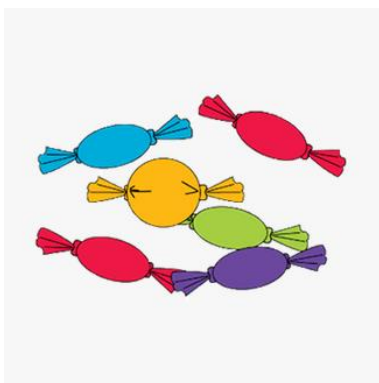


Then

2. Check your blood sugars



Your test says you have low blood sugars.



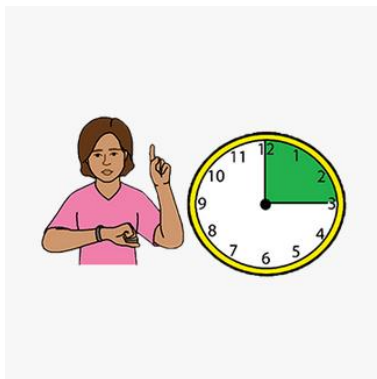
3. Eat food with sugar. Like

- lollies
- 5 or 7 jelly beans



or

- half a glass of juice
- half a glass of soft drink
- the drink must not be sugar free

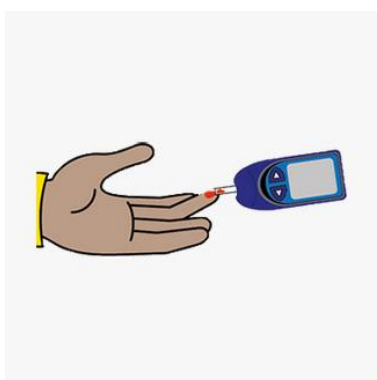


Then

4. Wait for 15 minutes.



Wash your hands.



6. Check your blood sugars again.



Is the number less than 4?

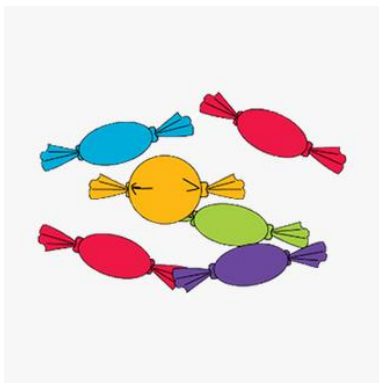
Like it starts with

- 3

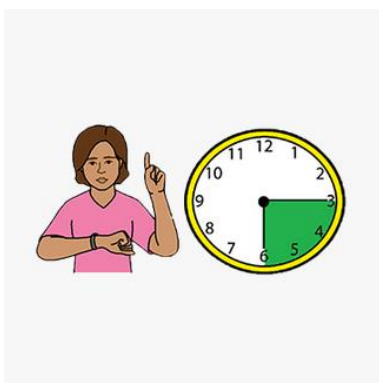


or

- 2



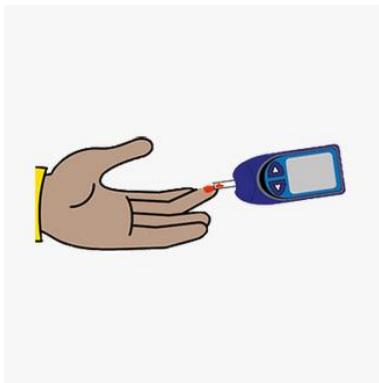
You must eat **more** lollies.



Wait 15 more minutes.



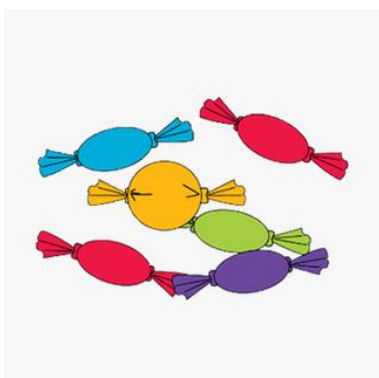
Wash your hands.



Check your blood sugars again.



Get help if your blood sugar is still less than 4.



You may have to eat more sugary food.



You may need to go to the hospital.

Is your blood sugar more than 4?



Like it starts with 5.



Or 6.

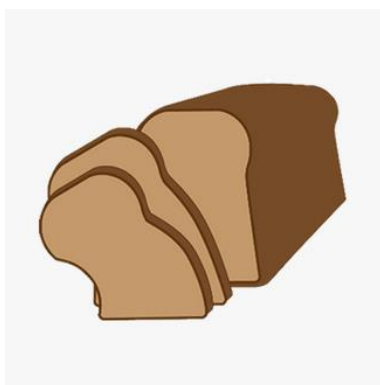


You are OK.



Now you must eat a small snack. Like

- a piece of fruit



- one slice of bread



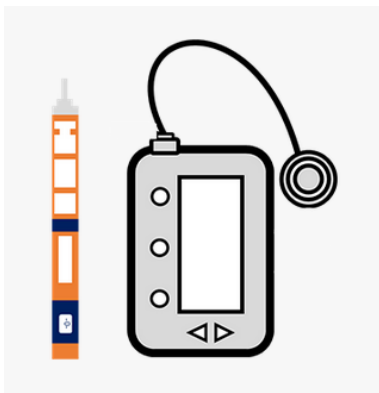
- a glass of milk

Why do you get low blood sugar?



You miss a meal.

Or



You have too much insulin.

Like it was too much for the food you ate.

Or



You do exercise you do not plan to. Like

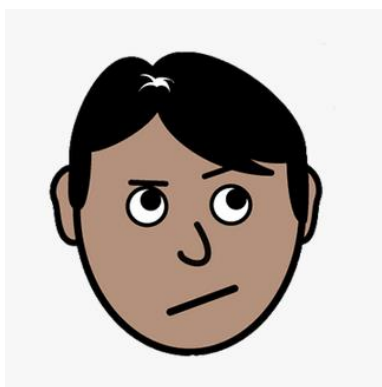
- a walk
- a bike ride
- play sports

Or



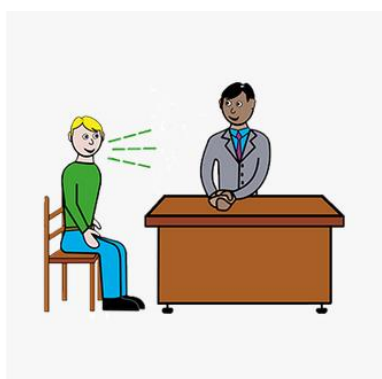
You drink alcohol.

It can be 1 day after drinking alcohol.



Sometimes you do not know why your blood sugar went low.

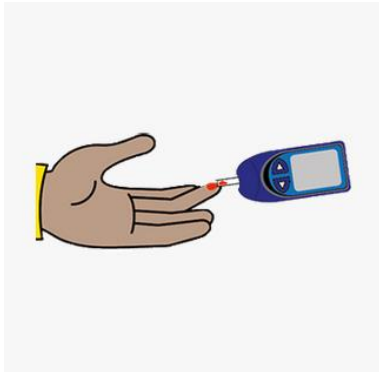
That is okay.



Talk to your diabetes team when it happens a lot.

High Blood Sugar

What is High Blood Sugar?



You do your finger prick.

Your meter has a number on it.



When your number is more than 10 you have high blood sugar.

Like when the number starts with



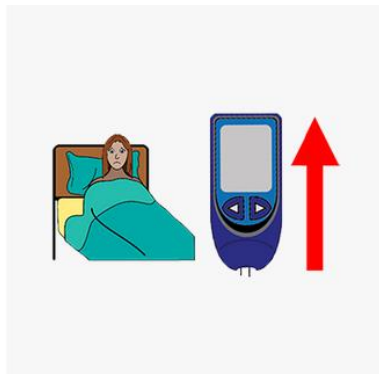
11



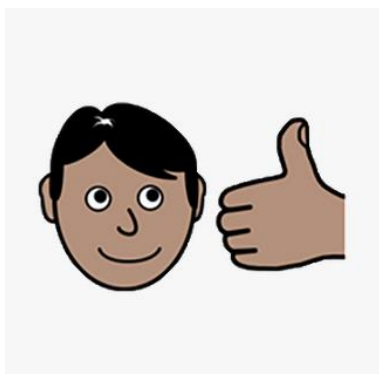
or 12



or more. Like 15.



High blood sugar can make you very sick.

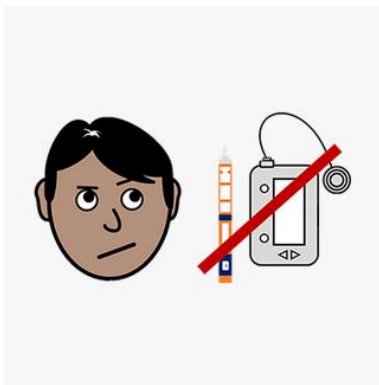


It is important to take care of your high blood sugar.

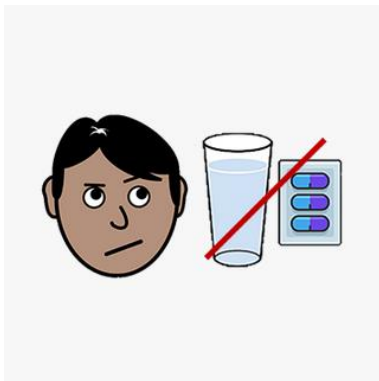
Why do you get high blood sugar?



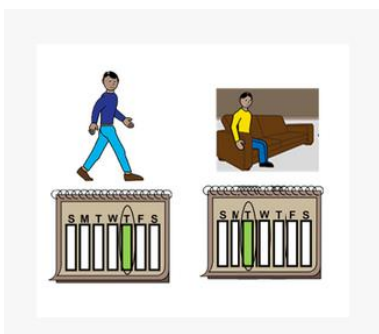
- you are sick



- you forget to take your insulin



- you forget to take your diabetes medicine

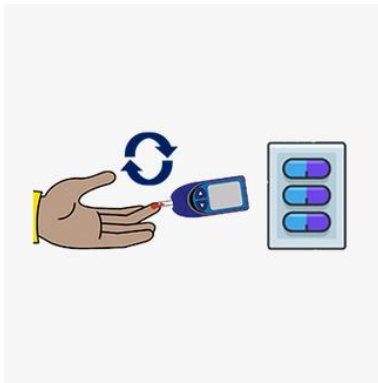


- you change how much you move around

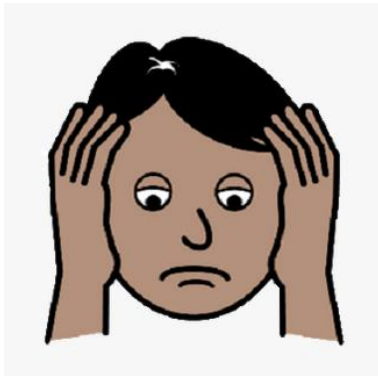


- you eat more carbs. It was more than you normally eat.

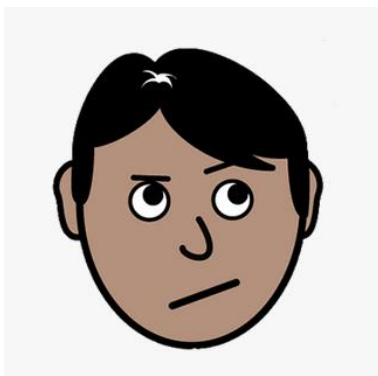
It might be because



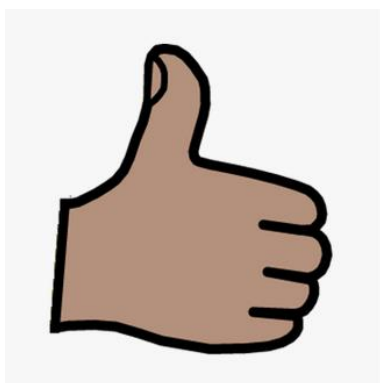
- You take other medicines. They change your blood sugars. Like steroids.



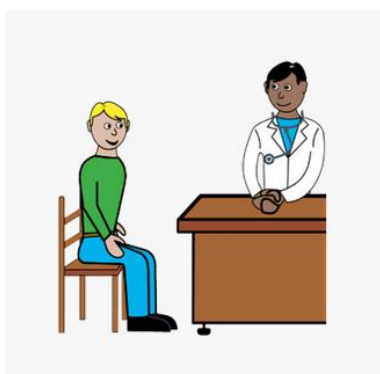
- you feel stressed.



Sometimes you cannot work out why your blood sugars are high.



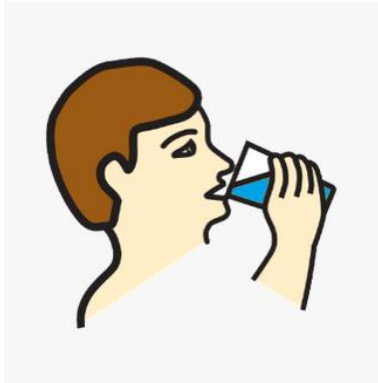
It is OK.



See your GP when it happens a lot.

What does High Blood Sugar feel like?

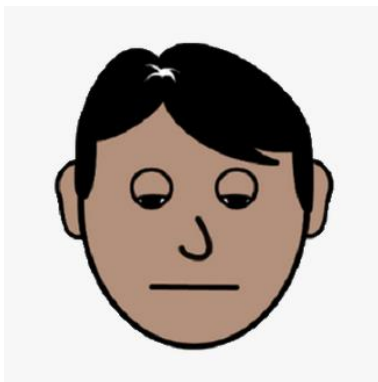
It may be



You want to drink all the time.



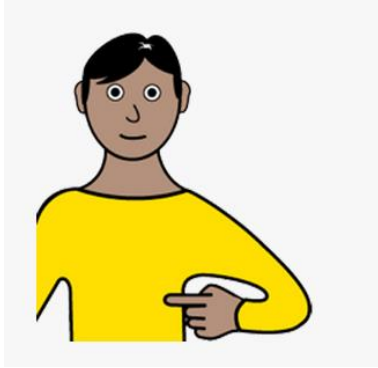
You pee a lot.



You feel very tired.



You want to eat all the time.



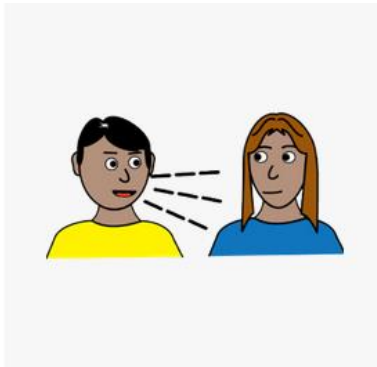
High blood sugar feels different for everyone.

Learn what it feels like for you.

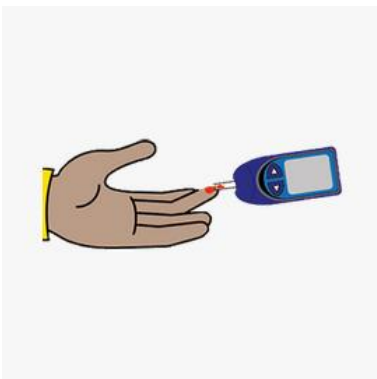
Use our worksheet.

Write down what high blood sugar feels like for you.

What to do when you have High Blood Sugar

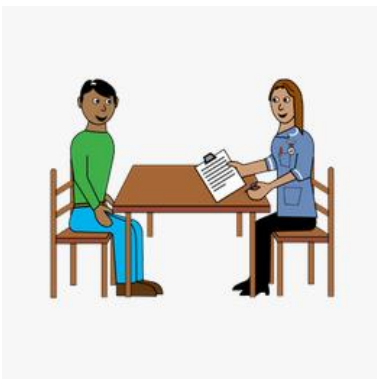


3. Tell a support person.



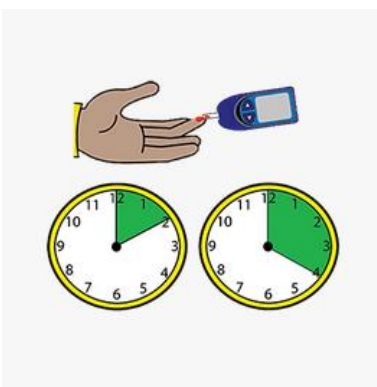
2. Check your blood sugars.

Work out what to do next



Ask your diabetes educator to make a plan for you.

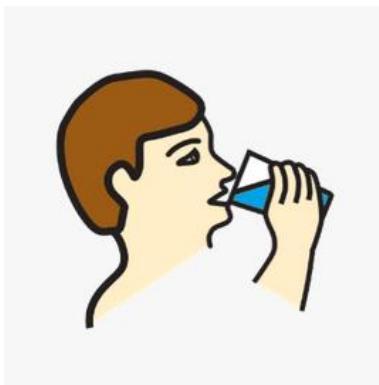
You might need to take more short acting insulin when you have high blood sugars.



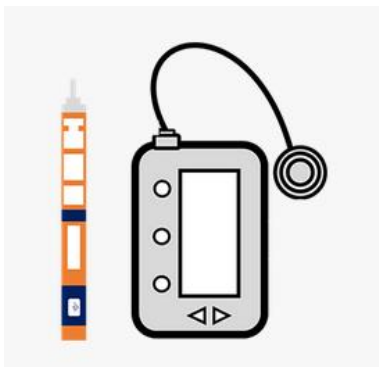
1. Test your blood sugars more.



4. Test for ketones.



5. Drink lots of water.
- Having high blood sugars makes you thirsty and pee a lot.



Do you get high blood sugars a lot?

Talk to your diabetes team

- You might have to change your insulin dose
- Your diabetes team will help you

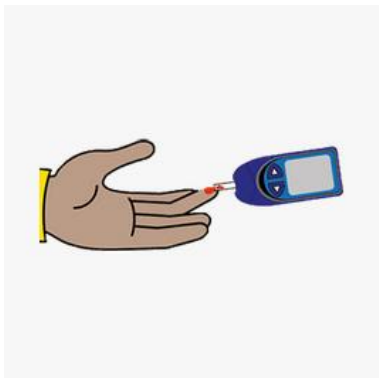
You may need to go to the hospital when you have high blood sugar



Go to hospital when

You are vomiting so much you cannot eat or drink.

or



Your blood sugars stay high.

They are not going down.

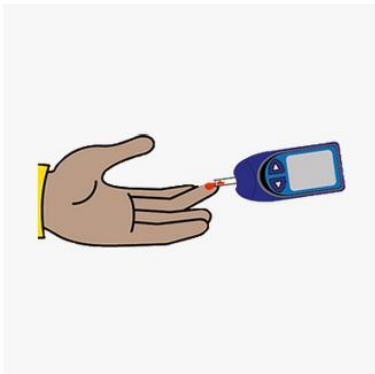
or



There are ketones in your blood or pee.

It is **very** important to look after your high blood sugar.

How to check your blood sugar



You can use

- A blood sugar meter

or



- a CGM sensor. It is also called continuous glucose monitoring

or



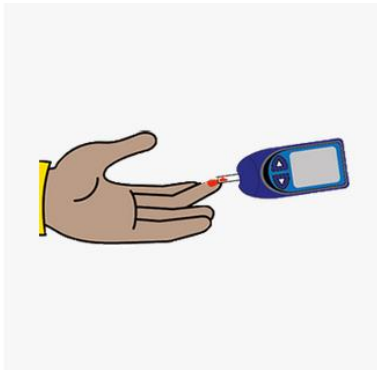
- a libre sensor. It is also called flash glucose monitoring



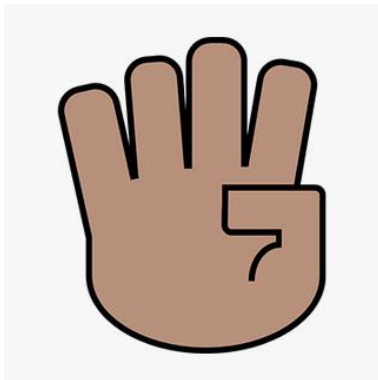
The NDSS can help you pay for

- blood sugar strips
- libre
- CGM

How to use a blood sugar meter



Every meter is different.



It takes four steps to use a meter.



1. Wash your hands



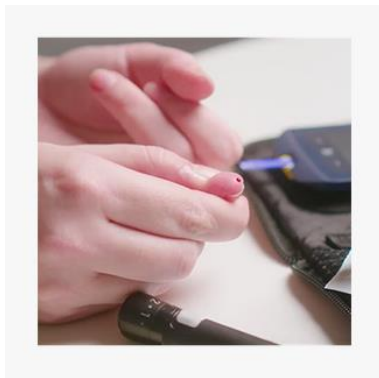
2. Put the strip in the blood sugar meter.

Make sure the meter is on.



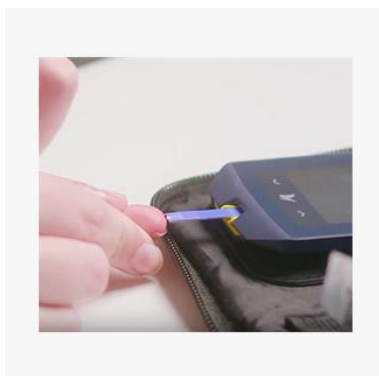
3. Prick your finger with a finger pricker.

It is also called a lancet.



A bit of blood will come out.

It may hurt a bit.



4. You put the blood on a testing strip.

- You can squeeze your finger to get more blood
- The meter will beep or change picture when there is enough blood.



The meter will show you a number.

It is your blood sugar.

**Remember to**

- Prick a different finger each time
- Prick on the side of your finger

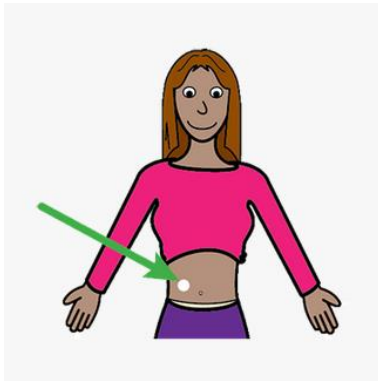


- Warm up your fingers
- Rub them or run them under warm water
- It is harder to get blood when your fingers are cold.

You can watch our video on using a blood sugar meter here:

<https://www.qcidd.com.au/diabetes/how-to-use-a-blood-sugar-meter/>

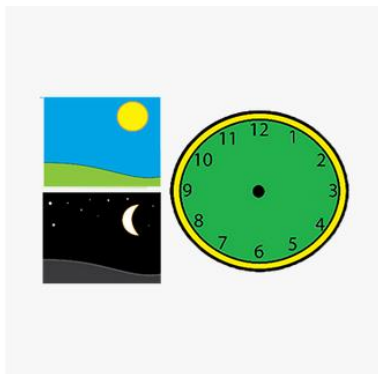
CGM – Continuous Glucose Monitoring



A CGM is a small sensor.

You can wear it on most places on your body.

It goes on your skin.



CGM measures your blood sugar all the time.



You can check your blood sugars on

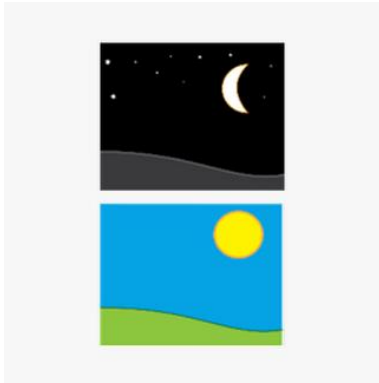
- Your phone

or

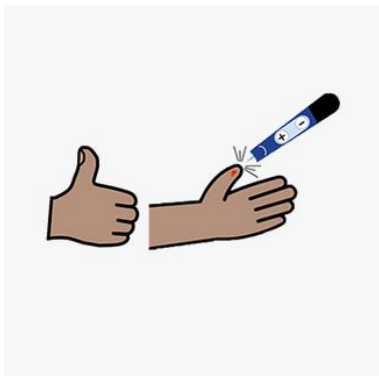
- Your CGM machine



The good things about CGM are



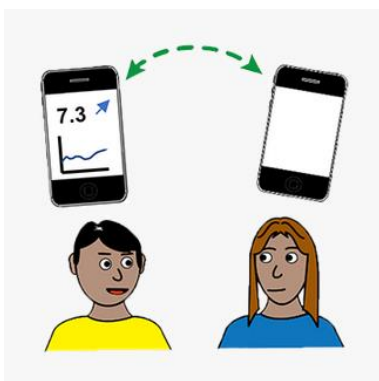
- You have blood sugars from the whole day



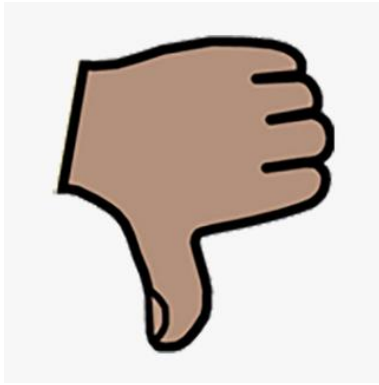
- You can do less finger pricks



- You can have alarms
They tell you when your sugars are high or low



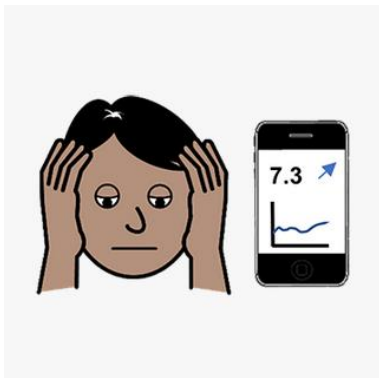
- You can share your results with other people



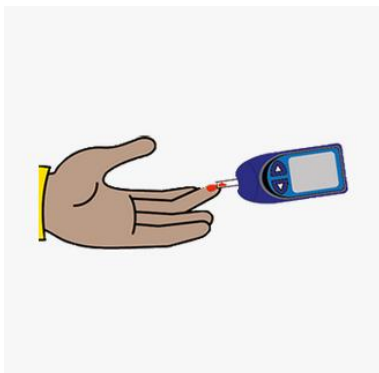
The bad things about CGM are



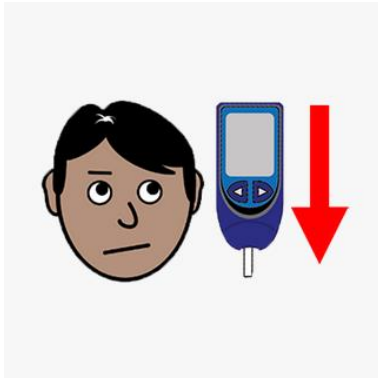
- You must wear a sensor.
It can feel itchy or annoying.



- It gives you a lot of information

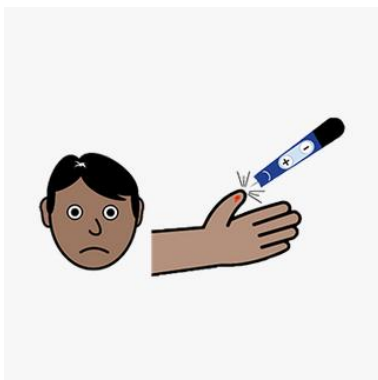


- You still have to do some finger prick checks



You may use CGM because

- You cannot feel low blood sugars.
- The CGM gives you an alarm



- You do not like doing finger pricks

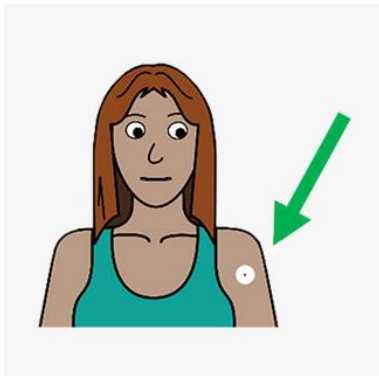


- CGM gives you a lot of information

Libre



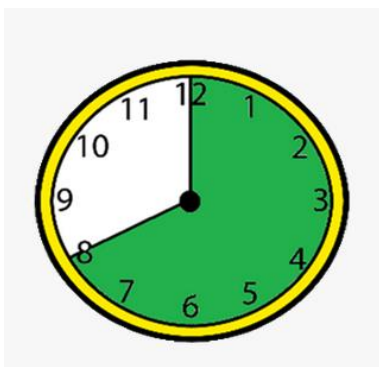
The Libre is a way to check your blood sugars.



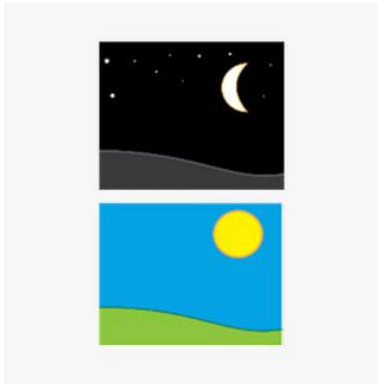
You wear a small sensor on your arm.
It is like CGM.



You can scan the sensor with a reader
or phone.
It tells you your blood sugars.



You must scan every 8 hours.

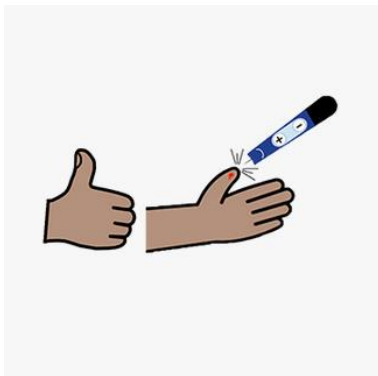


The good things about the Libre are

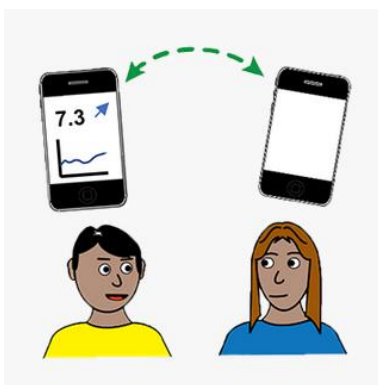
- You have blood sugars from the whole day



- You can have alarms. They tell you when your sugars are high or low



- You can do less finger pricks.



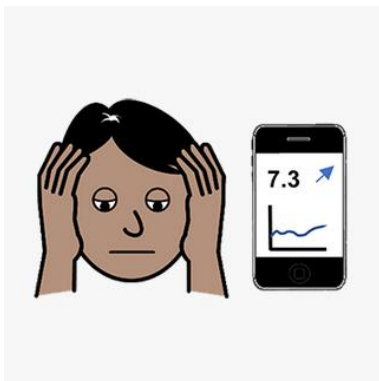
- you can share your results with other people



The bad things about the Libre are



- You must wear a sensor.
- It can feel itchy or annoying

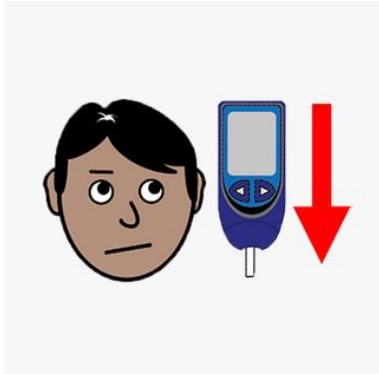


- It gives you a lot of information

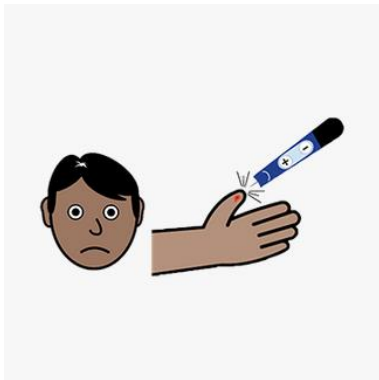


- You must scan every 8 hours
- You lose information when forget to scan. Like at night.

You may use Libre because



- You cannot feel low blood sugars. The Libre gives you an alarm.



- you do not like doing finger pricks



- Libre gives you a lot of information

Exercise

Exercise



You move your body.

This is called exercise.

Some people do

- walking
- sports
- games



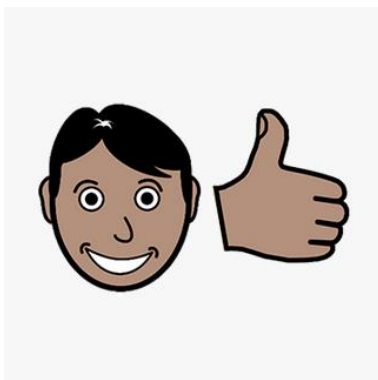
Exercise is good for your diabetes.



Exercise helps your blood sugars.

They must be

- not too high
- not too low



You can find exercise that is fun.

What exercise can you do?



You can move in lots of ways.

It can be as you do jobs. Like when you

- clean your home
- hang clothes on the line
- work in the garden



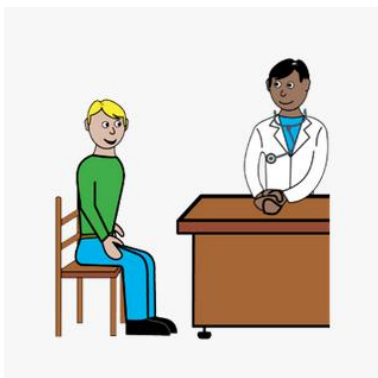
You can do things outside. Like

- go for a walk
- go on a bike ride



You can

- play ball games
- swim



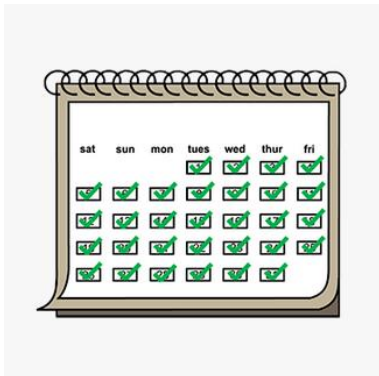
You want to try something new.

Talk to your doctor.

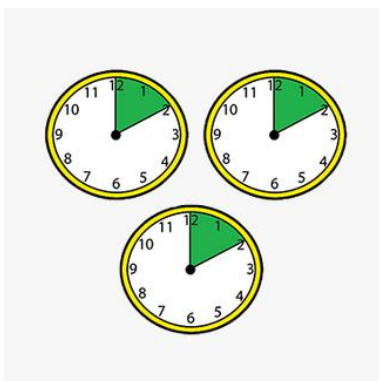
How much exercise do you need?



Exercise for 30 minutes.



Do it each day.



You do **not** have to do 30 minutes at the same time.

You can do 10 minutes at a time.

You do this 3 times in a day.

What must you think about?



Exercise can make your blood sugar

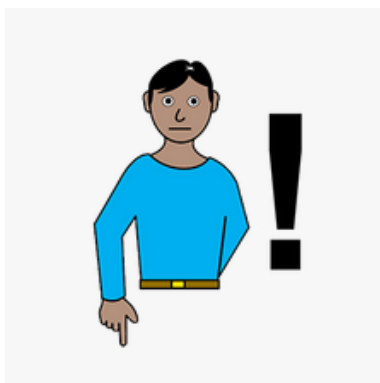
- go low

or



- go high

It may be

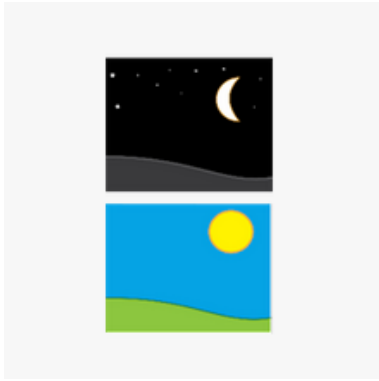


- now

or



- later in the day



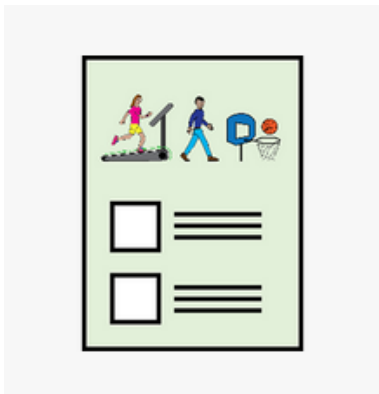
or

- one day after

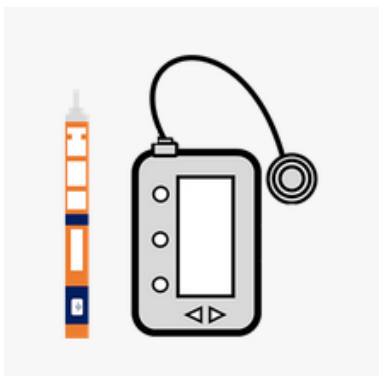


Talk to your doctor or diabetes educator.

They can help you make a plan.



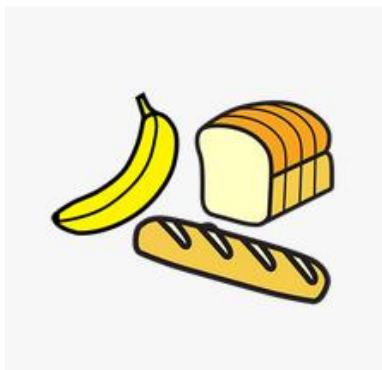
It tells you things to think about. Like



Your insulin. Do you need to take insulin

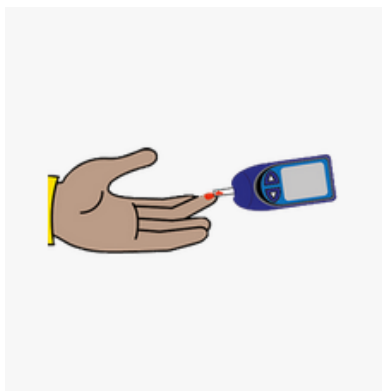
- before you start?
- at the end of your exercise?

You must think about



- do you need more carbs?

and



- When do you need to check your blood sugars?

Your steps to start exercise



Exercise can make your blood sugar change.

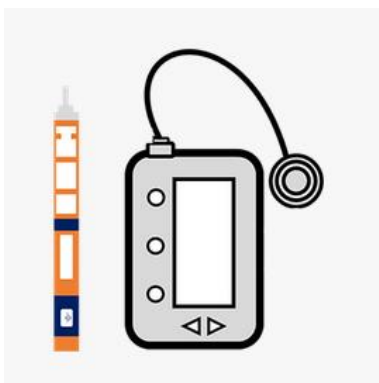
1. Check your blood sugars. Do this every 30 minutes.



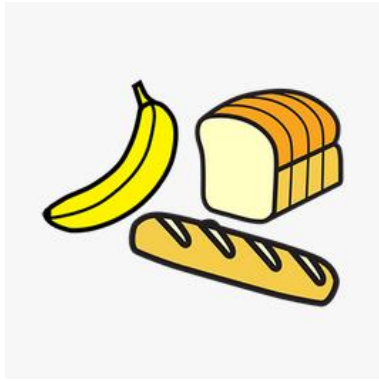
Your blood sugars are low.
Do **not** exercise.



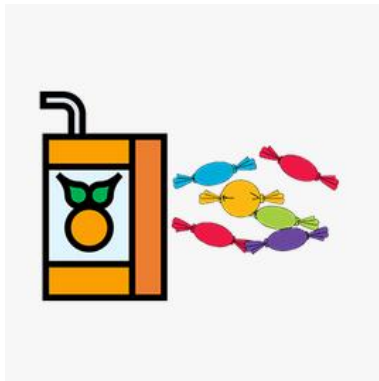
Check your blood sugars.
Your blood sugar reading is OK.
That is good.



2. Do you have your insulin?



3. Do you have your carbs?



4. Take your low blood sugar kit.
It has food with sugar.



5. Tell people you have diabetes. Like
you wear

- a bracelet
- a necklace

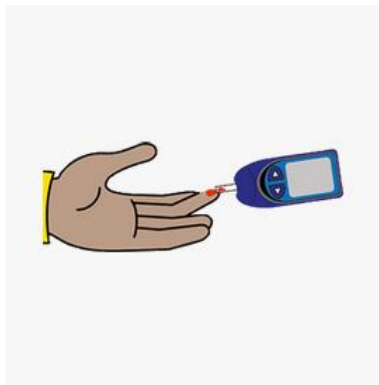
It says you have diabetes.



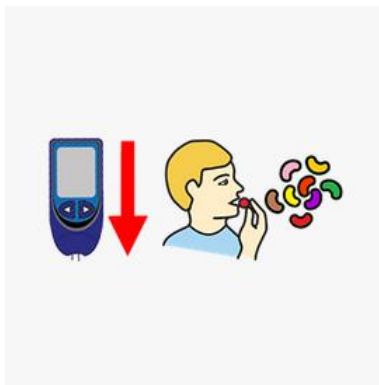
You feel low.



Stop now.



Check your blood sugars.



It says your sugars are low.

Eat food with lots of sugar in it. Like lollies.



You want to do more exercise.

But

You need to wait.



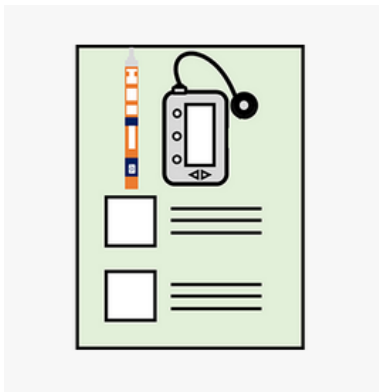
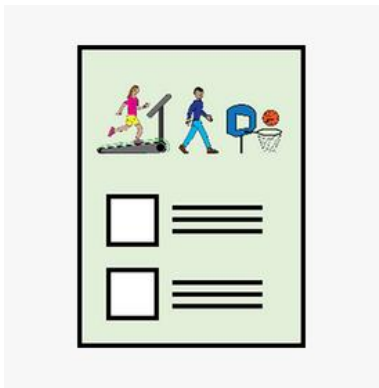
Check your blood sugars.

Take breaks to

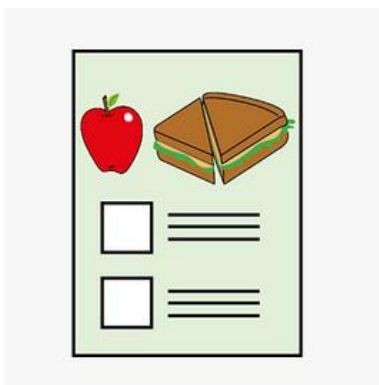
Your plan from your doctor may tell you to do more.

Like

- Check your blood sugars again. It may be in 2 hours time



- take your insulin



- eat more carbs

Sick Days

Sick Days

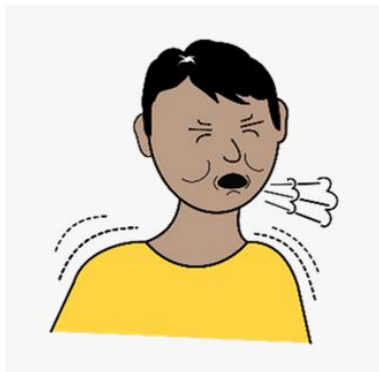


Some days you will be sick.

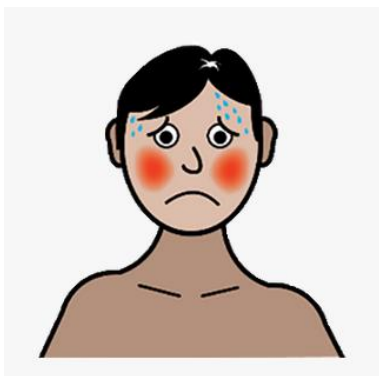
Like you have a



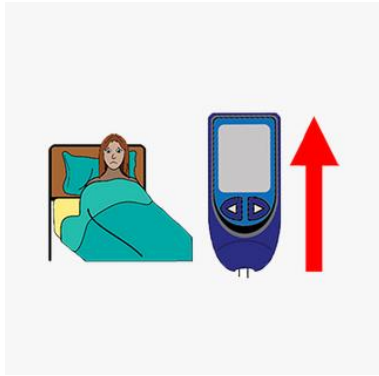
- cold



- cough

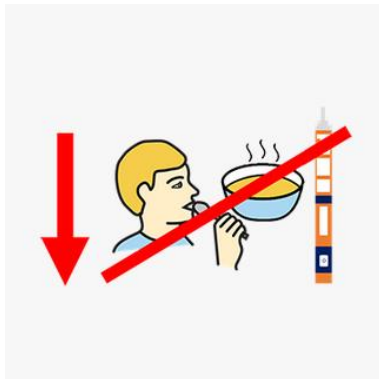


- fever. You feel very hot.



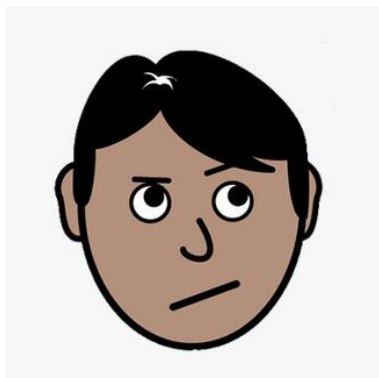
When you are sick

Your blood sugar may go up.



You may eat less food.

You may take less insulin.



You need to think about your diabetes.



Make a plan for sick days.

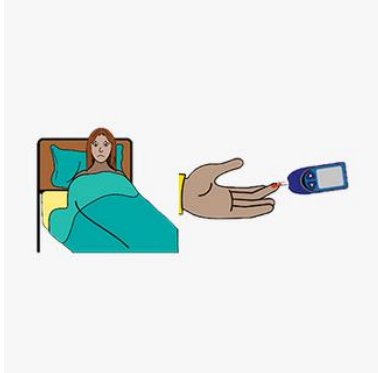
Talk to

- your doctor

Or

- your health worker

When to follow your sick day plan



Your plan tells you how to look after your diabetes.

It is only for days you are sick.



Use your plan. It will tell you what to do when



You feel sick

or



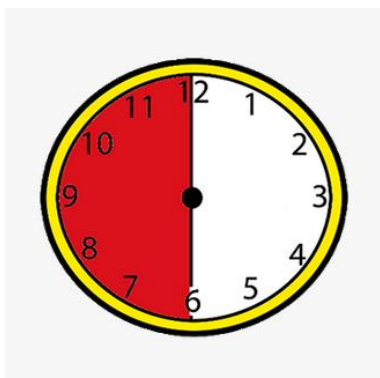
Your blood sugar is too high. Like

- 15

or

- More than 15.

or



It is high for

- 6 hours

or

- more than 6 hours

or



Your ketones are too high.

Like more than 0.6.

When to go to hospital



Go to hospital when

You are vomiting all the time. You drink water. You still vomit.

or



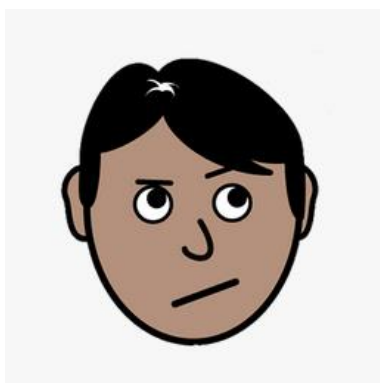
You have lots of runny poos.

or



Your breath smells like fruit.

Go to hospital when



You feel confused.



or

Your blood sugar goes up. It stays high.



or

Your blood sugar goes down. It does not stop.



or

Your ketones are **more than 1.5**.



You need an ambulance when



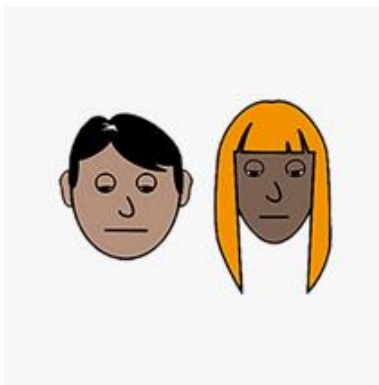
You can **not** follow your sick day plan.

or



You are still sick. You do **not** get better.

or



You are very tired. Your support people are very tired.

You can not look after your diabetes.

or

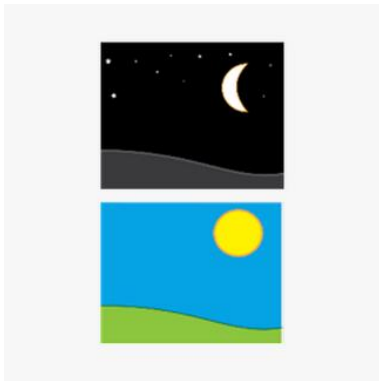


Your ketones are **more than 3**.

What are ketones?



Ketones are in your blood. They can make you very sick.



Ketones happen over the day.



You may get them when

- you are sick

or



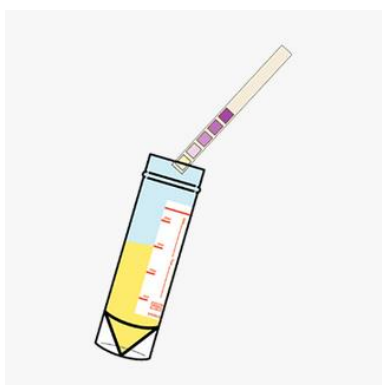
- You do not take the insulin you need.



You can check your ketones.

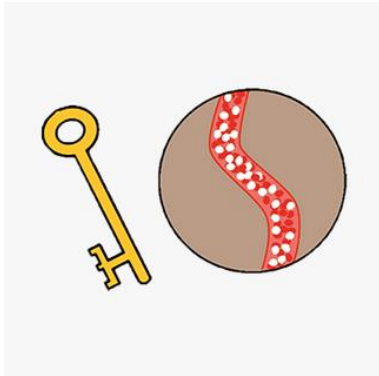
Use your blood sugar meter.

or



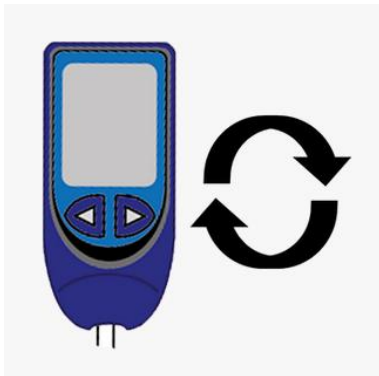
You can use pee strips.

How do ketones happen?



Insulin is the key.

It unlocks the energy in your blood sugars.



But

Sometimes you may not have enough insulin to unlock the energy.

Your blood sugars go high.

But it can also be in range or low.

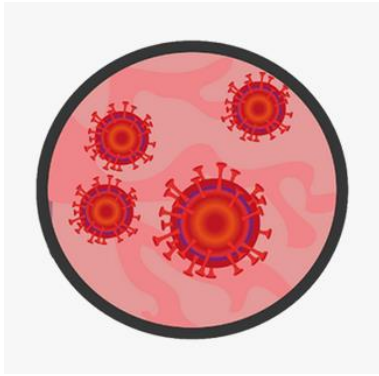


You feel very tired.

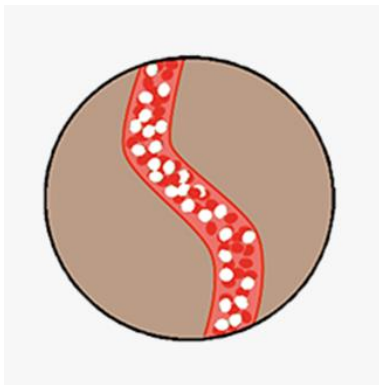


Your body can not get energy from your blood sugar.

It tries to get it somewhere else.



It tries to get it from your fats.
This makes ketones.



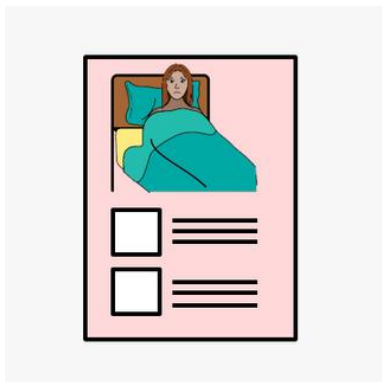
The ketones get in your blood.



This can make you very sick.



But
You can treat ketones.



Follow your sick day plan.



It will help you stay well.

What to do when you have ketones

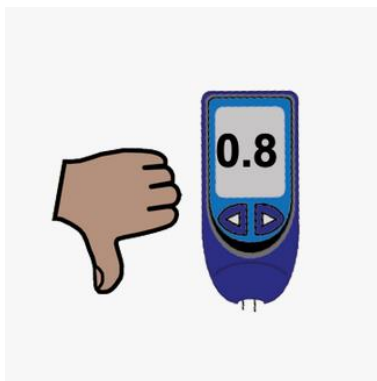


The ketone test will tell you a number.

0.0 means you do not have ketones.

It is okay to have a small number.

Like 0.5.



You have

0.6

or

more. Like 0.8



You have ketones.

You must follow you sick day plan **now**.

Do not wait.

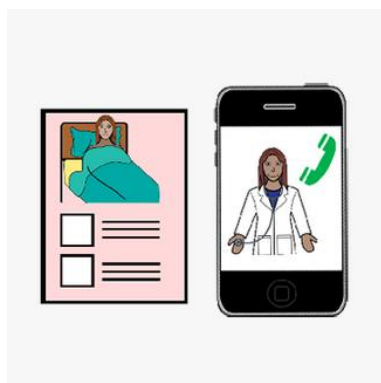


You have 1.5

or

more than 1.5. Like 1.7.

You have high ketones.



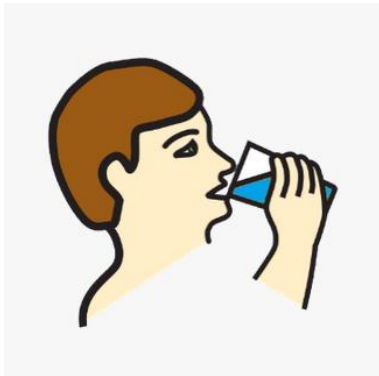
Call your diabetes team.
You must follow your sick day plan **now**.
Do **not** wait.



You have 3.0
or
more than 3.0.

Call the ambulance. Do not wait.

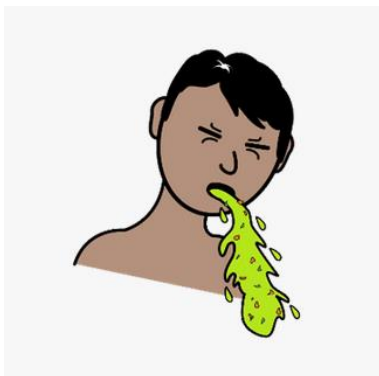
You have ketones. How do you feel?



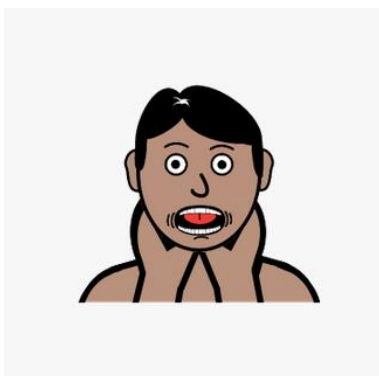
You want to drink all the time.



You pee a lot.



You may vomit.

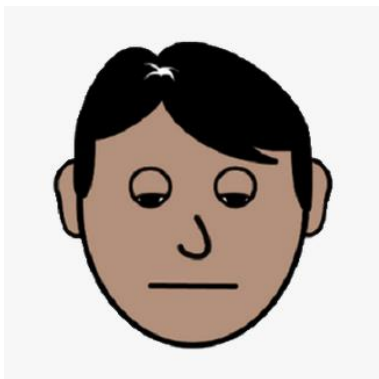


You think you

- can not breath



- you may feel hot in the face



- feel very weak and tired

You think you



- have runny poo
- have bad tummy pain

or



- your breath smells like fruit

You have ketones. What do you do?



Follow your sick day plan.

Do **not** wait.



You need an ambulance when



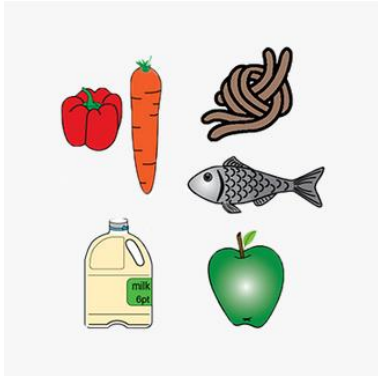
- you can **not** follow your sick day plan



- you do not feel better
- you and your support people are very tired. You can not look after your diabetes.

Food and Diabetes

Food and your health



Eat food from all food groups.



This is good for your diabetes.

It is good for your blood sugars.



There are 5 groups of food.

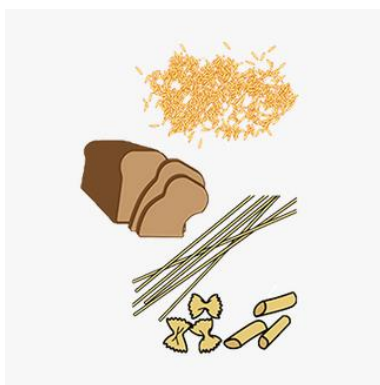
Group 1

- vegetables
- beans
- lentils



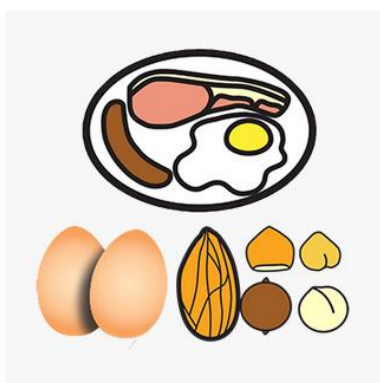
Group 2

- fruit



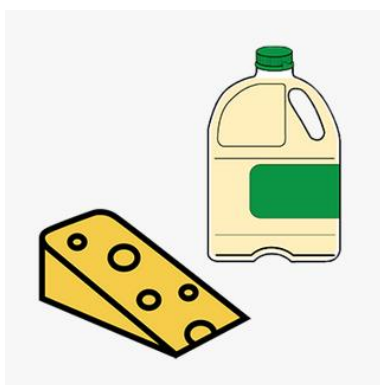
Group 3

- fruit
- rice
- pasta



Group 4

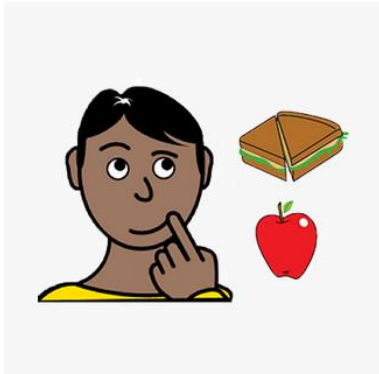
- meat
- fish
- eggs
- nuts



Group 5

- milk
- cheese
- yogurt

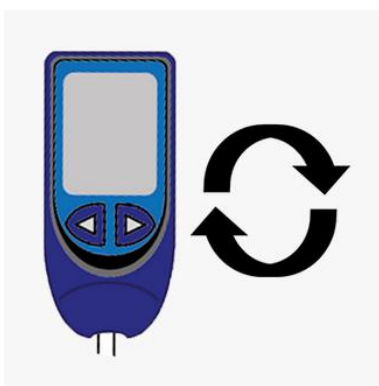
Carbs and your blood sugar



Think about the foods you eat.

There is sugar in foods.

There are carbs in food.

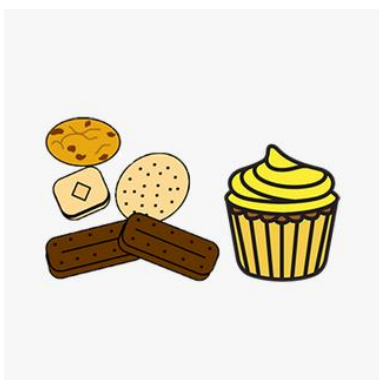


Carbs change your blood sugar.

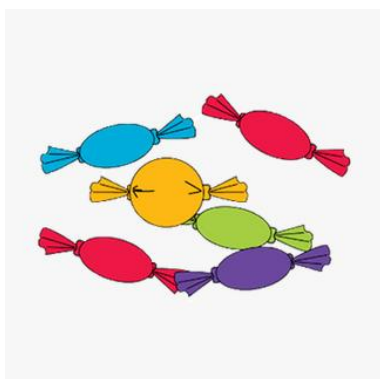


Some foods have lots of carbs. Like

- rice
- bread
- pasta



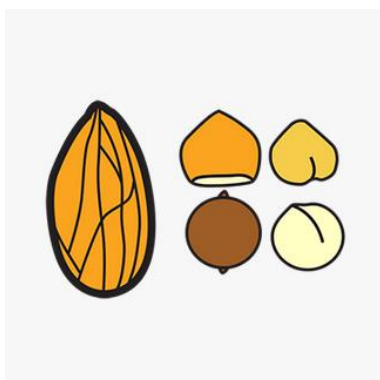
- biscuits
- cakes



- lollies



- soft drinks
- breakfast foods

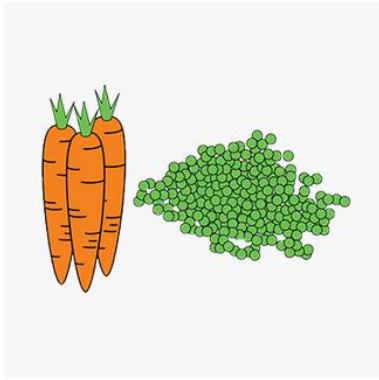


Some foods have low carbs. Like

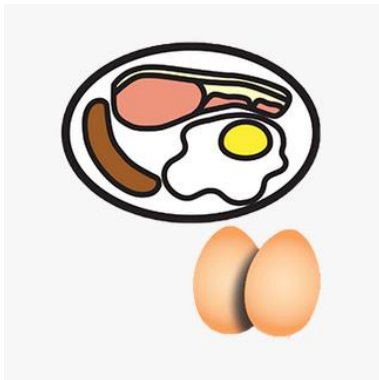
- nuts



- berries



- carrots
- peas



Some foods have no carbs. Like

- meat
- fish
- eggs



You eat food with less carbs.
Your blood sugar goes up less.



You eat food with more carbs.
Your blood sugar goes up.

There are 2 types of carbs



1. Some carbs go in to your blood. They are slow. They are called low GI carbs. Like

- brown bread
- brown pasta



Beans. Like

- lentils
- chickpeas

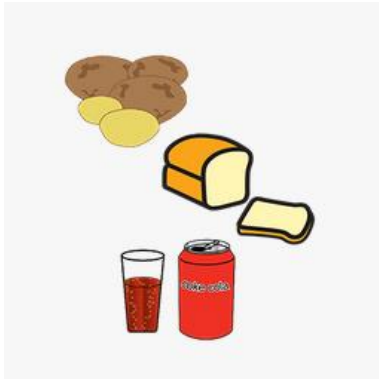


It is also fruit. Like

- grapes
- strawberries
- oranges



These carbs are good for you blood sugar.



2. Some carbs go in to your blood. They move fast slow. They are called high GI carbs. Like

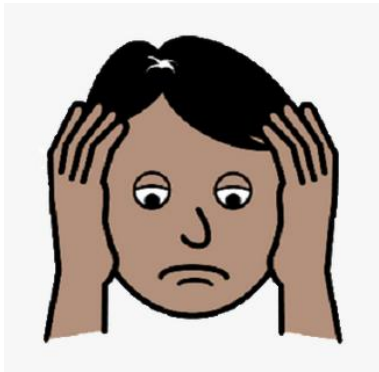
- potatoes
- white bread
- soft drink



Try to eat less high-GI carbs.

It is good for you blood sugar.

What does a dietician do?



It can be hard to change what you eat.

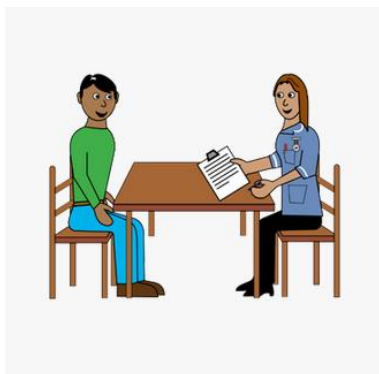
Like to

- find the right food
- stop eating some food you like



It is OK.

You can get help.

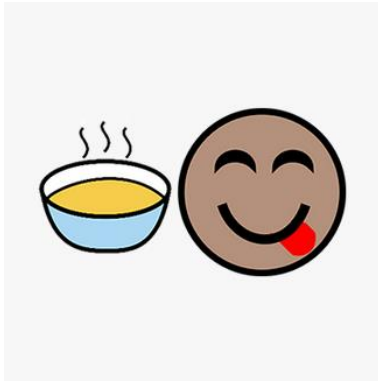


Talk to a dietician.

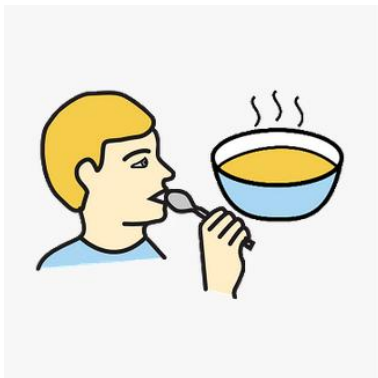


They help you

- Plan what to eat
- Put the right food in your plan.
Like low GI carbs



- have food you like in your plan



You dietitian may ask

- What do you like to eat?
- Do you have any special eating needs? Like you can only eat soft foods.



- what do you do every day?



Your dietitian checks

- how much you weigh
- how tall you are
- how big your waist is

Eating Out



You can eat outside your house when you have diabetes.

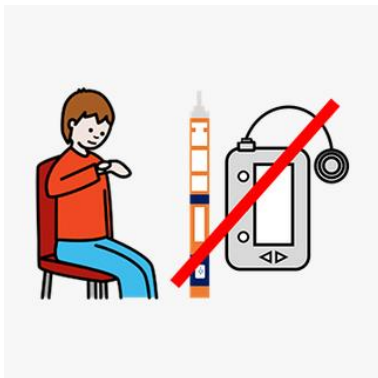
Like eating food from a

- restaurant
- café
- bakery



You do not know when you will get your food.

You wait for your food.



Do not take your insulin when

- you are waiting for your food to come
- your food is not at your table yet.



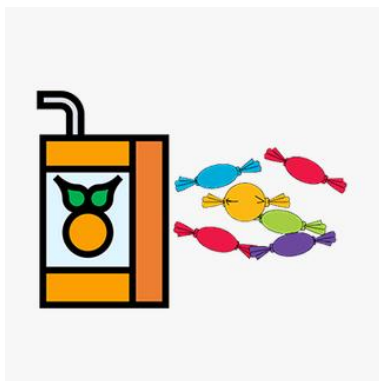
You get your food.

Take your insulin now.

What is a food label?



Food is made up of things you can't see. Like



- Sugar
- Carbs



And

- Fat
- Protein
- Sodium. We call this salt.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kj	800kj
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Food labels tell you what is inside food. Like

- How much sugar is in the food.
- How many carbs are in the food.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

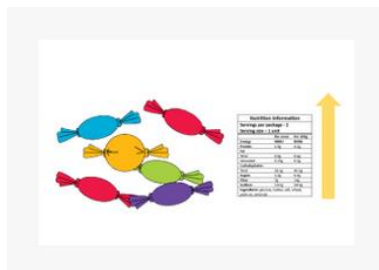
It is important to know how much sugar and carbs are in your food.

It helps you look after your diabetes.

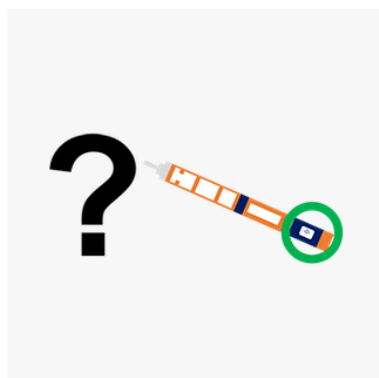
Like



It can help you make decisions about what food to eat.



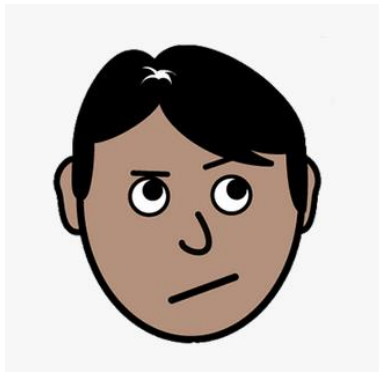
Your blood sugars might go low. So you need to know what sugary food to eat.



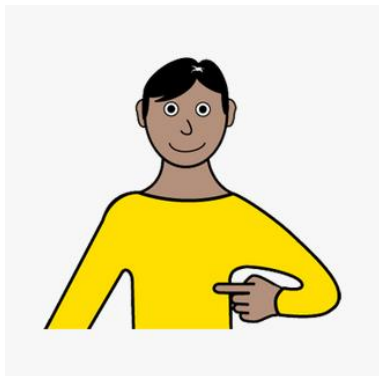
It helps you work out how much insulin to take.

Find out how to read a food label on the next page.

How do I read a food label?



Reading a food label means looking for the words and numbers on the label.



Looking for the right words and numbers can be hard.

But you can learn how to read the parts that you need.

Nutrition Information		
Servings per package - 2		
Serving size – 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

All food labels say how much

- Fat
- Carbohydrates
- Sugar
- Sodium. We call this salt.

Are in the food.

Your body needs different amounts of these things.

Nutrition Information		
Servings per package - 2		
Serving size – 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

A food label tells you how much in is

- A serve. The size of a serve changes for each food label.
- 100g

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the column for 100g.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the total fats. Try to pick foods with less fat.

Like less than 10g.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the sugars. They are under the carbohydrates.

Try to eat foods with less sugar.

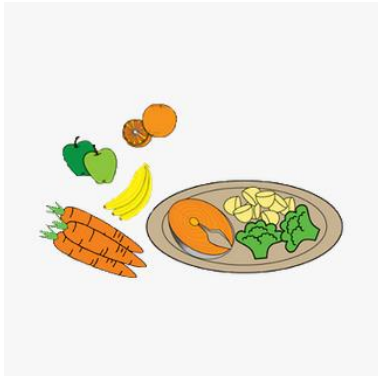
You may need to eat sugary foods when your blood sugar is low.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the sodium.

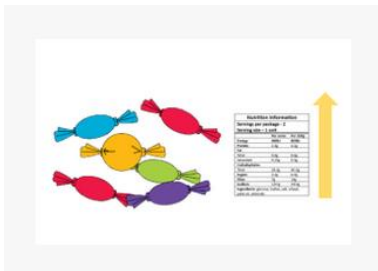
Try to eat foods with less sodium.

Like less than 400mg.

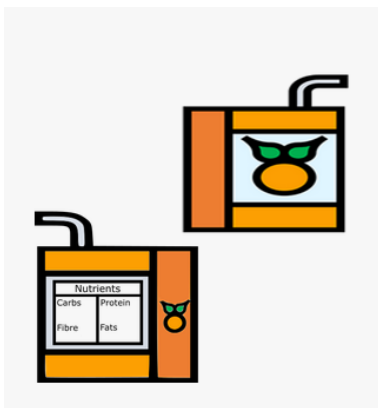


Healthy foods are low in fat, sugar and sodium.

Try to choose healthy foods.

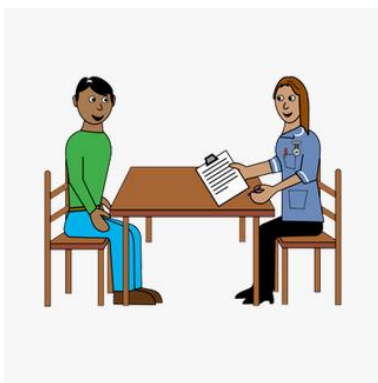


If your blood sugar goes low, you may have to eat foods high in sugar.



You can use food labels to tell what foods are high in sugar.

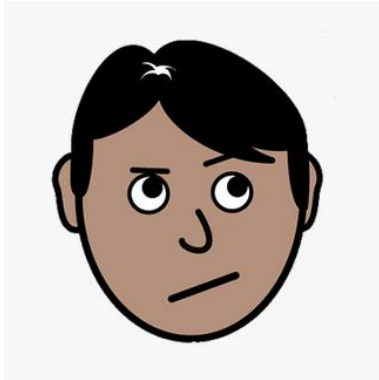
A support person can help you.



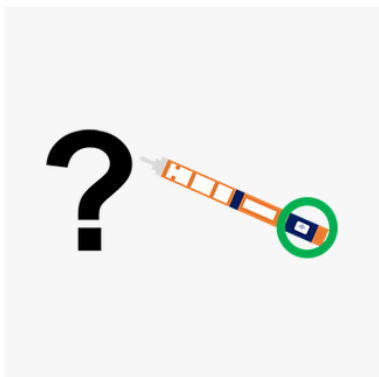
You can use a food label to work out how much insulin to take.

A support person can help you.

Carb Counting



It is important to know how many carbs you eat.



Knowing how many carbs are in your food tells you how much insulin to take.

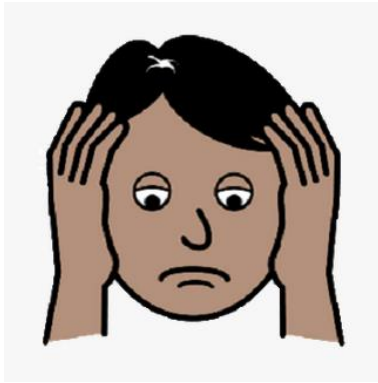


When you don't know how many carbs you are eating you can

- Take too much insulin. Your blood sugars might go low.



- Take too little insulin. Your blood sugars might go high.



Carb counting can be hard.

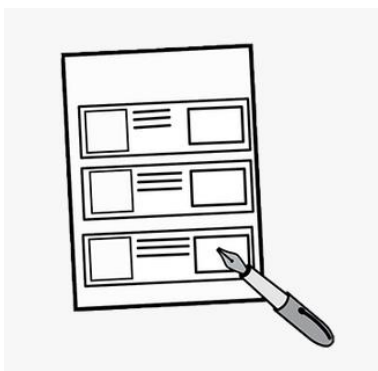
There are lots of different ways you can do it.

Nutrition Information		
Servings per package - 2		
Serving size – 1 unit		
	Per serve	Per 100g
Energy	400kj	800kj
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

- Use food labels. They tell you how many carbs are in food.

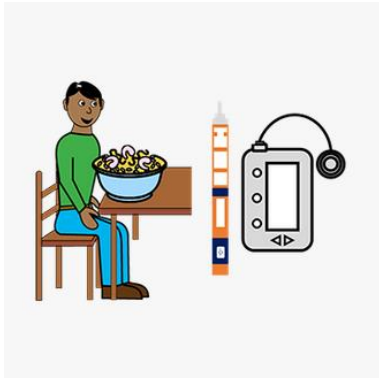


- Use a visual guide. Like a website or app.



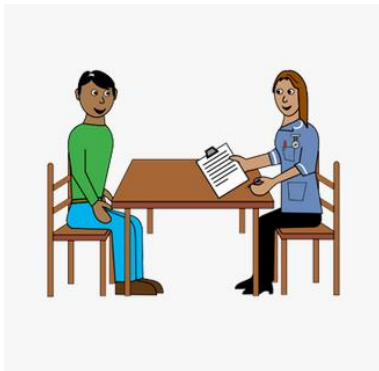
- Use a reference list. A reference list is when you eat a lot of the same food.

You can write down how many carbs there are so you don't have to count them every time.



Find a way which works for you.

When you know how many carbs you are eating, you can use this number and your carb ratio to work out your insulin dose.

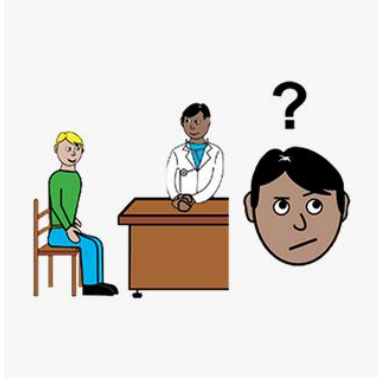


Your diabetes educator can help you. They will know your carb ratio.

Visiting Health Workers

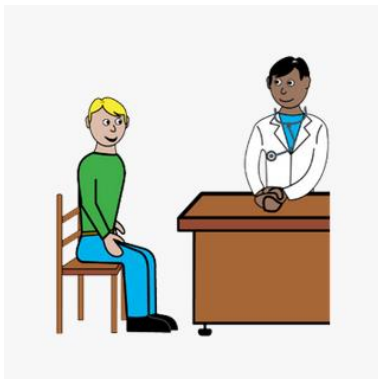
Visiting the Doctor

Tips for Visiting the Doctor



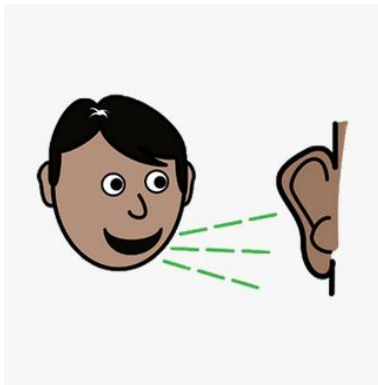
Doctors may tell you lots of things.

It can be hard to understand.

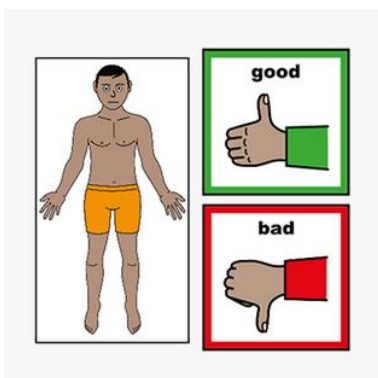


Tell your doctor it is hard to understand them.

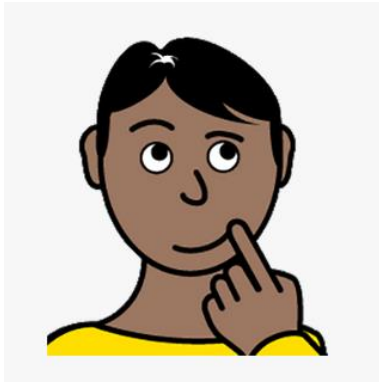
And ask them to talk in a way you understand. Like



- in a slow way
- they don't use big words



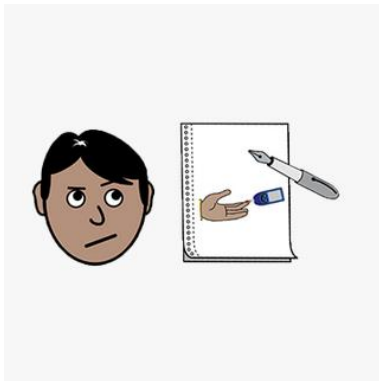
- they use pictures



You can write down what the doctor tells you.

A support person can help you write.

You can ask the doctor to write things down.



Before you go to the doctor write down

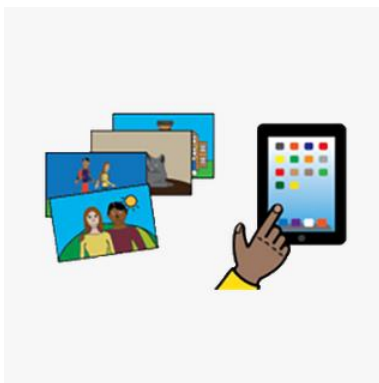
- what you want to say
- questions you want to ask

A support person can help you write



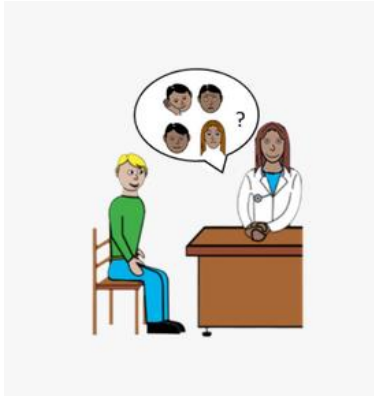
You can bring

- things that make you feel comfortable
- fun things to do while you wait



- things that help you communicate

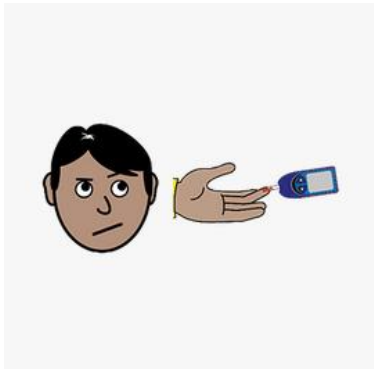
What will the doctor ask you?



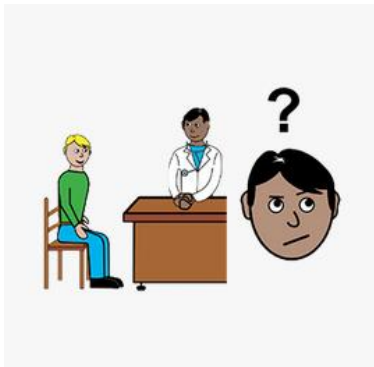
They might ask you

- how you feel

or



- how your diabetes is going
- what is hard about looking after your diabetes
- about your blood sugars

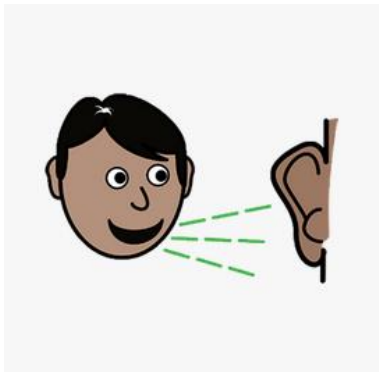


Doctors may tell you lots of things.

It can be hard to understand.



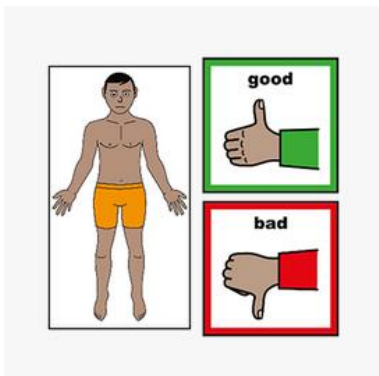
Tell your doctor it is hard to understand them.



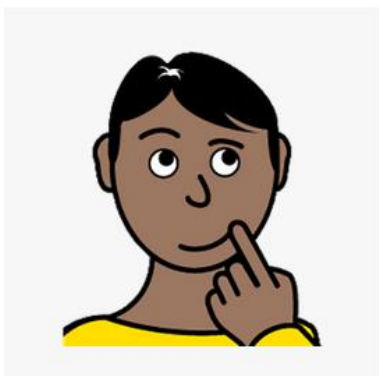
and

Ask them to talk in a way in understand. Like

- In a slow way
- They do not use big words



- they use pictures



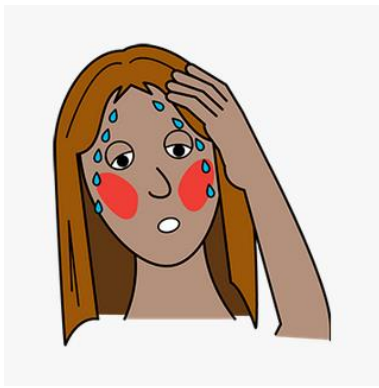
You can write down what the doctor tells you. A support person can help you.

You can ask the doctor to write.

What do I say to the doctor?



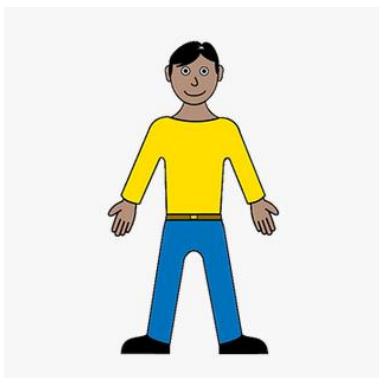
There are lots of things you can see the doctor about.



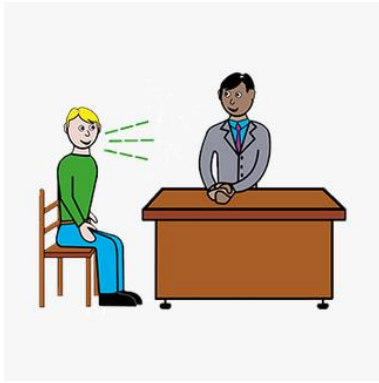
You may see the doctor about feeling sick.



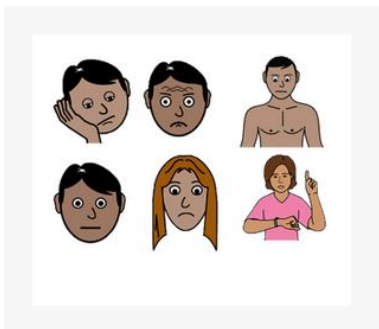
You may see the doctor about your blood sugars.



You may see the doctor for a check up.

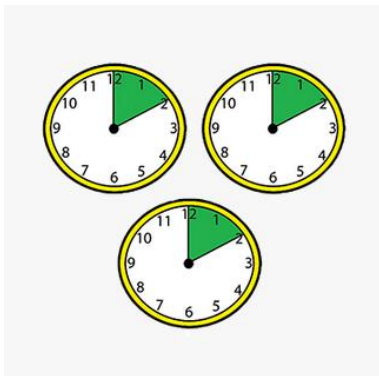


Tell the doctor about why you came to see them.

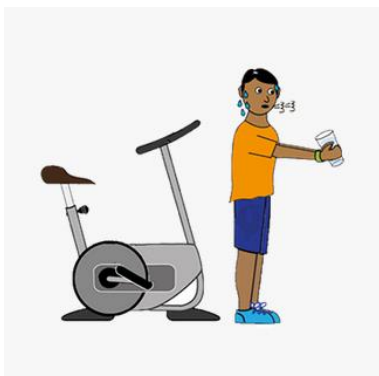


You can tell them

- what you are feeling
- where you are feeling it
- when you feel it



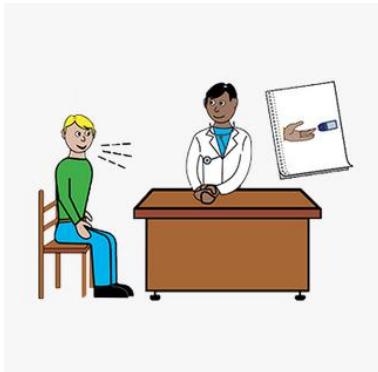
- how often you feel it
- how long it lasts



- what makes it happen
- what makes it better

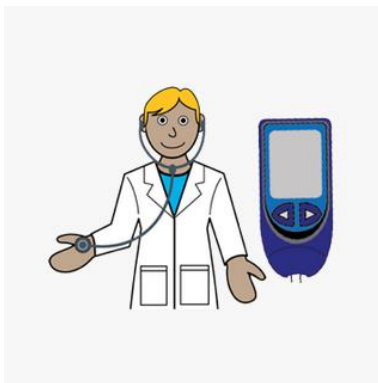


- what your support people have noticed



You can ask them questions.

Like about things you don't understand or are worried about.

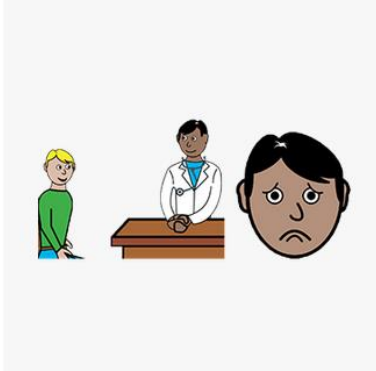


The doctor may ask you questions.

Try to answer them as well as you can.

They ask questions to work out how to help you.

I am nervous about seeing the doctor. What do I do?

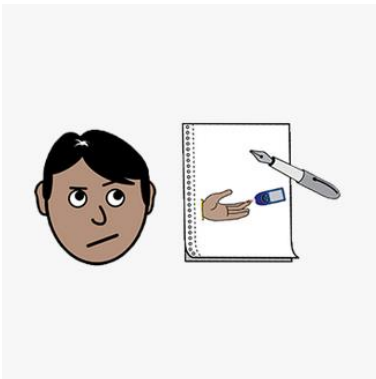


You are going to see a doctor.

You are nervous.



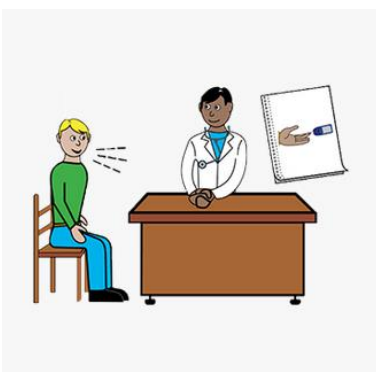
It is okay.



Write down what you want to say to the doctor.

It can help you remember what to say.

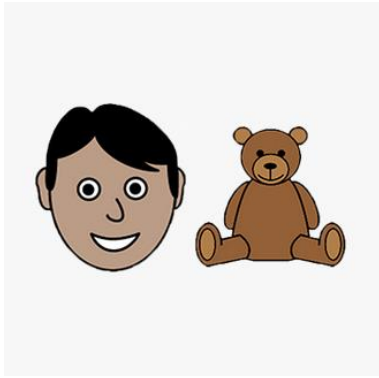
A support person can help you write.



Give your note to the doctor.

Or

You can keep it with you.

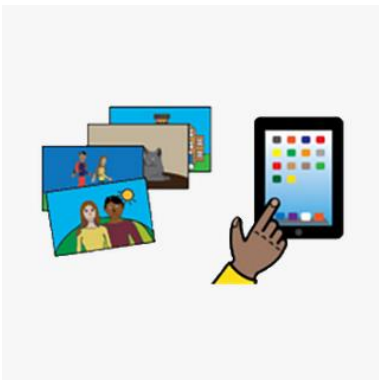


You can bring

- Things that make you feel comfortable. Like a toy.



- fun things to do while you wait. Like an iPad.



- things that help you communicate

You go to the doctor. You have diabetes.



The doctor tells you how to look after your health.

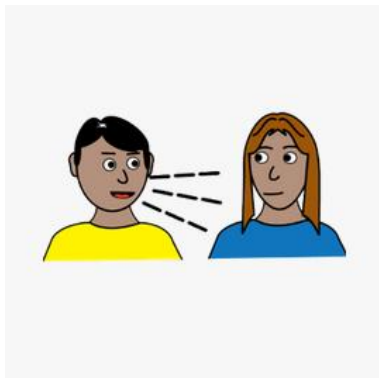
But

You still feel sick. Your diabetes problem is not fixed. Like

- Your blood sugars are still high
- Your medicines make you feel sick

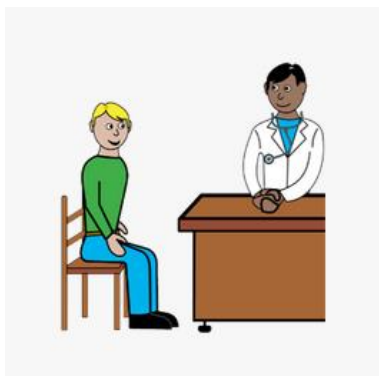


This is normal. It is OK.



Talk to someone you trust.

Ask for help.

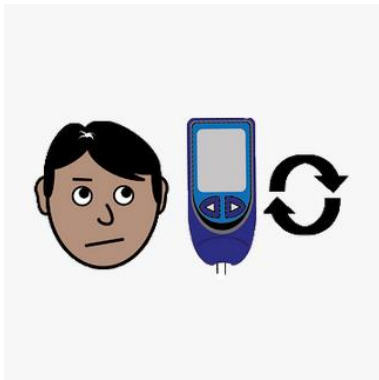


Go back to the doctor.

Did going to the doctor fix your problem?



You went to see the doctor.
You talked about your diabetes.

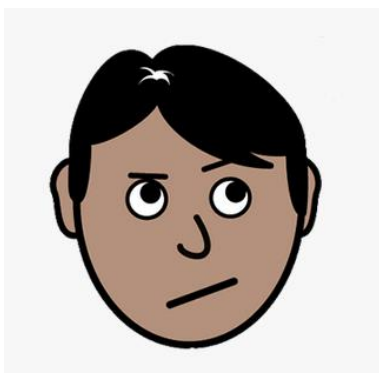


You may have had a problem. Like

- Your blood sugars changed. You did not know why.
- Your blood sugars change more often than normal



- You were sick

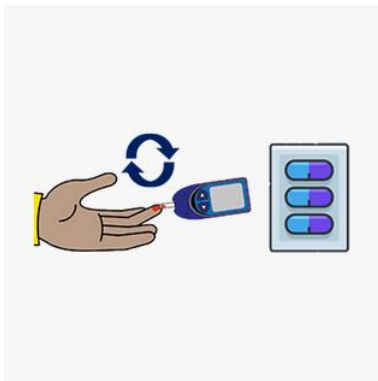


- You were confused



They might have told you

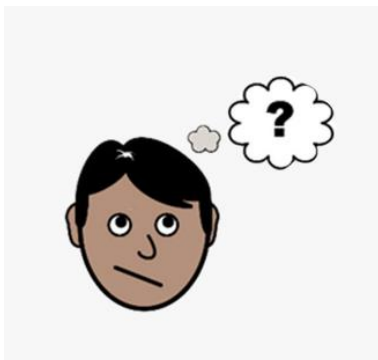
- That everything is going well. There is no need to change



- That you need to change something about how you look after your diabetes.

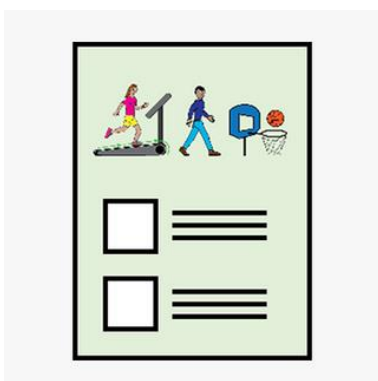
If something needs to change, that is OK.

That is normal.



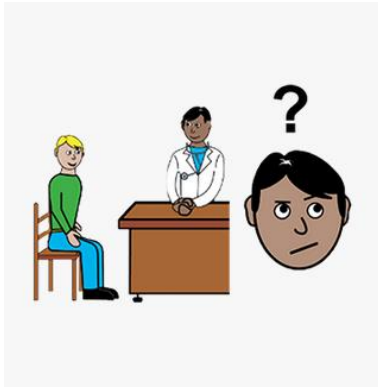
Think about what the doctor said.

If they said you need a change, think about how it can fit into your life.



Make a plan to add it to your day.

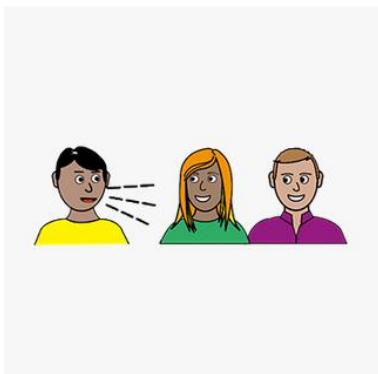
A support person can help.



You may not understand what the doctor said.

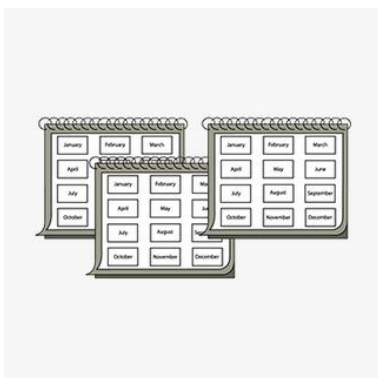
That's OK.

Talk to a support person. They can help you understand.



If you still don't understand, talk to the doctor again.

Ask them to explain it again.



Some health problems do not go away.

Or

They take time to go away.

That is normal.



Your doctor will help you take care of your problem.

You can ask your doctor if or when a problem will go away.

You are not happy with your doctor



You go to your doctor.

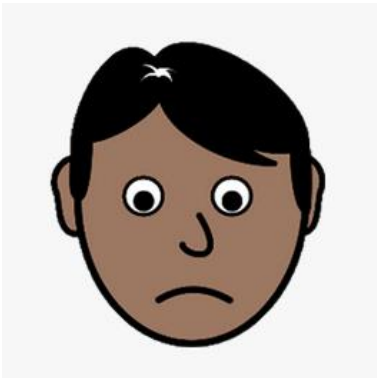
You are **not** happy with the visit.

You think



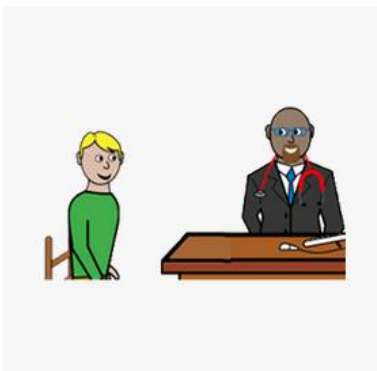
- your doctor did not listen to you

or



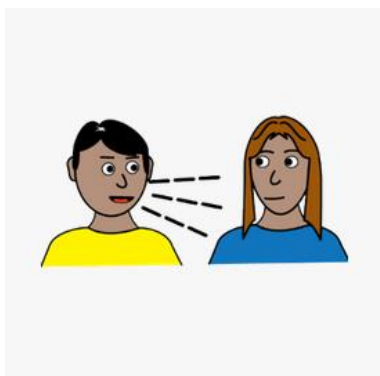
- your doctor said things that made you feel bad

You can



Go back to the doctor. Take a support person with you.

or



Talk to someone you trust.
Ask them for help.

or

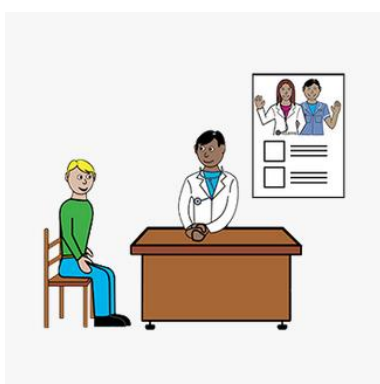


Go to a different doctor.

What is a referral?



Some health workers know lots about 1 part of your body.



Your doctor sometimes tells you to see other health workers. They will give you a referral.

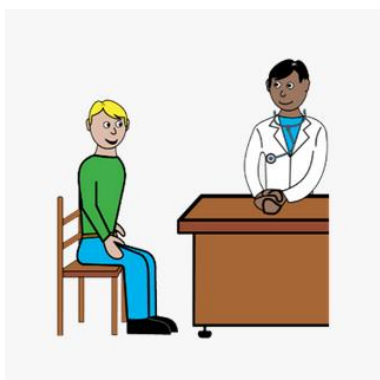


A referral is a letter.

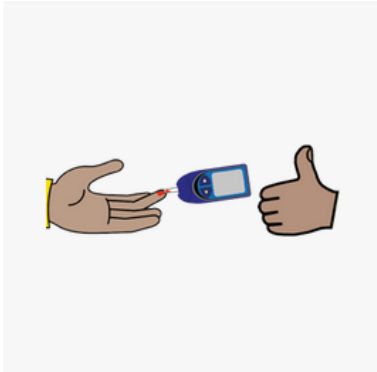
It tells health workers what your doctor wants to know.

When you get a referral you can ask

- why you need to see the health worker
- what the health worker will look at
- how you will pay for it



Your Diabetes Team

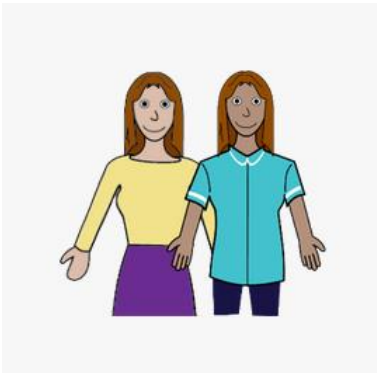


Your diabetes team helps you look after your diabetes.

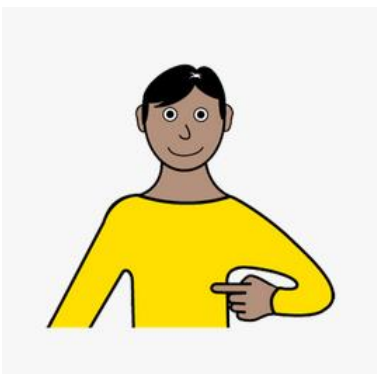
It has



- health workers. Like a diabetes educator or dietician



- your support people



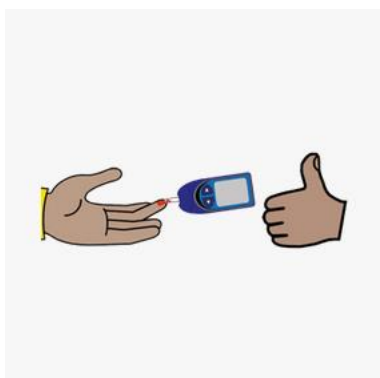
You.

Your GP and Diabetes



You see your GP the most about your diabetes. Like when you have

- questions
- problems



Your GP checks how you are looking after your diabetes.



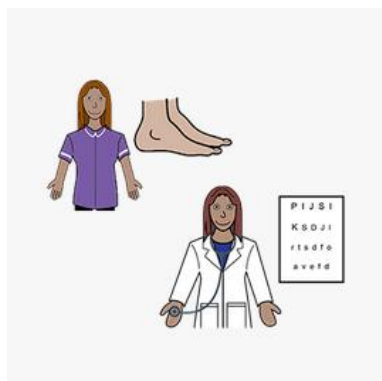
They will check your

- blood and pee
- weight
- blood pressure



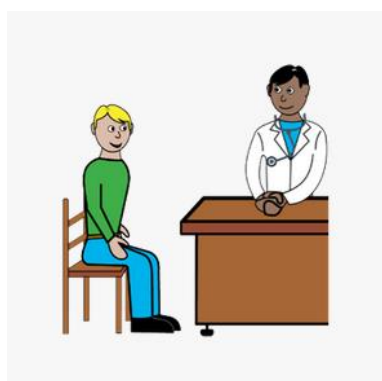
Sometimes you must see health workers for your diabetes.

They know a lot about 1 part of your body.



Health workers are people like

- Podiatrists. They help you look after your feet
- Optometrists. They help you look after your eyes.



Your GP tells you when you must see them.

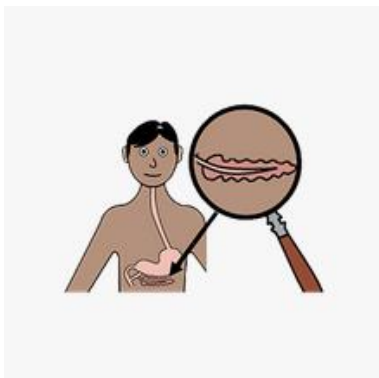
Your Endocrinologist



They are doctors for diabetes.

They are endocrinologists.

Sometimes people call them endos.



They know lots about insulin and your pancreas.

They help you keep your blood sugars in range.



They help you have good blood sugars.

Your blood sugars must be

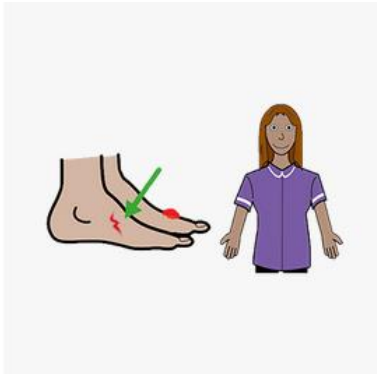
- not too low
- not too high



They will check how

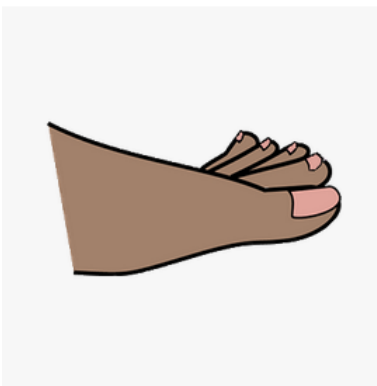
- Your blood sugars have been
- Your insulin is going
- Your diabetes health checks are going
- What other medicines you are taking.

Your Foot Doctor



Your foot doctor is a health worker.
They are called podiatrists.

They will help you look after your feet.



They will check your feet.

They will check your toe nails

- are short
- do not look sick



They will touch your feet and legs with
special tools. It will not hurt. It may feel

- cold
- a bit funny
- like you are being tickled



They will talk with you. They will help
you look after your feet.

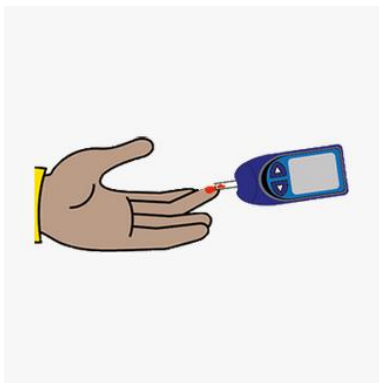
Your Diabetes Educator



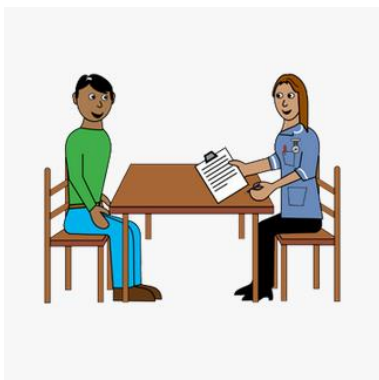
A diabetes educator show you how to



- take your insulin



- check your blood sugars
and
- understand what they mean



They will ask about

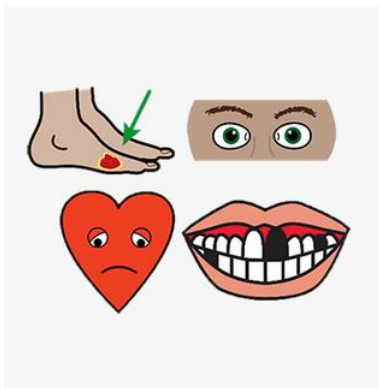
- taking your medicines
- taking insulin
- do you need more help to look after your diabetes.

Health Problems from Diabetes

Health Problems from Diabetes

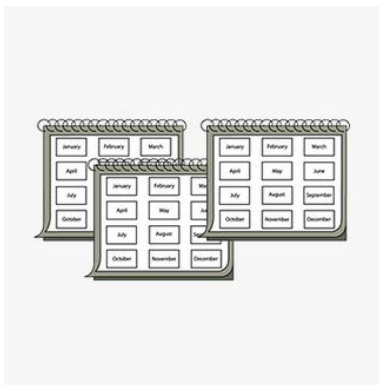


Look after your diabetes.
It helps you stay well.

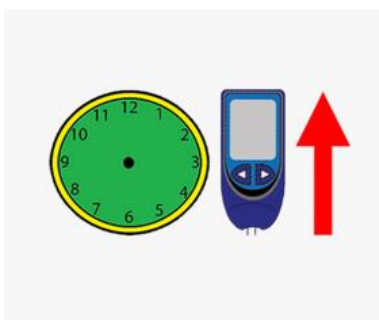


Diabetes can hurt different parts of your body.

It can be because



- you have diabetes for many years
- you smoke
- you do not do any exercise.



- your blood sugars are high for a long time

Diabetes and your teeth



It is important to look after your teeth and gums.

Your teeth can come out. They can come loose.



Gums are the red parts near your teeth. They hold your teeth in.



High blood sugar is bad for your gums.

You can also get

- holes in your teeth
- a dry mouth





- Germs in your mouth

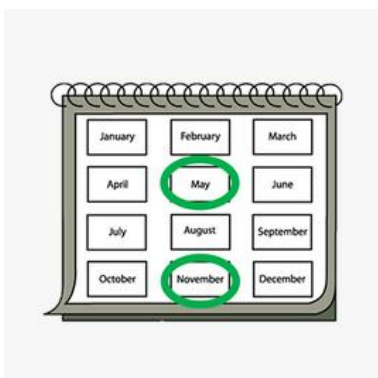


But

You can stop teeth problems



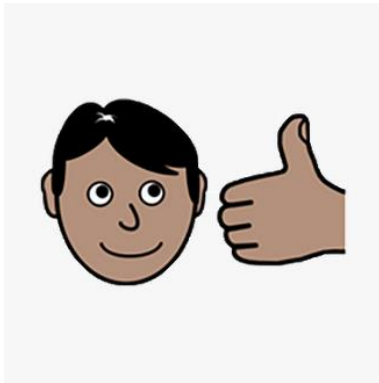
Go to your dentist.



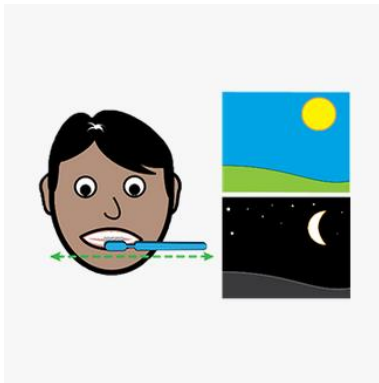
Go 2 times every year. Like

- March
- **and**
- September

Look after your teeth



It is important to look after your teeth.



Brush your teeth

- in the morning
- **and**
- before you go to bed



Floss your teeth.

Do this before you brush your teeth.



Stop smoking.



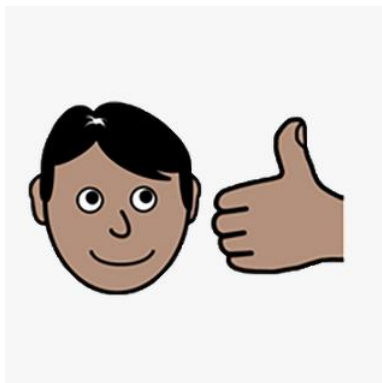
Try to eat less

- sweet foods
- soft drink
- juice

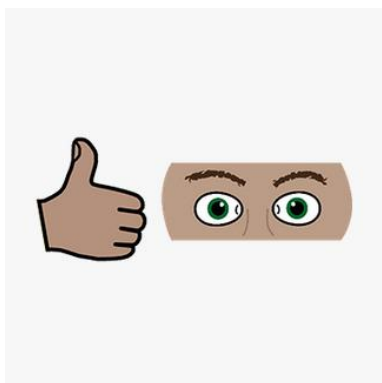


It is OK to have these foods when you have low blood sugar.

Diabetes and your eyes



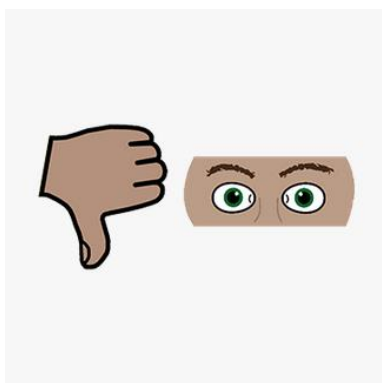
It is important to look after your eyes.



Your eyes need blood.



High blood sugar hurts your eyes.

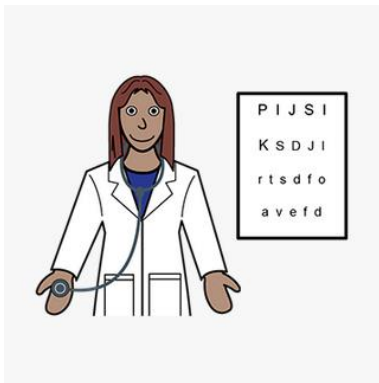


It can make it hard to see.



But

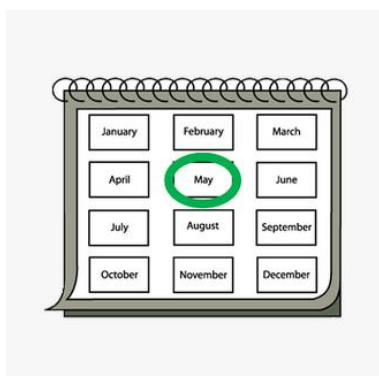
You can stop eye problems



Talk to your eye health worker.

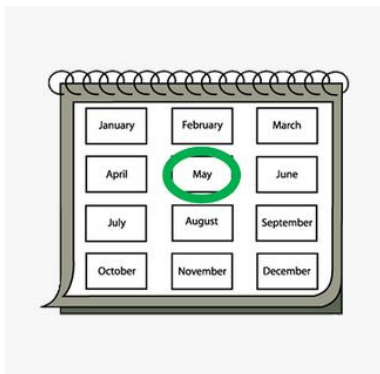
They are called

- optometrists
- ophthalmologists

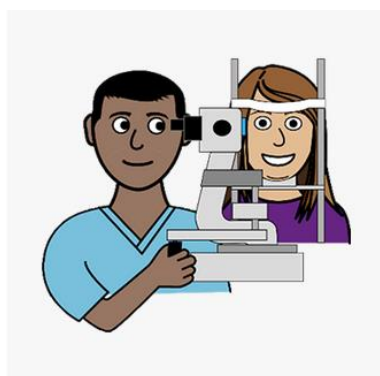


Do this every year.

Look after your eyes



Get your eyes checked every year.

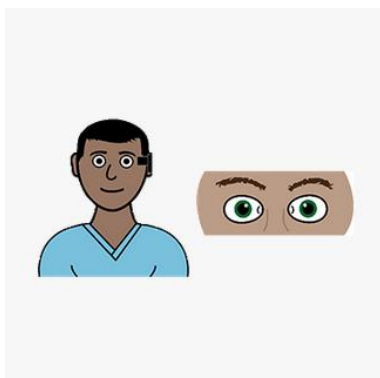


It can be an

- eye doctor. They are ophthalmologists

or

- eye health worker. They are optometrists



They will

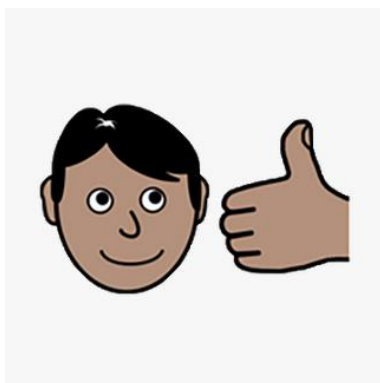
- look at your eyes
- talk to you about ways to look after your eyes

You can also

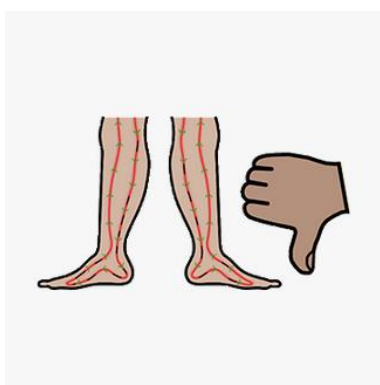


- stop smoking
- look after your blood sugars

Diabetes and your feet

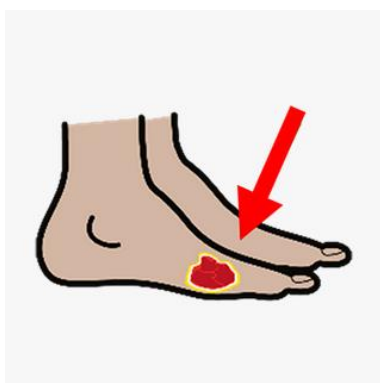


It is important to look after your feet.

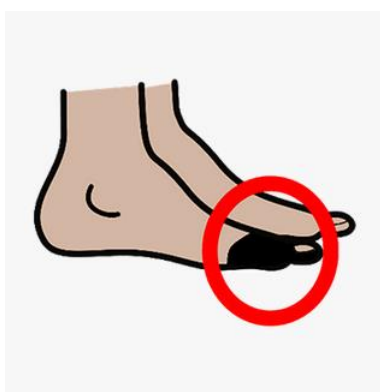


Your feet need blood.

Diabetes makes it hard for blood to get to your feet.



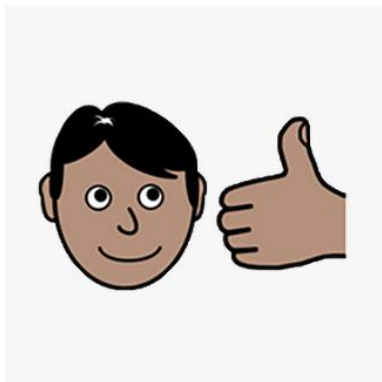
When your feet get less blood you can get sores.



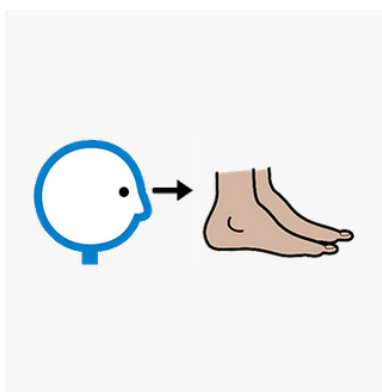
Parts of your feet can die. Doctors have to take away the parts that are dead. This is in an operation.

Talk to your doctor about your feet. There are special health workers for your feet. They are podiatrists.

Look after your feet



It is important to look after your feet.



Your feet may not hurt..

But

Look at your feet every day.

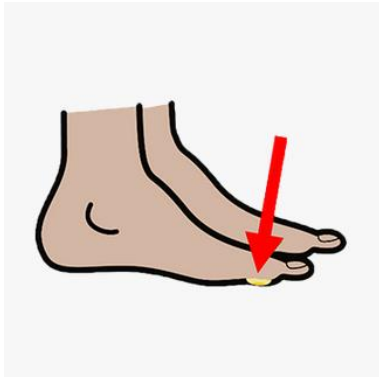
Look for



- sores
- red skin



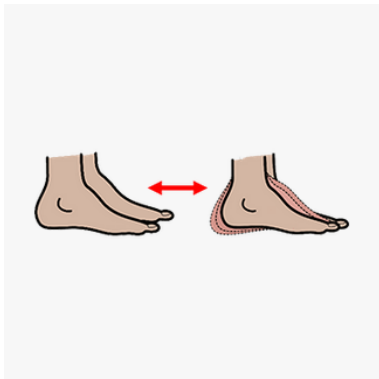
- broken skin
- or
- cracked skin



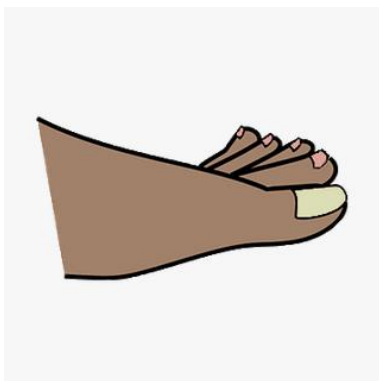
Other things to look for

Check the skin

- on your toes and your heel
- between your toes
- hard parts on your feet



- your feet can look different
- they look different to yesterday
- your feet may feel tight in your shoes



- your toe nails can look different

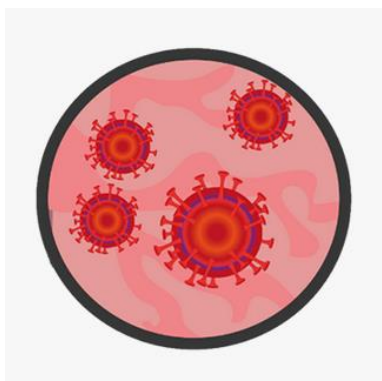


You should see a foot health worker.

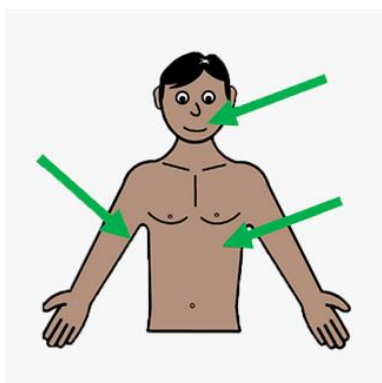
They are called a podiatrist.

You should do this every year.

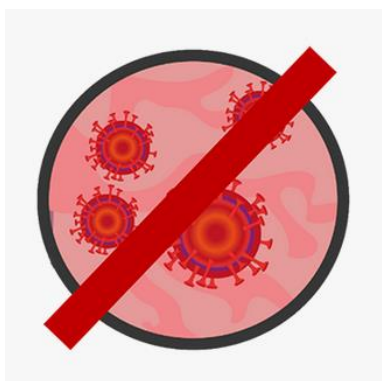
Diabetes and your skin



Germs can get into your body.
They can hurt you.

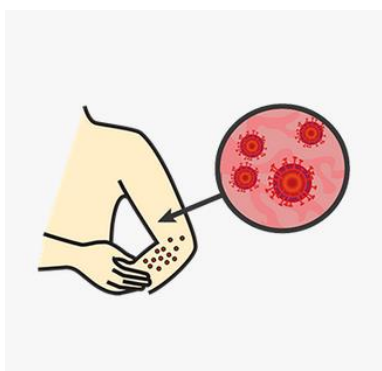


Healthy skin stops the germs.



The germs can **not** get into your body.

But



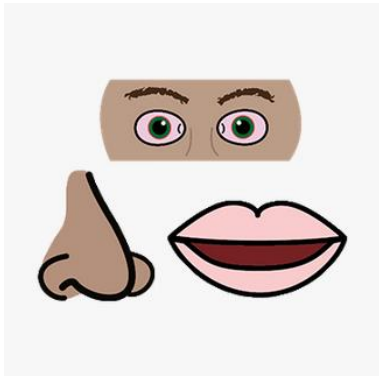
You may have dry skin.
Germs can get into your body.
This is an infection.
You can get very sick.

Look after your skin



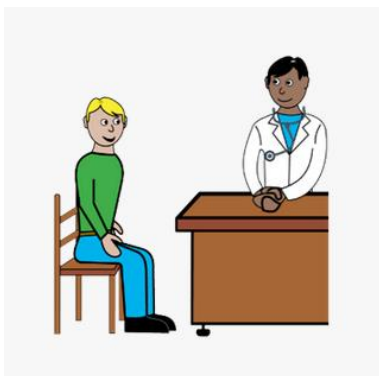
Cream helps your skin.

You must put cream on every day.



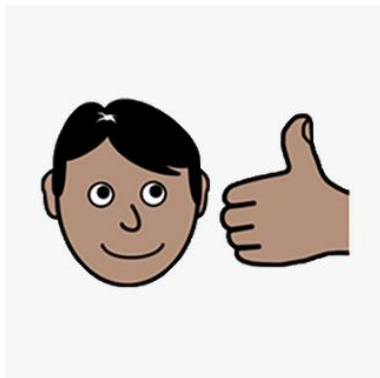
You can also have

- dry eyes
- a dry mouth
- a dry nose

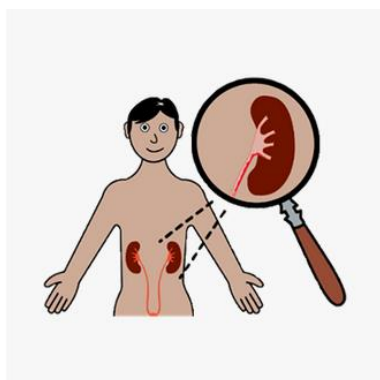


Talk to your doctor. They can help you with your dry skin.

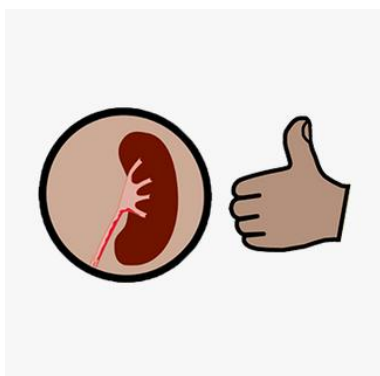
Diabetes and your kidneys



It is important to look after your kidneys.



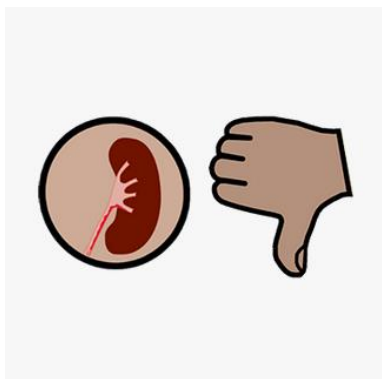
You have 2 kidneys.



Kidneys take bad things out of your blood.

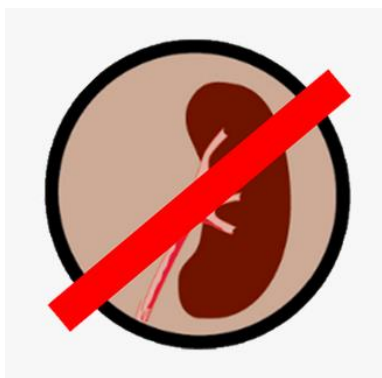


You may have high blood sugar for a long time.



This is hard for your kidneys.

Your kidneys can not take all the bad parts from your blood.

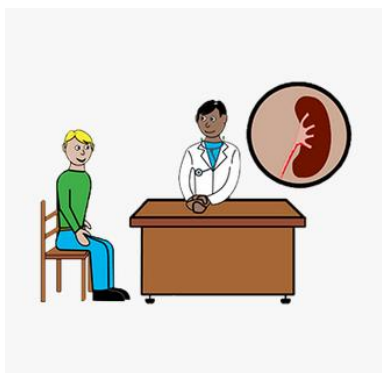


Your kidneys stop working.

They do not take the bad things from your blood.

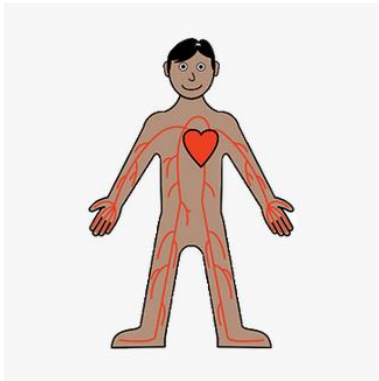


You can do things to look after your kidneys.

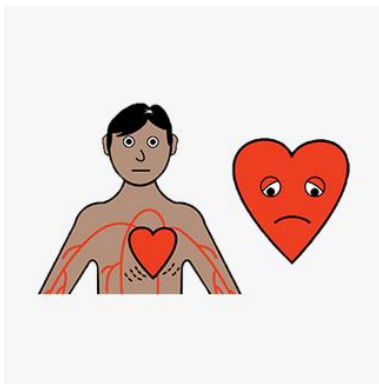


Talk to your doctor.

Diabetes and your heart

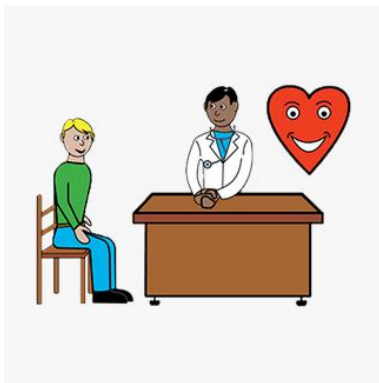


Your heart moves blood around your body.



High blood sugar hurts your heart.

Your heart must work a lot more to move your blood.



Talk to your doctor.

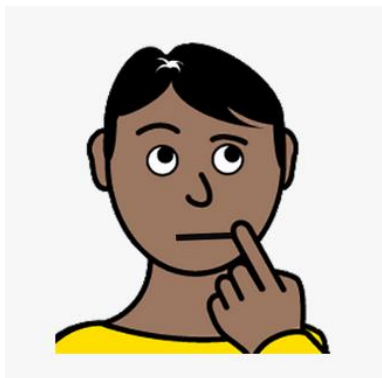


They will check your

- blood
- weight
- blood pressure

Do this every year.

Diabetes and your feelings

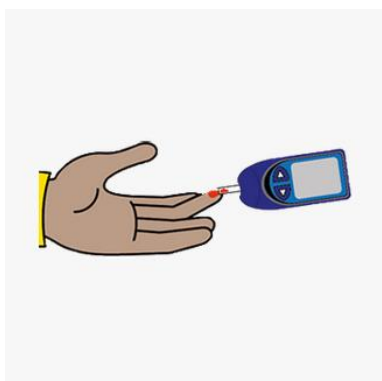


Having diabetes can mean doing new things.

Like now you must

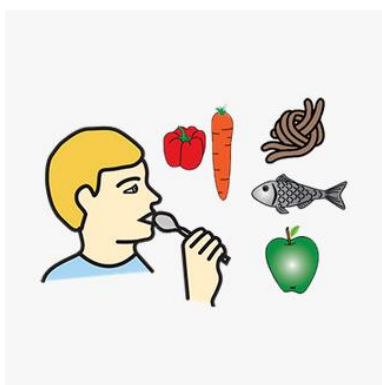


- take diabetes medicines



- check your blood sugars

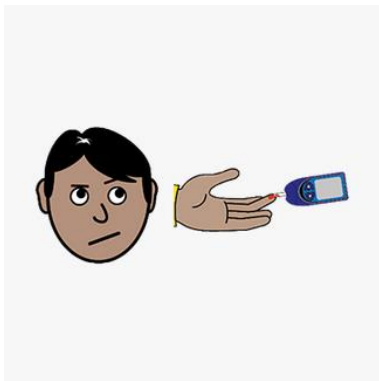
Now you also



- eat healthy or
- make changes to the food you eat.
like eating
- more low GI carbs
- more vegetables

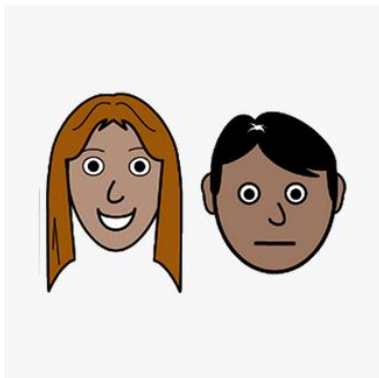


- do exercise



- think about your diabetes

Making changes can make you feel



- good
- okay

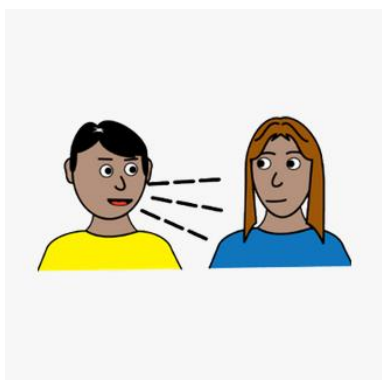
or



- sad
- bad
- worried



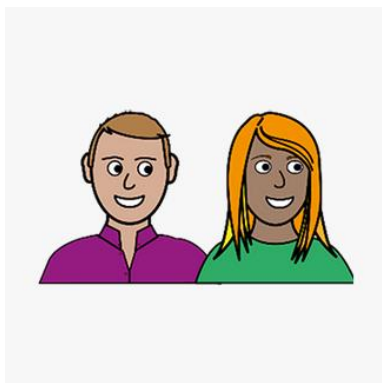
It is OK.



Talk to someone you trust.

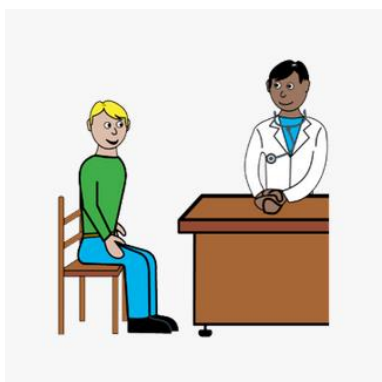
It might help you feel better.

You can talk to



- friends
- family members

or



- your GP.

