

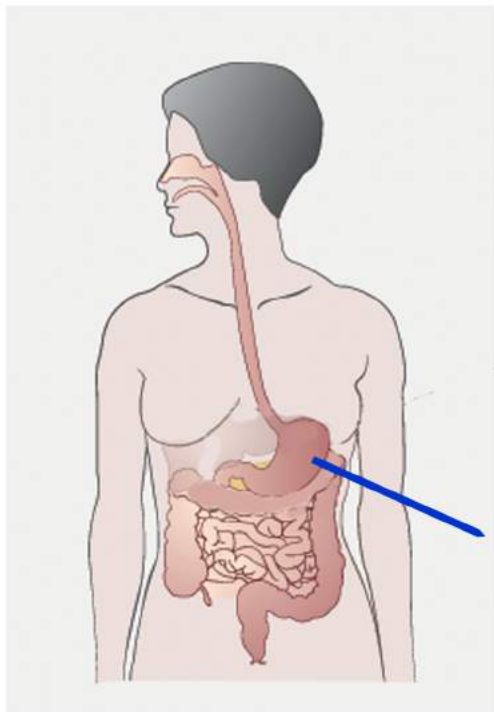
# Understanding Diabetes



An EasyRead Guide

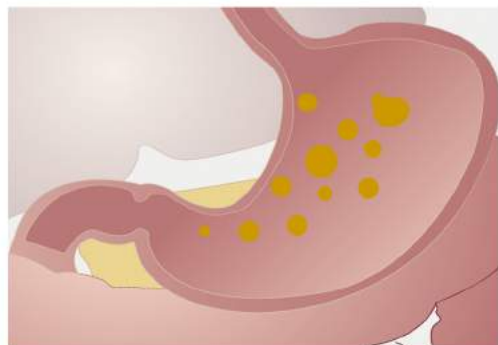


# What is diabetes?

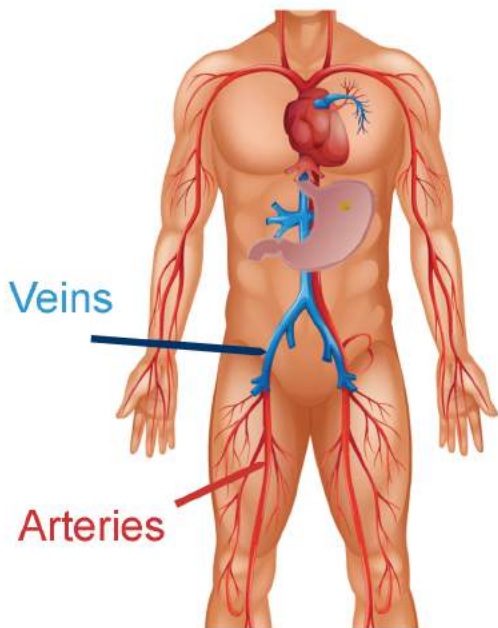


When you eat food  
it goes into your  
**stomach**.

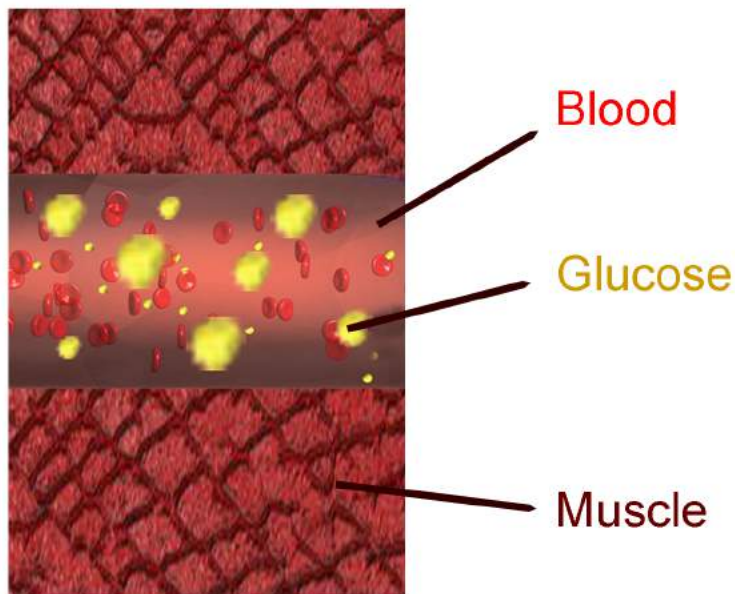
**Stomach**

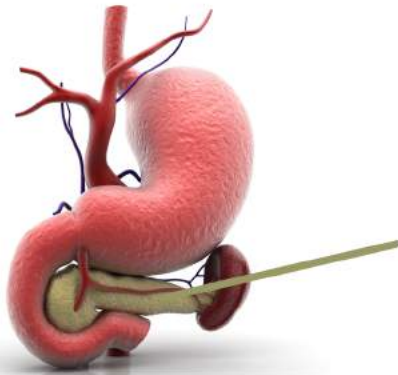


Your stomach turns  
the food into a type  
of sugar called  
**glucose**.

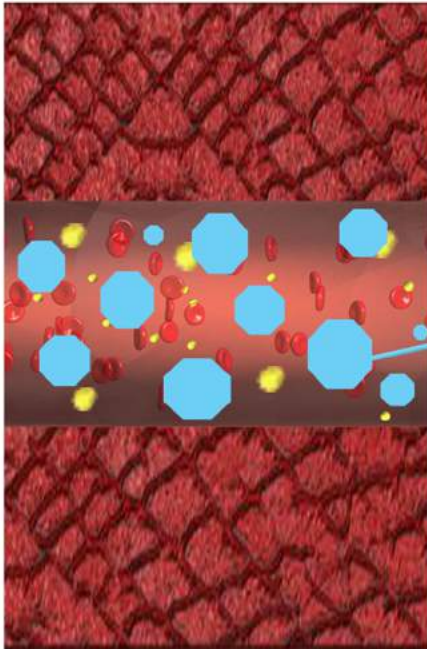


The **glucose** goes into your blood and is carried round your body in your **veins** and **arteries**.

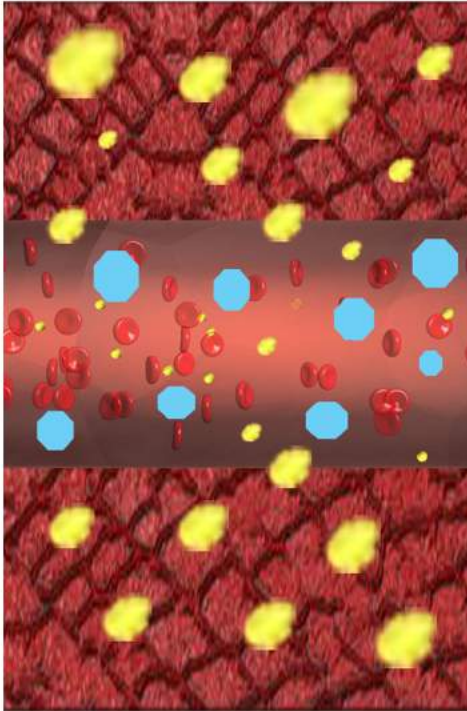




You have a part  
inside your body  
called the  
**Pancreas.**

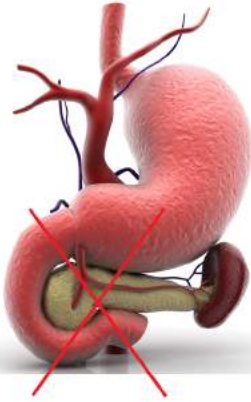


Your pancreas  
makes  
**insulin**,  
and puts that  
in the blood too.

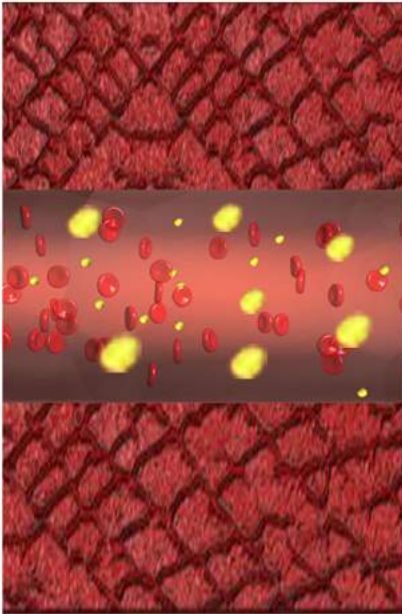


The **insulin** lets  
the **glucose** get  
out of your  
blood and into  
your **muscles**.

This gives you  
energy.



When people have diabetes, their **pancreas** does not make enough **insulin**.



This means that the **glucose** can't get into their **muscles** to give them energy.

The glucose stays in their blood, and they feel tired all the time.

# Symptoms of diabetes



You feel tired  
all the time.



You need to go  
for a wee a lot.





You feel thirsty  
and drink more.



You might not  
see so well.



If you get a cut  
it won't heal so  
quick.

# What to do if you are worried



If you think you have some of the symptoms you can have a diabetes test.



Ask at your doctors surgery.



You are less likely to get diabetes if you eat a healthy balanced diet.



Try to avoid fatty foods like chips, burgers, pies and sausages.



Try to avoid sugary food like cakes, biscuits and pastry.

Get lots of exercise. Have fun :



Walking



Cycling



Swimming



Gardening



And remember to  
drink lots of water.

Try to do  
30 minutes  
exercise at  
least 5 times  
each week.



You are more likely to get diabetes if you are overweight.



Especially if the weight is around your tummy.



A healthy lifestyle with good food and lots of exercise is the best way to avoid diabetes.



Once a year you can ask your doctor's surgery for an Annual Health Check.



They might check your weight and height, blood pressure, ears and eyes.



They might ask you about things like diet, exercise, any medications you take and anything to do with your health.



The appointment lasts about 30 minutes and will help you stay healthy.

Ask at your doctor's surgery about free Annual Health Checks for people with learning disabilities.





For more information or support about diabetes,  
you can contact :



Diabetes UK  
Tel 0345 123 2399



[www.diabetes.org.uk](http://www.diabetes.org.uk)

This booklet was made by those who need accessible  
information working with btm.

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