



NHS Tayside Diabetes Managed Clinical Network Patient Information Leaflet

Self Care for people with Type 2 Diabetes

What can I do to help my diabetes?

It is likely that your GP and Practice Nurse will share responsibility with yourself for looking after your diabetes. Most people with Type 2 diabetes do not need to be referred to see a Hospital Consultant for their routine ongoing care.

The most important part of your diabetes care is how you look after your own condition. You should:

- Take regular exercise, eat a healthy diet, loose weight if you are overweight and stop smoking if you smoke. Your Practice Nurse will be able to give you advice about how go about these things.
- Take all your prescribed medication regularly and discuss with your GP any concerns or problems you are having with your medication.
- Look after your feet carefully and seek help if you develop corns, callous ulcers, foot infection or any other problems.
- Attend all your appointments and re-arrange these if you are going to be unable to attend one that has been arranged.
- Know who in the Practice to contact if you have concerns or questions about your diabetes.
- Know the address of the Tayside Diabetes website which contains more information about your condition and the services available to you <http://www.diabetes-healthnet.ac.uk/> .
- Ensure that you apply for free prescriptions if you are requiring medication to control your sugar levels.

- If you drive, inform your Insurance Company if you commence insulin treatment.

Other leaflets you may find useful which are available on the Diabetes Managed Clinical Network website www.diabetes-healthnet.ac.uk include:

- What diabetes care should you have from your Practice? – For people newly diagnosed with Type 2 diabetes
- What diabetes care should you have from your Practice? – Ongoing care for people with Type 2 diabetes
- Health Eating and Your Diabetes
- Exercise and Your Diabetes

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