

Tayside Diabetes Website

www.diabetes-healthnet.ac.uk

NHS Tayside Diabetes MCN

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Welcome to the website of NHS Tayside's Diabetes Managed Clinical Network (MCN)

The MCN is a coordinated network of professionals involved in providing diabetes care across the region. Within this network patients and professionals work together to continually develop and improve this care. This website provides local information about diabetes and diabetes care for both healthcare professionals and patients. We hope you find the site useful and would appreciate feedback on any aspect of the site or the information provided. Please send your comments to: [Elaine Wilson](#)

SCI-DC
Secure clinical information for diabetes care

TDEP
(Tayside Patient Education Programme) Group education sessions for people newly diagnosed with Type 2 diabetes.

Handbook
Guidelines for diabetes care.

Patient Information
Information for patients including patient leaflets, events, groups.

Professional Education
Information about educational opportunities, conferences, locality forums.

MCN
Managed Clinical Network Documents including strategy, annual reports.

Latest News
Latest Tayside Diabetes news and events.

Links
Diabetes Web Links

Research
Diabetes research in Tayside.

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Enhanced Service
Information on Local Enhanced Service for Diabetes.

Eye Screening
Details of the Retinopathy screening programme

Children's Services
Services and guidelines for children

Specialist Clinics
Specialist Diabetes Clinics across Tayside

Meet the Team
Team members of the Tayside Diabetes Clinical Network.

Research
Diabetes research in Tayside.

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Latest News...

2nd Patient and Carer Conference Planned

This official Website is designed to help patients with diabetes and their carers to keep up to date with the latest support and information about Diabetes Care in Tayside.

The Diabetes Handbook, contains locally agreed protocols and evidence-based guidelines for the management of all aspects of diabetes, and is used by Healthcare Professionals throughout Tayside.

A wide range of regularly updated Patient Information Leaflets are available, to read on-line or to download and print off. These guarantee to provide you with accurate and consistent advice. Leaflets available are:

Introduction to Diabetes

Your Guide to Diabetes

Your Guide to Type 2 Diabetes

Gestational Diabetes

Your Guide to Type 1 Diabetes

Impaired Glucose Tolerance

Looking After Yourself and Your Treatment

What care to expect for people newly diagnosed with Type 2 diabetes

What can I do to help my Type 2 diabetes

Healthy Eating for Diabetes

Diabetes and Alcohol

Diabetes and Looking After Your Feet

Diabetes and Looking After Your Eyes

Diabetes and High Blood Pressure

Adjustment of Insulin

Having a Hypo

What ongoing care to expect for people with Type 2 Diabetes

What happens at a Diabetes Clinic

Diabetes and Exercise

Diabetes and Smoking

Looking After Your Diabetic Foot Ulcer

Diabetes and Cholesterol

Guide to Glucose Monitoring

Insulin Adjustment Basal Bolus with pictures

If You Feel Ill

Sick Day Rules for Patients with Type 2 diabetes on Tablets

Sick Day Rules for Patients with Type 1 Diabetes

Diabetes

Sick Day Rules for Patients with Type 2 Diabetes on Insulin

Diabetes

Living with Diabetes

Diabetes, Family Planning and Pregnancy

Diabetes and Driving

Diabetes and Travel

Diabetes and Erectile Dysfunction

Diabetes and Employment

Complications

Neuropathy

Diabetes and Heart Attacks

Other languages

Diabetes UK – Range of leaflets in Arabic, Bengali, Chinese, Gujarati, Hindi, Punjabi, Somali, Urdu and Welsh

NHS Direct Leaflet on Diabetes in Polish

Other Information

Diabetes Clinical Network Internet site

The website also contains information about patient events, local Diabetes UK patient support groups, Specialist Diabetes Clinics, Eye screening, the Children's Diabetes Service, latest diabetes related news, research activity and links to other approved diabetes-related websites.