



Diabetes Awareness

What is Diabetes?

Type 1 Diabetes is a serious, lifelong condition where your blood glucose level is too high because your body can't make a hormone called insulin.

Around 10 per cent of people living with diabetes in the UK have Type 1 diabetes. It's the most common type of diabetes in childhood but it can develop at any age.

Type 2 Diabetes is a serious, lifelong condition where blood glucose level is too high. This is because the body doesn't make enough of a hormone called insulin, or the insulin doesn't work properly.

Around 90 per cent of people living with diabetes in the UK have Type 2 diabetes. Type 2 diabetes starts gradually, usually later in life, although people are being diagnosed at a younger age. It is the most common type of diabetes in adults.

What are the signs of Diabetes?

The common symptoms of diabetes are:

- Going to the toilet a lot, especially at night.
- Being really thirsty.
- Feeling more tired than usual.
- Losing weight without trying to.
- Genital itching or thrush.
- Cuts and wounds take longer to heal.
- Blurred vision.

Why do the symptoms of Diabetes occur?

These symptoms occur because some or all of the glucose stays in the blood, and isn't being used as fuel for energy. The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine. High levels of glucose being passed in the urine are a perfect breeding ground for the fungal infection which causes thrush.

Early Diagnosis of Diabetes

Early diagnosis, treatment and good control are vital for good health and reduce the chances of developing serious complications.

If someone has the symptoms of Diabetes it is important to get checked by their GP.

What Happens if you Ignore the signs of Diabetes?

It's hard to ignore the signs of Type 1 diabetes because symptoms can often appear quite quickly. But leaving it untreated can lead to serious health problems, including diabetic ketoacidosis, which can result in a potentially fatal coma.

Although the majority of people with Type 1 diabetes are diagnosed in childhood and early adulthood, the symptoms are the same at any age. Adults with Type 1 Diabetes may not recognise their symptoms as quickly as children, which could mean their diagnosis and treatment may be delayed.

Type 2 Diabetes can be easier to miss as it develops more slowly, especially in the early stages when it can be harder to spot the symptoms. But untreated diabetes affects many major organs, including your heart, blood vessels, nerves, eyes and kidneys. Being diagnosed early and controlling your blood sugar levels can help prevent these complications.