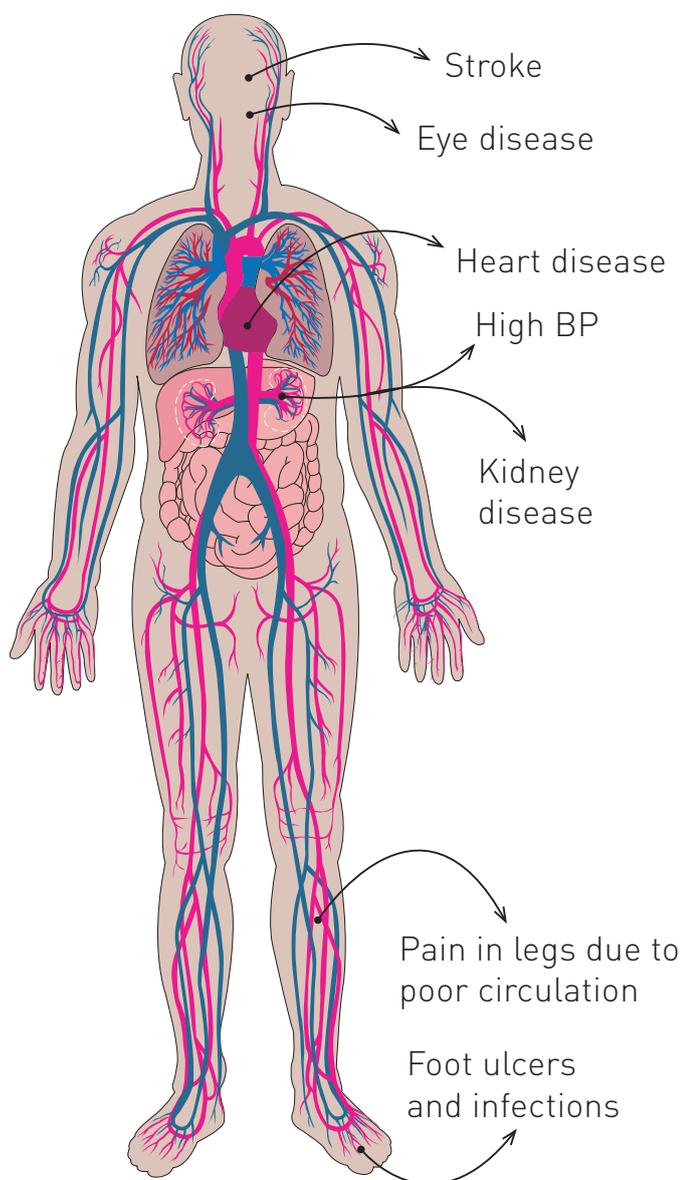


# DIABETES CARE



**What happens if you follow the Alphabet Strategy? As patients reach their targets, the chances of developing serious complications of diabetes will be reduced!<sup>1</sup>**



## Advice

- Not smoking
- 5 portions of fresh fruit and veg daily
- Weight normal/reducing
- Exercise 30 minutes, 5 times a week

## Blood Pressure

- Know your BP target

## Cholesterol

- Know your Cholesterol target

## Diabetes control

- Know your HbA1c target

## Eyes

- Checked annually and treated

## Feet

- Check daily by yourself
- Check annually by a professional

## Guardian Drugs

- Speak to your diabetes care team about these

Reference  
1. Peter Gaede *et al.* *Effect of a Multifactorial Intervention on Mortality in Type 2 Diabetes.* N. Engl. J. Med. 358;6. February 2008

All Diabetes problems can be reduced by following a programme like the Alphabet Strategy.



# ADVICE ON DIABETES



## Do you answer **NO** to any of these questions?

- Do you eat a **healthy diet**?
- Do you take regular **exercise**?
- Are you a **non-smoker**?
- Do you know your target **weight**?
- Will you know if you are having a **hypo**?

**Diet:** Maintaining a healthy diet and preventing or reducing overweight will help you control your diabetes. Aim for 5 portion of fruits/vegetables daily.

**Exercise:** Regular exercise will help to maintain an optimum weight and will benefit all members of the family. Usually 30 mins of brisk walking, 5 times a week is enough.

**Smoking:** It is widely accepted that smoking causes heart and lung disease. Most diabetes complications are worsened by smoking.

**Weight control:** There is a greater risk of developing heart disease with increasing waist circumference. Know your target weight.

**Alcohol:** Alcohol lowers the blood sugar, so it is important not to drink on an empty stomach. The recommended guidelines say that a man should not regularly drink more than 3-4 alcohol units a day and a woman should not regularly exceed 2-3 units a day.

**Driving:** Plan your trip carefully, avoid hypos while driving, keep glucose in the car.

### What is hypoglycaemia or hypos

Hypoglycaemia (a 'hypo') is when your blood glucose levels are too low, usually less than 4 mmol/L.

### What causes a hypo?

- Not enough food to fuel an activity
- Too much insulin
- Too little food at any stage of the day
- A missed or delayed meal or snack
- Vomiting
- Cold weather or hot weather

### Watch out for!!

- Sweating
- Drowsiness
- Mood change
- Trembling or shakiness
- Lack of concentration
- Headache
- Hunger

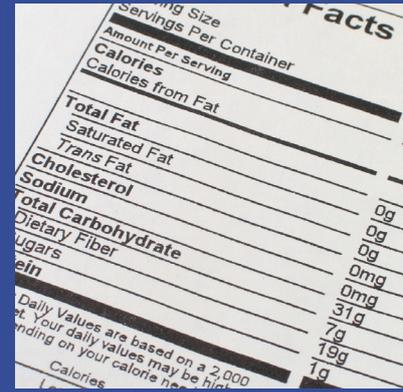


As soon as you feel as if you may be going into a hypo, you should stop what you are doing and take some sugar.



**Advice**  
**Blood Pressure**  
**Cholesterol**  
**Diabetes Control**  
**Eye Examination**  
**Foot Care**  
**Guardian Drugs**

# BLOOD PRESSURE



Have you hit the **bulls-eye?**

Discuss your BP target with your **diabetes care team**

- Excellent control of blood pressure is required!
- Raised blood pressure can increase most complications of diabetes.
- It is important that it is checked regularly.
- You may need to change what you eat and exercise more.
- Please take your medication regularly.

Try to reduce salt



## UK Prospective Diabetes Study Blood Pressure Control Study

A Blood Pressure of **144/82** versus **154/87**

Death related to diabetes reduced by

32%

Heart Attacks reduced by

21%

Stroke reduced by

44%



## Do you know your target?

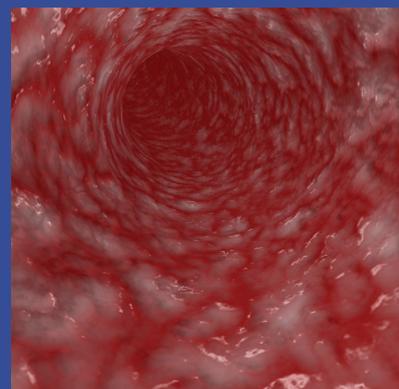
**Alphabet  
Strategy**

**Advice**  
**Blood Pressure**  
**Cholesterol**  
**Diabetes Control**  
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**Guardian Drugs**

# CHOLESTEROL



Serving Size 1/2 Cup (125g)	
Amount Per Serving	
Calories	
Calories from Fat	
Total Fat	3g
Saturated Fat	0.5g
Polyunsaturated Fat	1g
Monounsaturated Fat	1g
<b>Cholesterol</b>	<b>0mg</b>
Sodium	0mg
Total Carbohydrate	27g
Dietary Fiber	4g
Soluble Fiber	2g
Insoluble Fiber	2g
Sugars	1g



## Do you know what your **cholesterol level** is?

- Cholesterol is the amount of 'fat' in blood. Some blood fats are necessary to provide important energy sources.
- It can cause blocking of blood vessels and lead to heart attacks and strokes.



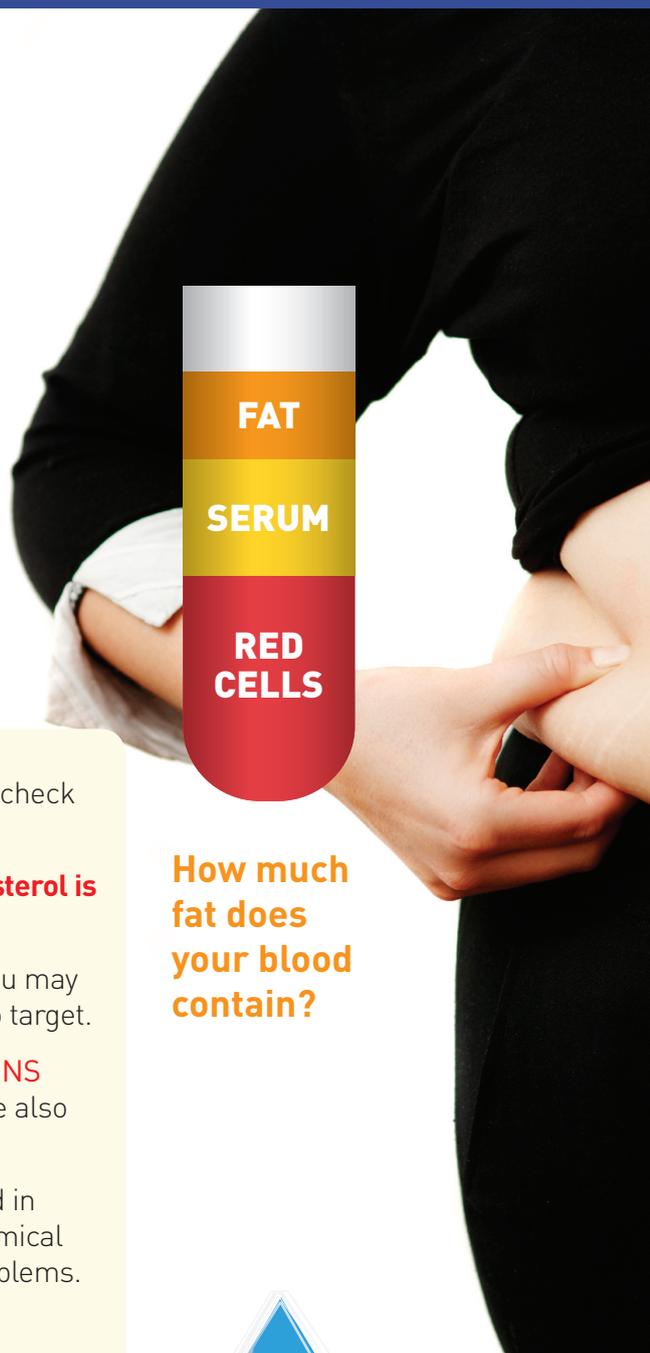
There are two main types of cholesterol that we can check to find out your heart disease risk.

**Good cholesterol is called "HDL" and the bad cholesterol is called "LDL".**

Along with a low fat diet, exercise and weight loss, you may need to take tablets to get your cholesterol to target.

Cholesterol lowering drugs such as **STATINS** help you to lower the cholesterol. There are also drugs that reduce cholesterol absorption.

Creatinine Check – Creatinine is a protein found in blood and urine, it results from normal body chemical reaction. High blood creatinine levels are a sign of kidney problems. Your urine should be checked yearly for protein.

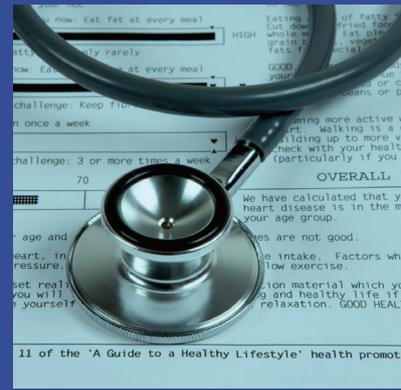


**How much fat does your blood contain?**

## Do you know your target?



# DIABETES CONTROL



## Are you in **control** of your diabetes?

- Blood glucose should be kept within a controlled range **4-7 mmol/L**  
This can be achieved by regular blood glucose monitoring at home.

### What is HbA1c?

- This value tells you the amount of glucose sticking to your blood over the last 60 days. It reflects how well your diabetes has been controlled.



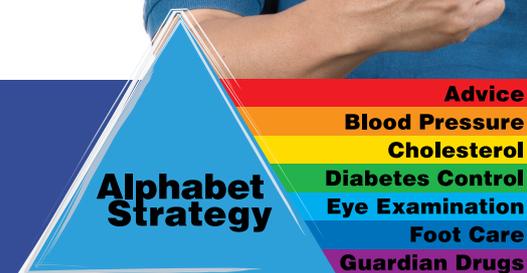
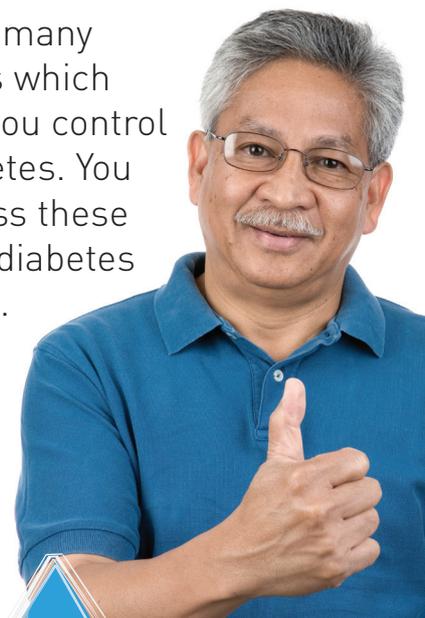
### Lowering your HbA1c can help to reduce your risk of:

Poor circulation to the legs  
Eye and early kidney disease  
Heart Failure  
Heart Attacks  
Stroke

## What is your HbA1c?

### Which drugs help to control diabetes?

There are many medicines which can help you control your diabetes. You can discuss these with your diabetes care team.



# EYES



## Is diabetes **slowly stealing** your vision?

### How your eyes work

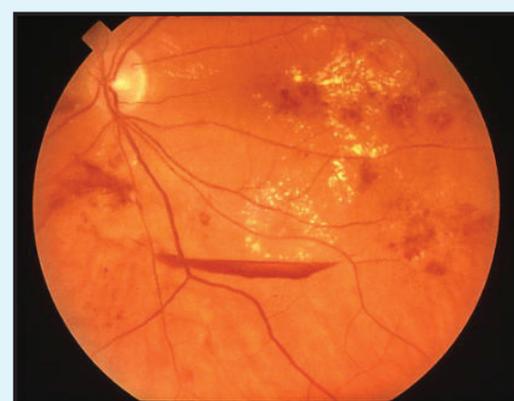
- The retina is made up of delicate tissue that is sensitive to light rather like the film in a camera.
- The centre of the retina is a small area called the macula. It is vital because it enables you to see fine detail.

A person with diabetes can have eye disease and not even know until it is serious and irreversible vision loss has occurred. The only way to diagnose early signs of diabetic eye disease is by a dilated eye exam at least once a year.



### Diabetic Retinopathy

- Diabetic retinopathy is the commonest cause of blindness under the age of 65 in the Western World.
- Many diabetes patients have retinopathy at diagnosis.
- 1500 new cases of blindness could be prevented by yearly screening in UK. This is happening in most centres.
- 20 years after diagnosis 95% with Type 1 diabetes have retinopathy.



Damaged eye

When was the last time you had your eyes checked?



# FEET



## Do you know how far your **feet walk**?

During a lifetime your feet may walk the equivalent of four times around the world! To ensure they continue their trip through life without complaint it pays to **look after your feet!**

People suffering from diabetes can often experience loss of sensation in their feet. Even the smallest injury can lead to infection which if not treated promptly may lead to serious complications.

It is important that you examine your feet regularly. You should also feel inside all shoes for any seams or stitching which could rub the foot and lead to problems. It is important that you receive a regular foot examination and advice.



### A foot examination involves

- General condition
- Foot pulses
- Foot sensations

## Foot Problems

- Foot ulcers precede 85% of amputations in people with diabetes. Foot ulcers are the commonest cause of amputation in the UK.



When was the last time you had your feet checked?

**Alphabet Strategy**

**Advice**  
**Blood Pressure**  
**Cholesterol**  
**Diabetes Control**  
**Eye Examination**  
**Foot Care**  
**Guardian Drugs**

# GUARDIAN DRUGS



## What are **Guardian Drugs**?

A guardian drug may be given in addition to your medication in order to decrease your risk of further diabetes complications. Speak to your diabetes care team the treatment options.

### **Aspirin**

Aspirin is recommended in people with diabetes with any heart disease or stroke. It may also be recommended in other circumstances such as kidney disease.

### **ACE inhibitors**

ACE-inhibitors are drugs that have a special role in preventing diabetes complications. The HOPE study showed that one ACE inhibitor, ramipril, reduced:

- heart disease and stroke
- kidney and eye disease

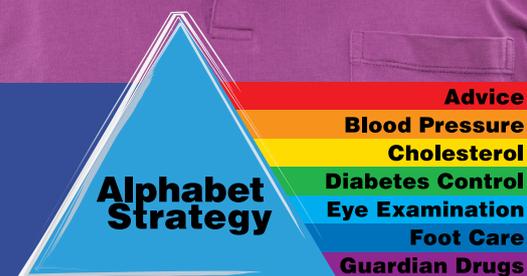
### **Statins**

Almost all patients with diabetes will be recommended for treatment with a statin such as simvastatin. This is to reduce the risk of heart attack and stroke.

Please note, ACE inhibitors and statins should not be used if you are planning pregnancy or are pregnant.



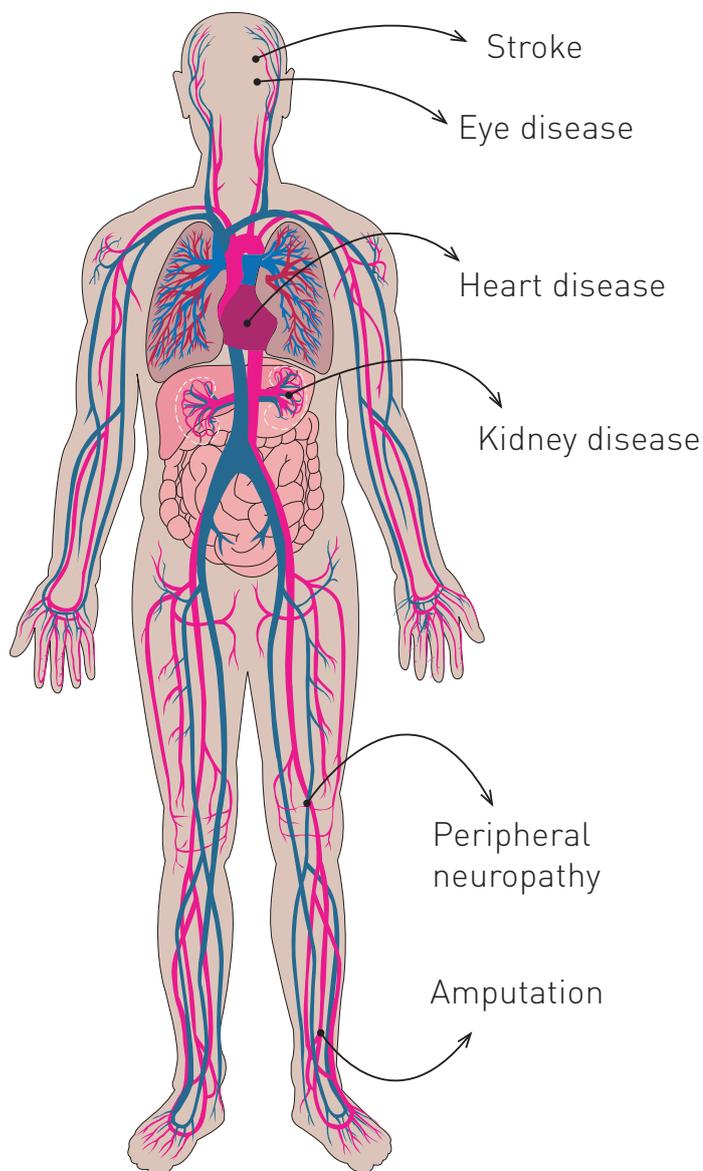
Do you know if you are taking any of the guardian drugs?



# DIABETES CARE



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Improving care, improving life