



Insulin Dependent Diabetes Trust

Type 2 and You

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If you have Type 2 diabetes, we hope this first publication of 'Type 2 and You' will be of interest and will help you to look after your diabetes.

IDDT is receiving an increasing number of requests for information from people with Type 2 diabetes who are not using insulin or who are about to go on to insulin. We are aware that our quarterly Newsletter is aimed at people who use insulin, whether they have Type 1 or Type 2 diabetes, so we hope that 'Type 2 and You' will be of help to people on diet only or tablets and diet.

Type 2 diabetes is a progressive condition, so it may be that at some stage tablets and diet will not control blood glucose levels well enough, which means that you may have to have treatment with insulin. Understandably, many people worry about having to have insulin and it is our aim that future editions of 'Type 2 and You' will have articles

that help you through this situation and will explain that there are positive aspects to this as well as negative ones.

Having said all this, there are many things that Type 1 and Type 2 diabetes have in common. For instance, the complications that can happen are similar, the need for diet and exercise are similar. So the two conditions are not totally separate and it may be that you would like to receive both the Newsletter and 'Type 2 and You' and IDDT is more than happy to supply both to you free of charge.

Whatever treatment you are using, understanding your diabetes and its treatment is essential and we hope that we can help you.

What IDDT can offer you...

- **Understanding Your Diabetes** – a free booklet that explains the

differences between Type 1 and Type 2 diabetes and describes the basic treatments of both.

- **Information Leaflets** – free leaflets on many aspects of diabetes, just send for a Publication list to see what is available.

All our information is written in non-medical language because IDDT is an organisation run by people who live with diabetes for people who live with diabetes.

Looking After Your Feet

From early diagnosis of diabetes, most people are told to look after their feet. This is because long-term or poorly controlled diabetes can cause nerve damage (neuropathy). Most commonly this nerve damage affects the feet and can cause changes, including pain or loss of sensation.

Loss of sensation means that injuries to the foot may go unnoticed eg scalding to your feet with bath water that is too hot. Such injuries can develop into far more serious problems – almost half of all diabetes related admissions to hospital are for problems relating to the leg or foot. Prevention is always better than cure and it is important to have your feet checked regularly by a health professional and to check your feet yourself every day.

What to check for

Any damage to your skin – cuts, blisters, burns and scalds can take a long time to heal if you have diabetes. Sometimes these wounds can become infected with the potential to become serious.

Hard skin – if an area of hard skin builds up then the pressure on the skin under it starts to increase. Eventually this pressure can cause a wound to form under the hard skin.

Develop a daily routine

It is important to develop a daily routine to check your feet so that any potential problems can be picked up early and be treated by a health professional.

Step One – Check your feet. Check for swelling, redness, changes in skin colour, injuries or pain.

Step Two – Wash your feet with warm water and soap. Dry your feet well, taking particular care to dry thoroughly between the toes.

Step Three – Moisturize. There are moisturizing creams available from your pharmacist which are specifically for your feet.

Golden Rules to follow

- Never go barefoot.
- Wear good fitting shoes – not tight or worn.
- Break in shoes gradually and make sure they don't rub.
- If you need to use powder, use the unscented varieties and use it sparingly.
- Cut your toenails following the shape of your toe, not deep into the corners and not too short.
- Wash your feet daily using luke warm water.
- Do not use heating pads, hot water bottles, iodine, Epsom salts or alcohol.
- Check your feet every day and if there are any problems see your doctor or chiropodist.

For more information on how to look after your feet or neuropathy, IDDT produces a leaflet 'Diabetic Neuropathy' which we can send you free of charge, call IDDT on 01604 622837 or visit our website:

www.iddtinternational.org

The Society of Chiropodists and Podiatrists also produce a very comprehensive range of information. Visit www.feetforlife.org or call 0845 450 3720

Swine Flu – IDDT Policy Statement

In July this year, swine flu was affecting 100,000 people per week in the UK and at the time of writing it is affecting about 4,000 people a week. It is an illness characterised by fever, sore throat, cough, fatigue, headache, muscle aches and sometimes vomiting and diarrhoea. People generally recover after 3-5 days. In people with diabetes, the blood sugar will be elevated during the infection and it is important to keep insulin doses up even though you may not be eating – it is also vital to drink plenty of fluids as dehydration will increase the risk of ketoacidosis. Regular blood testing is important during the illness. The chest infection may be quite severe and patients with diabetes should be given priority by their doctors. Tamiflu and paracetamol are safe to give in diabetes and will shorten the illness by 2-3 days.

What can I eat? What is a carbohydrate?

When people are first told that they have Type 2 diabetes, one of the many things they are told is to eat a healthy diet but how many people, up until this time, have had to give serious consideration to the types of food they eat and the amounts of each type?

The recommended diet for people with diabetes is the same standard 'healthy diet' also recommended for the general population, one which is high in carbohydrates, low in fat and with plenty of fruit and vegetables. To follow this diet to the best of their ability, people need to have an understanding of the basic food groups and the effects that these will have on their blood glucose levels/diabetes.

The term 'food groups' refers to a method of classifying foods that are eaten on an everyday basis, according to their nutritional properties. There are five basic food groups, proteins, carbohydrates, fats, fibre, vitamins and minerals.

Proteins – They help your body to grow and repair itself. They are found in meat, poultry, fish, dairy products, eggs and beans.

Fats – They provide energy and help your body to grow and repair itself. They are found in red meats, dairy products, some poultry and fish. Ready meals, cakes and pastries also contain fats.

Fibre – It helps your body to digest food. It is found in cereals, bread, fruit and vegetables.

Vitamins and Minerals – They are good for keeping your body healthy. Vitamins are mostly found in dairy products, fresh fruit and vegetables. Minerals are found in lots of foods but especially in fresh fruit and vegetables.

Carbohydrates – They give you energy. They are sugars and starches and are found in bread, potatoes, rice, pasta, cereals and sugars. Eating carbohydrates directly affects the amount of glucose in the blood.

People who have Type 2 diabetes either do not produce enough insulin or the body does not use correctly the insulin it does produce. So when people with Type 2 diabetes eat carbohydrates their blood glucose levels rise.

Because of this, it is important for people with Type 2 diabetes to keep a check on the amount of carbohydrate they eat. However, it is not just the amount of carbohydrate that is eaten that is important but also the type of carbohydrate.

Different types of carbohydrate

Quick-acting carbohydrates

Some carbohydrates are quick acting eg sweet foods such as cakes, puddings, chocolate and some fruits. Sugary foods will raise blood sugars more quickly and higher in people with diabetes compared to those without diabetes. Sugary carbohydrates tend not to last as long in the body so blood sugars may drop before the next meal. Sugary carbohydrates tend to make blood glucose levels peak and trough.

Slow-acting carbohydrates

Some carbohydrates are slower acting and last longer eg bread, potatoes and high fibre cereals. These carbohydrates do not raise the blood sugars as quickly or as high after eating. They last longer and therefore tend to give more even blood glucose levels.

If you want to know more about foods, their carbohydrate value and some great recipes, then you may find the following resources useful:

IDDT produces a free leaflet on carbohydrates and can also supply a copy of the Collins Gem book 'Carb Counter' at a subsidised cost of £2.99, just telephone IDDT on 01604 622837

Dana Carpender's low carb recipes visit her website:
www.holdthetoast.com her books can be obtained from
www.amazon.com

Dr Richard Bernstein's website is www.diabetes-normalsugars.com
His book Diabetes Solution, A Guide to Achieving Normal Blood Sugars is published by Little Brown & Co and the ISBN is 0316099066

IDDT is frequently asked for information about carbohydrate values of foods and there is a comprehensive list on this website:
www.carbohydrate_counter.org

Ron Raab – the low carbohydrate insulin regime: www.diabetes-lowcarb.com or the University of Pittsburg site for a Power Point Presentation
www.pitt.edu/~super1/lecture/lec17721/index.htm

Diabetes Life have a website that has hundreds of useful recipes:
www.dlife.com/diabetes/diabetic-recipes

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