

Self care for people with Type 2 Diabetes



Patient Information Leaflet

WHAT CAN I DO TO HELP MY DIABETES?

You can look after your diabetes with help from your GP and Practice Nurse. 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, lose weight if you are overweight and stop smoking if you smoke. Your Practice Nurse will be able to give you advice about how to go about these things and refer you to the appropriate services.
- ❖ 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 NHS Lanarkshire Diabetes website which contains more information about your condition and the services available to you. <https://www.nhslanarkshire.scot.nhs.uk/services/diabetes/>

For further information go to:
<https://www.nhslanarkshire.scot.nhs.uk/services/diabetes/>

- ❖ Ensure that you apply for free prescriptions if you are requiring medication to control your blood glucose levels.
- ❖ If you drive, inform your Insurance Company if you commence insulin treatment.

Other leaflets you may find useful which are available from your healthcare team or on the NHS Lanarkshire [Diabetes website](#) include:

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



www.careopinion.org.uk

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.org
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.Services@lanarkshire.scot.nhs.uk

| | |
|----------------|---------------|
| Pub. date: | November 2023 |
| Review date: | November 2025 |
| Issue No: | 06 |
| Clinical Lead: | |

PIL.SLFCAR.77991.L
23_25037