

East Kent Diabetes Community Self Care Group

- **Do you have Diabetes, or pre-Diabetes?**
- **Are you newly diagnosed with Diabetes?**
- **Do you want to do something about it?**
- **4.7 million people in the UK are known to have type 2 diabetes**
- **Another 1.3 million have it without realising it.**
- **More than 700 people a week die prematurely in England and Wales because of it.**
- **People with diabetes are twice as likely to suffer depression.**

Our East Kent Diabetes Community Self Care Group supports people with type 1 and type 2 diabetes and those diagnosed as pre-diabetic.

Managing diabetes means looking at how you live your life each day, including diet, exercise, medication, and treatment. This can be a daunting task without support. Family members and carers are most welcome to join.

Our group is made up of people living with diabetes or pre-diabetes who have already begun their journey to manage this illness. Perhaps we can help you, perhaps you can help us?

We meet on a monthly basis bringing together our unique experiences, understanding and successes. This enables us to share new information and ideas which each of us can take away and try out. You might be doing things already which are working for you, which we could learn from.

If you would like to join us, or simply come along and meet us to find out more, please contact:

diabetes@thinkhealthyme.co.uk or visit our web page:
<https://thinkhealthyme.co.uk/diabetes/>



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Check if you have type 1 or type 2 diabetes

Many people have diabetes without realising. This is because symptoms do not necessarily make you feel unwell.

Symptoms of diabetes include:

- peeing more than usual, particularly at night
- feeling thirsty all the time
- feeling very tired
- losing weight without trying to
- itching around your penis or vagina, or repeatedly getting thrush
- cuts or wounds taking longer to heal
- blurred vision

You're more at risk of developing type 2 diabetes if you:

- are over 40 (or 25 for south Asian people)
- have a close relative with diabetes (such as a parent, brother or sister)
- are overweight or obese
- are of Asian, African-Caribbean or black African origin (even if you were born in the UK)

The risk factors for developing type 1 diabetes are:

- Family history. Anyone with a parent or sibling with type 1 diabetes has a slightly higher risk of developing the condition.
- Genetics. Having certain genes increases the risk of developing type 1 diabetes.
- Geography. Type 1 diabetes incidence tends to be higher in regions further away from the equator.
- Age. While type 1 diabetes can develop at any age, it often appears in children, teens, or young adults.

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