

Health & Wellbeing

Diabetes Week 2019

10-16 June 2019

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

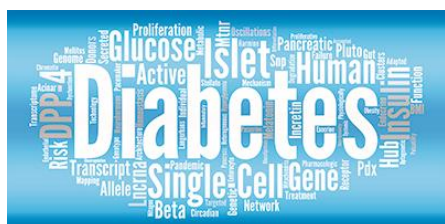
The aim of this year's Diabetes Week is to increase the public's understanding of diabetes which will help tackle the stigma many people with all types of diabetes feel.

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are 2 main types, Type 1 and Type 2. They are different conditions, but are both serious. Type 2 diabetes is far more common than Type 1 and in the UK, around 90% of adults with diabetes have Type 2.

More than 500 people with diabetes die prematurely every week!

Symptoms of Diabetes

- ✓ 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



FACTS

- 4.7 million people in the UK have diabetes
- Someone is diagnosed with diabetes every 2 minutes
- At least **10,350** people in the UK have end stage kidney failure because of their diabetes
- More than **1700** people have their sight seriously affected by their diabetes every year in the UK
- Every year diabetes leads to more than:
 - **169** amputations
 - **680** strokes
 - **530** heart attacks, and
 - Almost **2000** cases of heart failure

12.3 million people in the UK are at risk of developing Type 2 diabetes. But around 3 in 5 cases of Type 2 diabetes can be prevented or delayed by **maintaining a healthy weight, eating well and being active.**

For further information and/or support on diabetes, go to: <https://www.diabetes.org.uk/>

Alternatively you can call the Diabetes UK Helpline on **0345 123 2399**, Monday to Friday, 9am to 6pm. Or email helpline@diabetes.org.uk