

Protect Your Vision

No Appointment Needed

If you have diabetes, you are at a higher risk of losing your sight. Diabetic Eye Screening is a simple and effective way to help prevent this.

Struggle to book in advance?

We run monthly drop-in clinics — just turn up, no appointment needed.

Not sure when you were last seen?

Our friendly staff will check for you and answer any questions you may have.

Contact Us:

 diabeticeye@mpft.nhs.uk

 0300 303 0887

 www.mpft.nhs.uk/services/diabetic-eye-screening

 @mpftdiabeticeye



Clinic Times

9:30 – 13:00 & 13:30 – 16:00

 Drop-in Clinic Locations	Monthly
Bradwell Hospital Talke Road, Chesterton, Newcastle-under-Lyme, Staffs, ST5 7NJ	Fourth Wednesday
Stafford Central Clinic Floor 2, Civic Centre, Riverside, Stafford ST16 3AQ	First Tuesday
Hanley Health Centre Upper Huntbach Street, Hanley, Stoke on Trent, ST1 2BN	Fourth Friday
Tunstall Primary Care Centre Alexandra Park, Scotia Road, Stoke on Trent, ST6 6BE	Third Wednesday

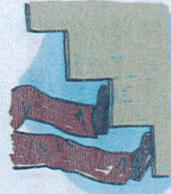
Steps to staying steady

This handy checklist runs through 8 key things you can do to help avoid a fall.

1

Stay active

Focus on activities that challenge your balance and strengthen your legs and upper body, like walking, gardening or dancing (see pages 8-13)



2

Check your sight and hearing

Go for regular sight tests and report any hearing difficulties you have to identify any problems that may be affecting your balance (see pages 14-17).



3

Ask about your medicines

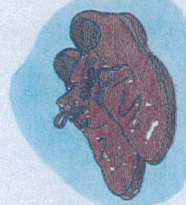
Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this (see page 18).



4

Look after your feet

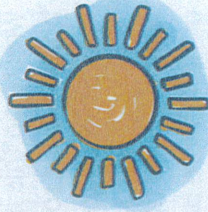
Wear well-fitting shoes and slippers and tell your GP or chiropodist about any foot problems (see page 19).



5

Get enough vitamin D

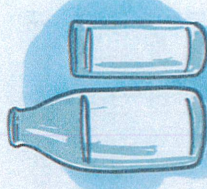
Vitamin D is essential for keeping your bones strong – the best source is sunshine (see page 20).



6

Eat a calcium-rich diet

Calcium helps to keep your bones strong. Good sources are dairy foods, fortified soya products and canned fish with bones (see page 20).



7

Check for hazards at home

Make sure your home is hazard free and well lit (see pages 25-27).



8

Visit your GP

If you've had a fall or you're worried about falling, tell your GP. There are many ways to help you feel confident again (see pages 6-7).



Managing your insulin doses during illness if you have type 1 or type 2 diabetes!

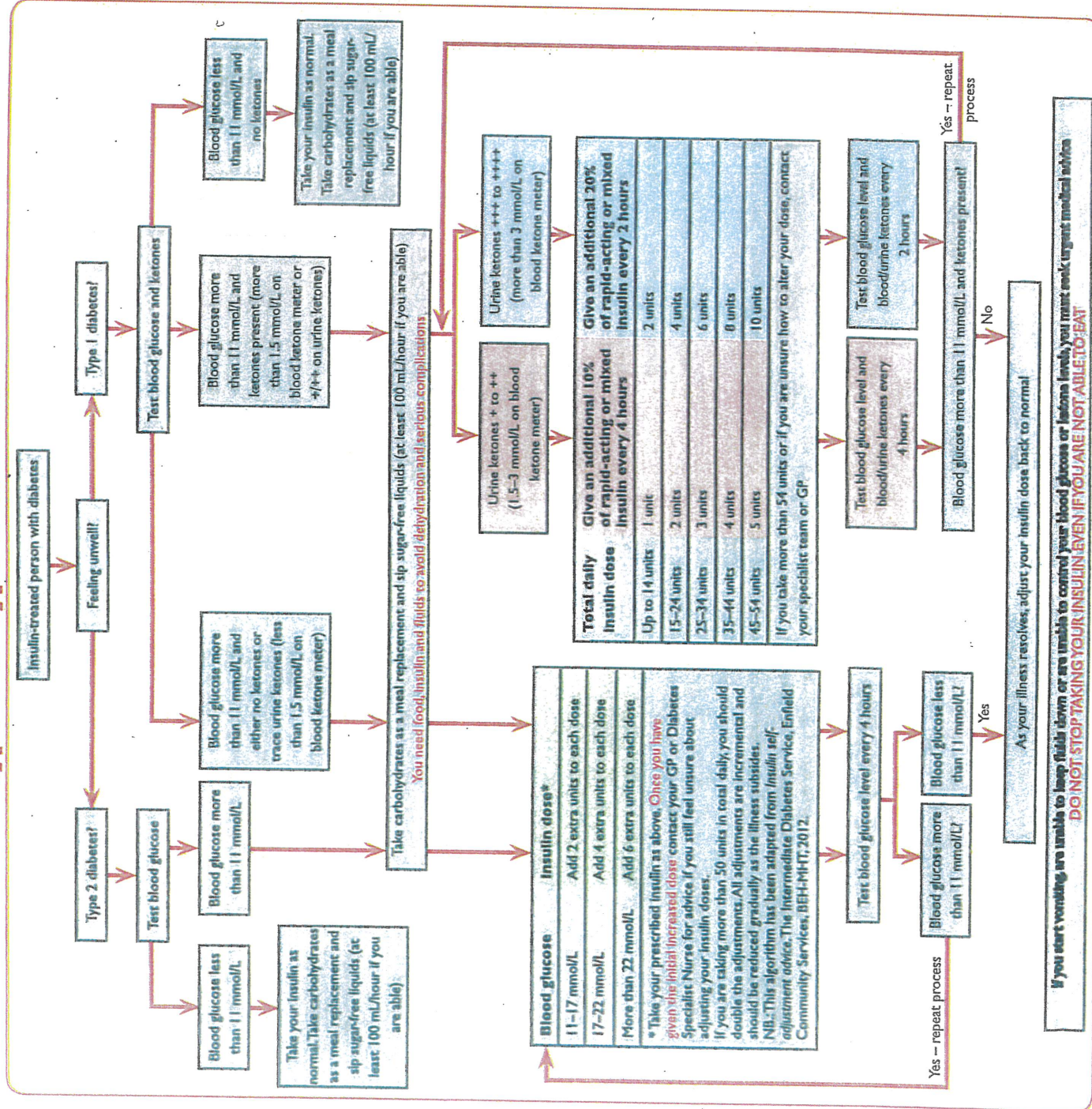
Diabetes:

What to do when you are ill

- How illness affects your blood glucose levels
- Monitoring your diabetes
- Managing your medication
- What to eat and drink
- When to seek help

The content was generated independently by TREND-UK in conjunction with SB Communications Group. AstraZeneca funded the printing.

AstraZeneca



How does illness affect your blood glucose?

- When you are ill, or have an infection or a virus such as a cold, your blood glucose levels may rise in response to this, even if you are not eating
- This may make you feel thirsty and pass urine more frequently, which can make you dehydrated. You may therefore need to increase the dose of your diabetes medication to combat this
- If you have type 1 diabetes, your body can produce a substance called ketones when you are unwell, which can cause a serious condition called diabetic ketoacidosis
- It is possible to manage your diabetes during illness effectively and keep your blood glucose levels down by following the simple advice given in this leaflet

DO NOT STOP TAKING YOUR INSULIN

General guidance for people with diabetes

- Try to drink at least 4 to 6 pints (2.5 to 3.5 L) of sugar-free fluid in 24 hours to prevent becoming dehydrated
- Avoid strenuous exercise
- Treat symptoms such as a high temperature or a cough with basic medicines such as painkillers and cough medicines. These do not have to be sugar-free varieties, as they are taken in small quantities
- See your GP if you think you have an infection, as you may need antibiotics
- Test your blood or urine glucose levels, checking them at least four times a day¹
- If you are on insulin and have been taught how to adjust, increase or decrease your doses accordingly, see the flowchart on the back pages¹
- Seek medical help if your readings remain higher than usual, you feel unwell and you are not sure what to do

Meal replacement suggestions

Try to eat as normal but if you cannot manage your usual meals, replace these with light and easily digested foods such as soups and milky puddings. See the table below for a list of alternative food options.

Type of food alternative	Amount (Each serving provides approximately 10 g of carbohydrate)
Lucozade™ Energy	50 mL 2 fl oz ½ glass
Fruit juice*	100 mL 4 fl oz ½ glass
Cola (NOT diet)*	100 mL 4 fl oz ½ glass
Lemonade (NOT diet)*	150–200 mL 5–7 fl oz ¾–1 glass
Milk	200 mL 7 fl oz 1 glass
Soup*	200 mL 7 fl oz 1 mug
Ice cream*	50 g 2 oz 1 large scoop
Complan®	– 3 level teaspoons (as a drink)
Drinking chocolate*	– 2 level teaspoons (as a drink)
Ovaltine® or Horlicks®	– 2 level teaspoons (as a drink)

*Sugar quantities may vary according to brand
Keep sugary drinks at home for emergencies

Call your GP, diabetes specialist nurse or healthcare professional for immediate help:

- If you are pregnant
- If you have a child or are the carer of a child with diabetes
- If you have type 1 diabetes and cannot keep fluids down
- If you have type 1 diabetes, have positive ketones and do not know how to adjust your insulin to manage these
- If, despite taking the advice in this leaflet, your symptoms are getting worse

Managing your diabetes medication

If you have type 2 diabetes

If you have type 2 diabetes and are taking diabetes medication:

- Continue to take your tablets even if you are not eating
- If you are taking metformin or an SGLT2 inhibitor and you are vomiting or have diarrhoea, you should stop this medication
- You may need to increase the dose of your tablets or even need insulin injections for a short time while you are ill²
- Contact your GP if you are able to check your blood glucose levels and find they are constantly higher than 15 mmol/L
- If you develop abdominal pain, nausea and vomiting, stop the medication **immediately** and seek medical attention

If you have type 2 diabetes and take insulin as well as diabetes medication:

- Monitor and record your blood glucose levels at least four times a day (at mealtimes even if you are not eating, and at bedtime)
- If your blood glucose levels are **higher** than usual, you may need to increase your insulin (see overleaf). Contact your GP or Diabetes Nurse if you are not sure how to do this¹
- If your blood glucose levels are **lower** than usual (because you are eating less than usual) you may need to reduce your insulin dose¹

Further information

- Diabetes UK Careline: 0845 120 2960
- Diabetes UK: www.diabetes.org.uk

References
1. TREND-UK (2013) Managing diabetes during intercurrent illness in the community. Available at: <http://trend-uk.org> (accessed 23.05.2013)
2. Diabetes UK (2013) When you are ill. Available at: http://www.diabetes.org.uk/Guide-to-diabetes/Living_with_diabetes/When_you_are_ill/ (accessed 06.06.2013)