

Diabetes - Check-ups

Information for patients,
carers and relatives

**Easy
Read**



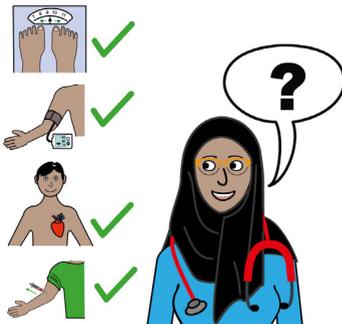
easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

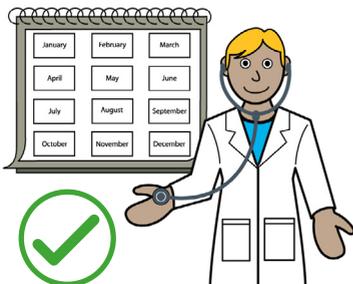
health check



Diabetes can affect your whole body.

It's important to get your health checked.

annual health check



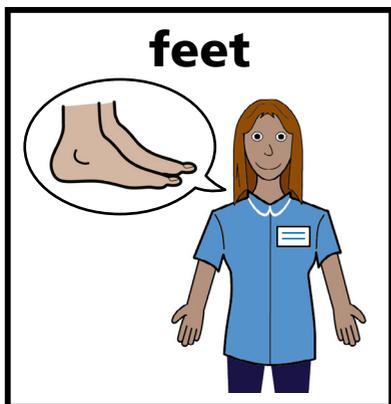
You should see your GP annually (once a year) to have a diabetes check.

refer



If needed, your GP can refer you to other specialists for support.

feet

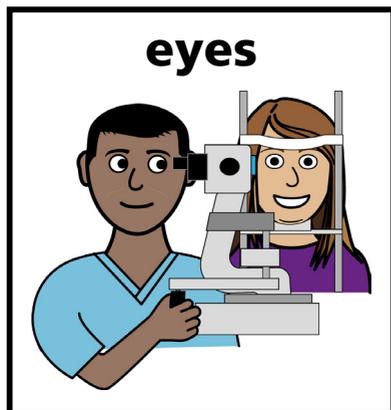


Your feet

A podiatrist is the foot specialist.

They can help look after your toe nails and help stop ulcers.

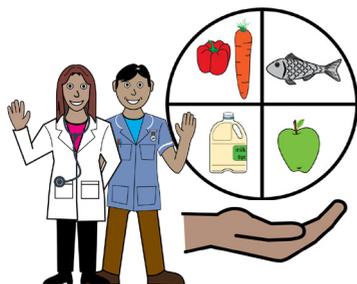
eyes



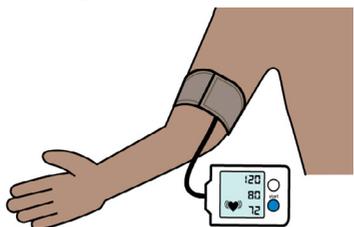
Your eyes

An optician will check your eyes, your vision and eye health.

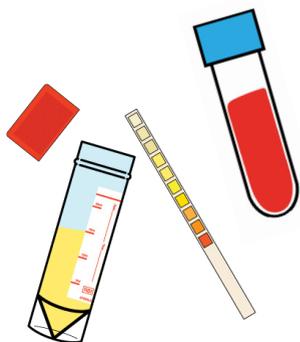
diet



blood pressure



annual review



Your Diet

Your GP or a dietician can support you to eat healthy.

Your blood pressure

Some medicines can affect this you will have this checked by your nurse or doctor.

Annual review

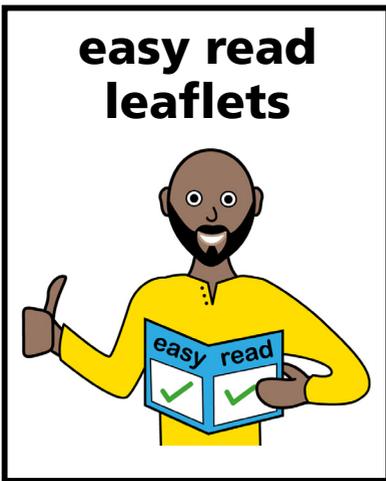
Your doctor or nurse might check your wee and take bloods.

This is to check your Blood sugar levels.

health passport



easy read leaflets



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