The Leeds Teaching Hospitals NHS Trust

What is Diabetes

Information for patients, carers and relatives

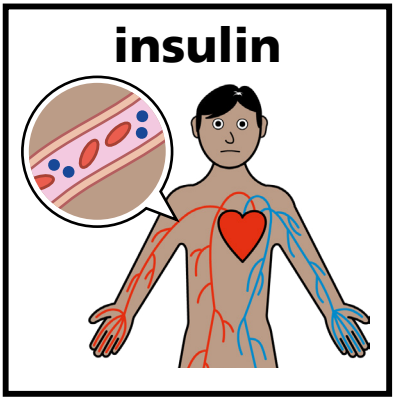
Easy Read

This booklet uses easy words and pictures.

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

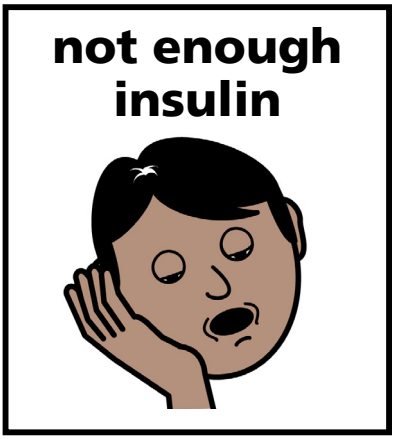
When you eat or drink, your body turns the sugar in food to energy.

The sugar is carried around your body in your blood.

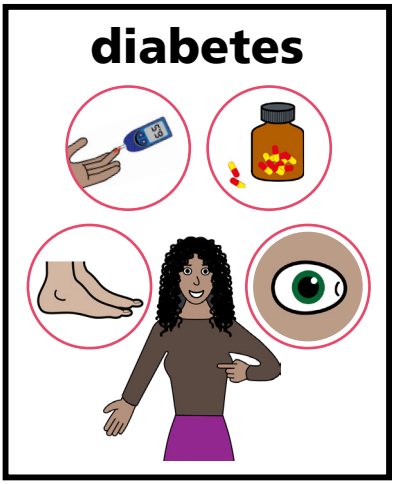


Your body makes a chemical called insulin.

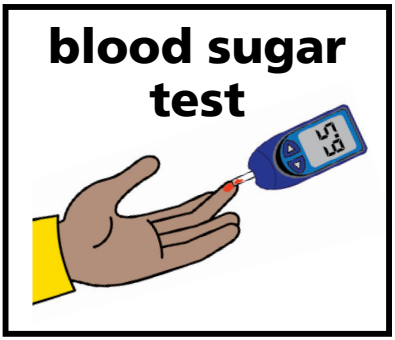
This helps control your blood sugar levels.



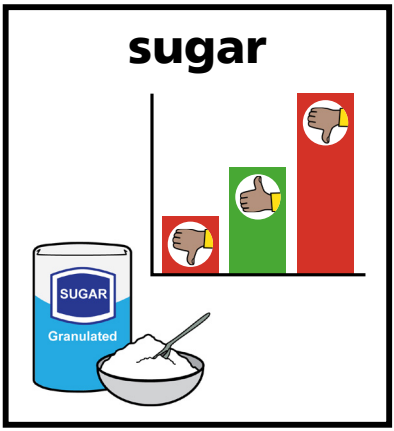
Sometimes your body might not make enough insulin, or isn't using the insulin properly.



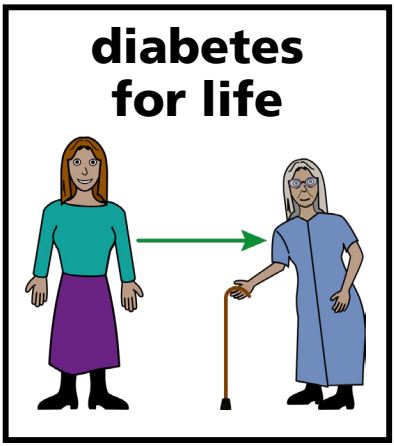
This can cause the condition called diabetes.



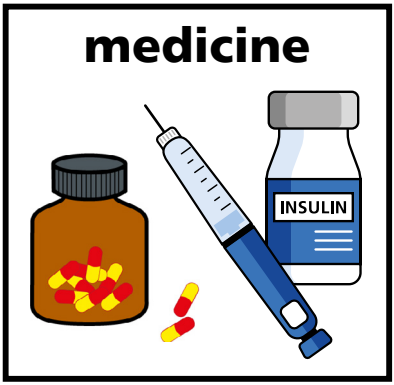
To test for diabetes, you need to have a blood test.



Having Diabetes means you have too much or too little sugar in your blood.

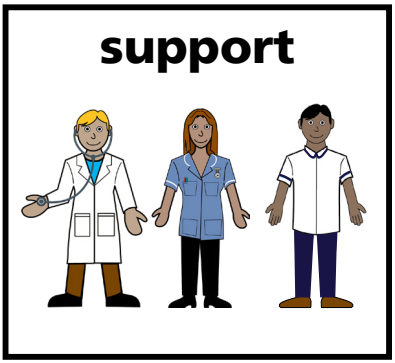


Diabetes is usually a lifelong condition.



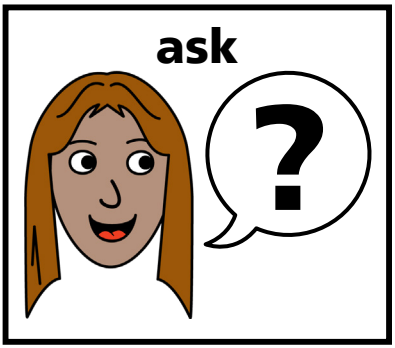
Some people need medicine to help their diabetes.

Some people can manage their diabetes with better diet and exercise.



You will have support from:

- Doctor
- Nurse
- Dietitian



If you have any questions, you can ask the staff.

health passport

easy read leaflets

If you have a Learning Disability or Autism diagnosis please complete a **Health Passport** and return it to the Learning Disability and Autism team on:

leedsth-tr.ldautism @nhs.net

We have other easy reads to support you. Scan or click this QR code to see our range of easy read leaflets.

What did you think of your care?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

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