



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

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It's constantly in your head!

- Diabetes is relentless, need to work with it 24/7, cannot take a break, making 180 to 300 decisions a day about diabetes management.
- Diabetes is a complex and demanding lifelong condition and most people do their best.
- No two days are the same, random weirdness
- One size fits one not one size fits all.
- Research into closed loop systems – where a computer calculates your insulin dosage – has shown that every night one needs a different amount of insulin.

But

- **Technology taking some of the strain of living with a life threatening condition.**

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Factors That Affect BG

Food	Biological
<ul style="list-style-type: none">↑↑ 1. Carbohydrate quantity→↑ 2. Carbohydrate type→↑ 3. Fat→↑ 4. Protein→↑ 5. Caffeine↓↑ 6. Alcohol↓↑ 7. Meal timing↑ 8. Dehydration? 9. Personal microbiome	<ul style="list-style-type: none">↑ 20. Insufficient sleep↑ 21. Stress and illness↓ 22. Recent hypoglycemia→↑ 23. During-sleep blood sugars↑ 24. Dawn phenomenon↑ 25. Infusion set issues↑ 26. Scar tissue and lipodystrophy↓↓ 27. Intramuscular insulin delivery↑ 28. Allergies↑ 29. A higher glucose level↓↑ 30. Periods (menstruation)↑↑ 31. Puberty↓ 32. Celiac disease↑ 33. Smoking
Medication	
<ul style="list-style-type: none">→↓ 10. Medication dose↓↑ 11. Medication timing↓↑ 12. Medication interactions↑↑ 13. Steroid administration↑ 14. Niacin (Vitamin B3)	
Activity	Environmental
<ul style="list-style-type: none">→↓ 15. Light exercise↓↑ 16. High-intensity and moderate exercise→↓ 17. Level of fitness/training↓↑ 18. Time of day↓↑ 19. Food and insulin timing	<ul style="list-style-type: none">↑ 34. Expired insulin↑ 35. Inaccurate BG reading↓↑ 36. Outside temperature↑ 37. Sunburn? 38. Altitude
	Behavioral & Decision Making
	<ul style="list-style-type: none">↓ 39. Frequency of glucose checks↓↑ 40. Default options and choices↓↑ 41. Decision-making biases↓↑ 42. Family relationships and social pressures

The Impact

- Most deeply anxious about eye screening, not the process but what may be found.
- Concerned that Health Professional does not understand Diabetes.
- Many find the thought of eye treatment horrifying.
- Many terrified of going blind.

Facing Stigma

- Seen as self inflicted, fat, lazy
- Many HCPs careless with language, talk about how diabetes can be prevented. T1 cannot be cured or prevented at the moment.
- Affects young particularly, can lead to bullying in school
 - *My son was diagnosed when he was 2. I used to accompany him to birthday parties to keep an eye on him and carb count what he ate. A mother once commented to me that she wished more of her son's friends were diabetic as she'd get more parents to help at parties. And she is a nurse!*
 - *My son had a boy being horrible about his diabetes over Xbox live and I heard him say "they might find a cure for my diabetes but they'll never find one for you being a dickhead".*
- Language Matters

Comments from People with Diabetes

I had my results back from my eye tests they said I have sight threatening changes , what does that mean? Has anybody had this and what was done

I get this on my letter every year and I have very little damage and nothing to be worried about. They are often template letters and bloody stupid! I get told to improve my control which given I'm 95% in range over 30 days seems a tall order. Obviously I don't know how your PCT does things or your situation but what I can say is in my experience they really don't word these letters well.

General comments from People with Diabetes

- Accessibility
- Diagnosis retinopathy and no information
- Letters do not understand how complex T1 is
- Letter saying found something, referred to eye hospital with no explanation. Long delay in appointment.

But

- Pleased that screening available

**I DOUBT CAKE IS GOING TO SOLVE
MY PROBLEMS**



BUT IT'S WORTH A SHOT!

