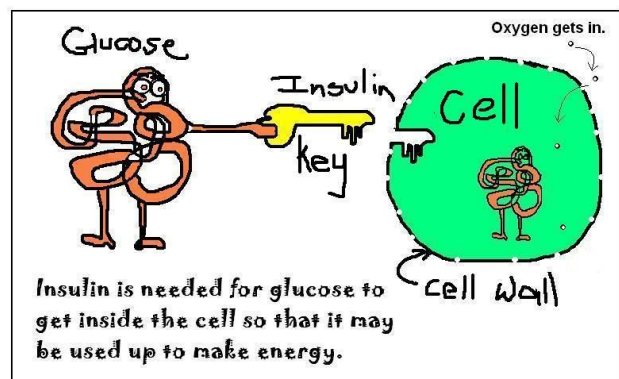


Children and Young People with Type 2 Diabetes

Paediatric Diabetes Department

What is Diabetes?

- Diabetes is a condition in which the body is unable to control the glucose (sugar) in the blood.
- Glucose is absorbed into the bloodstream after carbohydrates from food is digested (broken down) in the gastrointestinal tract.



- Excess glucose is also stored and released from the liver.
- It is normal to have some glucose in the blood, but in diabetes, the glucose levels can go higher than the normal range of 4-7mmol/L.
- Insulin (a hormone made by the pancreas), acts like a key that opens body cell doors to allow glucose to pass from the blood and into the body's cells to provide energy.
- In type 2 Diabetes, insulin cannot unlock the cells properly and therefore does not work properly. Glucose levels remain high which can cause health problems.

Diabetes

Type 1

- Usually diagnosed in childhood
- The body stops producing insulin due to an autoimmune response
- Treated with insulin
- Cannot be prevented

Type 2

- Usually diagnosed in adulthood and recently in teenagers
- Insulin is not used effectively
- Caused by lifestyle, genetics and being overweight
- Treated with lifestyle, tablets and insulin
- Can be prevented / delayed or reversed

Symptoms

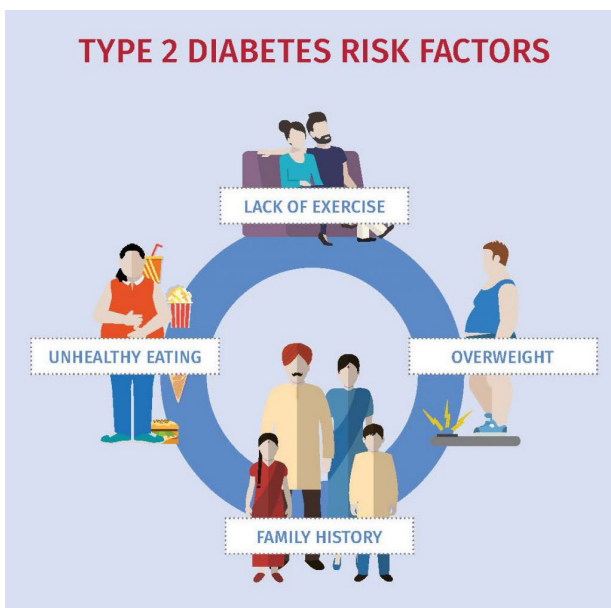


Prior to diagnosis you may have experienced weight loss and feeling tired.

You may have been thirsty and drinking lots which leads you to need the toilet more than usual.

These are symptoms of high blood glucose levels.

Causes of Type 2 Diabetes

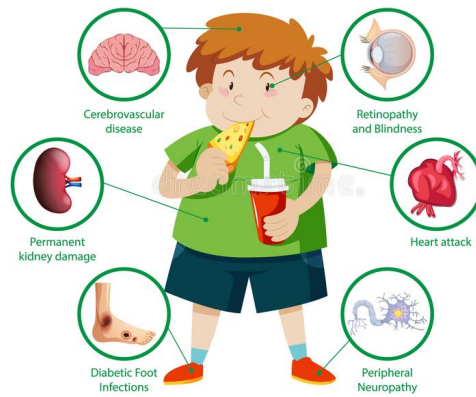


| Things I can change or influence | Things I cannot change |
|---|--|
| Excess body fat especially around my tummy area | History of diabetes in my immediate family members (if parents/ grandparents have it) |
| Unhealthy eating patterns with portions sizes that are too large for my energy needs and eating too many sugary and fatty foods | Ethnicity – If your family is South Asian, you have a higher chance of getting type 2 diabetes at a lower weight |
| Lack of activity and exercise | |

Effects and Potential Complications of Diabetes

- High blood glucose levels for long periods of time can damage blood vessels that supply oxygen and nutrients to organs and tissues such as the heart, eyes, brain, kidneys, sexual organs and feet. Damage can occur long before symptoms occur.
- The most important thing for you to know about diabetes complications is that with proper care and good blood glucose management, they can be prevented.
- When diabetes is diagnosed in childhood, these complications develop faster and earlier.

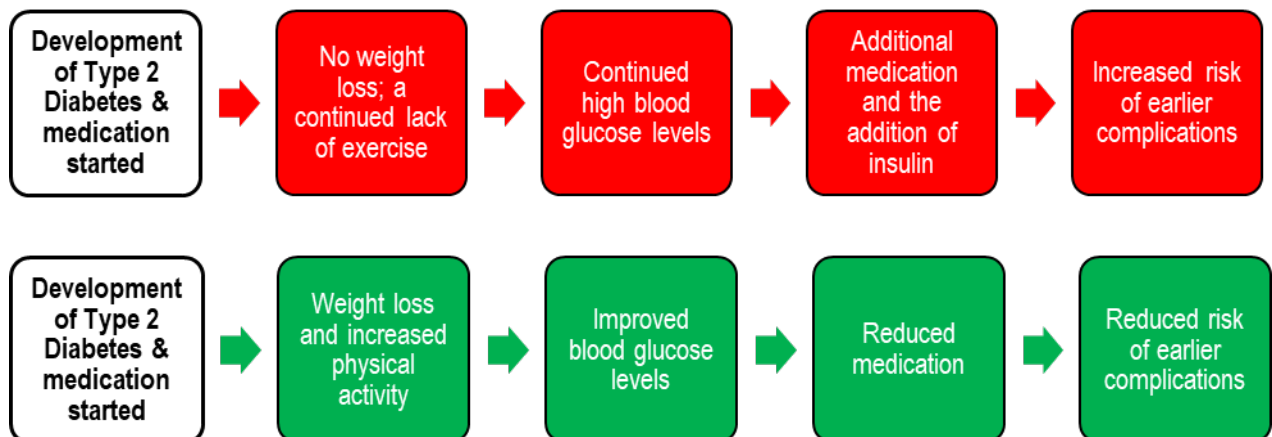
DIABETES COMPLICATIONS



- Once you have been diagnosed with diabetes, your eyes, feet, urine and blood fats will be tested yearly to check for these conditions.
- Your blood pressure and HbA1c will be checked at each clinic visit.

The goals of Type 2 Diabetes management

- Healthy Lifestyle changes for the whole family.
Weight loss of 5-10%, especially around the tummy area (This is the only way to slow down development of diabetes).
Weight loss can also help to:
 - ✓ Improve blood glucose levels
 - ✓ Lower high blood pressure
 - ✓ Lower cholesterol levels
 - ✓ Reduce joint pain and lower back pain
 - ✓ Improve breathing and sleep patterns
 - ✓ Improve self-esteem
- Increased exercise and daily activity.
- Good sleeping habits.
- Managing Blood Glucose levels.



Contact Details

Speak to the specialist Diabetes Dietitians or the Paediatric Diabetes Nurses if you would like further advice and support.

Telephone: **01923 723937**

Email: asp-tr.generalpaeddiabetes@nhs.net

Cara Retief, Transition Dietitian

Email: asp-tr.dmdietitians@nhs.net

Paediatric Diabetes Nurses:

Email: asp-tr.generalpaeddiabetes@nhs.net

Telephone: **01932 723314**

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Paediatric Diabetes Team Department: Paediatric Diabetes
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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



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 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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