

Newly Diagnosed Type 2 Diabetes...

What next?

If you have just been diagnosed with diabetes, it can be a huge shock. It is important to know that whatever you are feeling is completely normal and you are not alone. This is the most common type of diabetes. Your body is not able to make enough of a hormone called insulin, or the insulin is not working properly, which causes high blood sugar levels. Treatment includes **eating well and moving more**. Some people may also need to take diabetes medication such as metformin.

Anyone can develop type 2 diabetes but it mostly affects people over 25 often with a family history. Type 2 diabetes doesn't just affect people living with overweight or obesity, although this is one of the risk factors, along with ethnicity. There is no cure but some people with type 2 diabetes can put their diabetes into **remission** by losing a significant amount of weight. Locally the Essex Wellbeing Service has some great support for weight management. Type 2 diabetes can go undiagnosed for years if symptoms are missed. Left untreated high blood sugar levels can cause serious health problems called diabetes complications.

All people living with diabetes need to have yearly health checks (annual review) which helps reduce diabetes risks and complications, supporting individualised best care for you. Your practice should organise these for you. The education courses run by the local NEEDS team can really help your diabetes knowledge and support you in managing your diabetes. There is also an NHS online education programme which you can register for at - www.healthyliving.nhs.uk

A great start is to visit the 'Diabetes UK' charity website where you can read all about the basics of diabetes, receive free meal plans, recipes and lots more. They also have free self-guided online learning you or your family can complete at your own pace. Diabetes UK offers a monthly magazine and a free support line for people with diabetes.

Website: www.diabetes.org.uk Online learning: <https://learningzone.diabetes.org.uk/>

Magazine: https://www.diabetes.org.uk/how_we_help/membership Free helpline: 0345123 2399

Locally there are plenty of services to help you on your journey too:

-North East Essex Diabetes Service 'NEEDS' is your local specialist diabetes team. We offer free face to face and online group education sessions. For more information see our website or contact us:
Website: www.needsdiabetes.co.uk phone: 0345 2413313(option 2)
email: education@diabetesneeds.org.uk

-Therapy for you – emotional and psychological support. Website: www.therapyforyou.co.uk
phone: 01206 334001

-Essex well being services- help to quit smoking, social isolation support, weight management, or help with day-to-day needs. Website: www.essexwellbeingsservice.co.uk phone: 0300 303 9988

Other useful services:

- **British heart foundation-** healthy living guidance. Website: www.bhf.org.uk
- **NHS better health:** Free resources to help lose weight, get active, quit smoking, drink less.
Website: <https://www.nhs.uk/better-health/>