

Managing diabetes with insulin

Some people with diabetes might need to use insulin in addition to taking pills or instead of pills. Using insulin does not mean that your diabetes is severe and cannot be controlled. Insulin is an additional treatment when pills alone are not enough to control blood glucose.

When you are taking insulin, it is very important to:

- 1 Take the doses regularly as prescribed



- 2 Monitor your blood glucose regularly



- 3 Stick to the diet you have agreed on with your healthcare team



- 4 Attend your regular appointments with the healthcare team



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Diabetes and insulin

Steps to follow when you inject insulin.



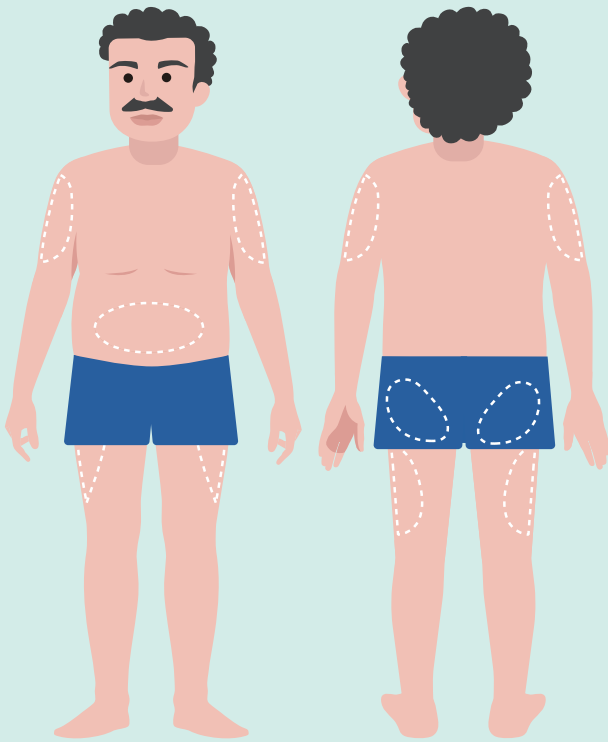
The information provided in this material is not intended as a substitute for the advice of a healthcare professional.

Consult your healthcare professional for advice on treatment or any specific questions you may have about diabetes.

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How to inject insulin

1 Choose where to inject insulin on your body. Insulin should be injected in the same general area of the body, but do not inject the insulin in the exact same place each time



2 Prepare your supplies: pre-filled insulin pen OR needle, syringe and insulin vial

An illustration showing a blue pre-filled insulin pen, a blue syringe, and two blue insulin vials. The word "or" is placed between the pen and the syringe.

5 Push the plunger down all the way. Count to 5

An illustration of a blue stopwatch with the number 5 on its face, indicating a 5-second count.

3 Inject at an angle of 90°. If you are very thin, inject at 45°

An illustration of a hand injecting insulin into the skin. A red line indicates a 90-degree angle between the needle and the skin. A smaller red line indicates a 45-degree angle.

6 Let go of the skin. Remove the needle



An illustration of a hand releasing the skin after the insulin has been injected.

4 Pinch some skin and quickly insert the needle

An illustration of a hand pinching the skin on the arm before inserting the needle.

7 Throw away the needle and syringe, if you are using one

An illustration of a syringe and needle being thrown into a blue sharps container.

  **NEVER share insulin pens**

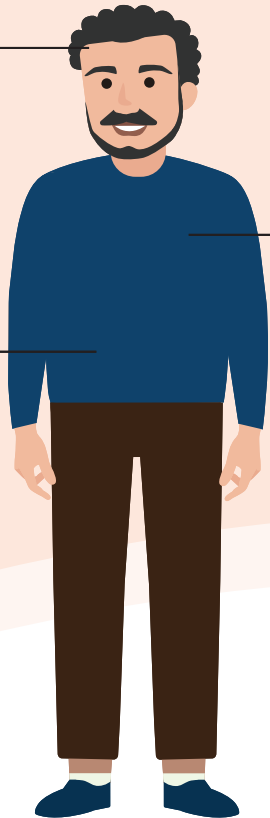
What is high blood pressure?

High blood pressure, or hypertension, occurs when your blood pressure is higher than normal. When you have high blood pressure and diabetes together, your risk of damage to your blood vessels increases more than if you have either high blood pressure or diabetes.

High blood pressure is dangerous because it makes the heart work harder to pump blood around the body and contributes to hardening of arteries, putting you at risk of heart attack, stroke and kidney disease.



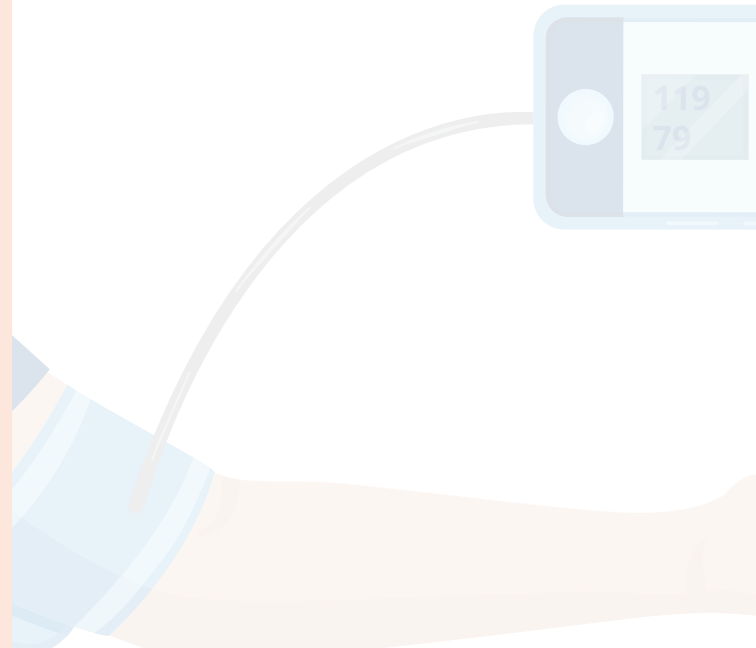
Stroke



Heart disease



Kidney disease



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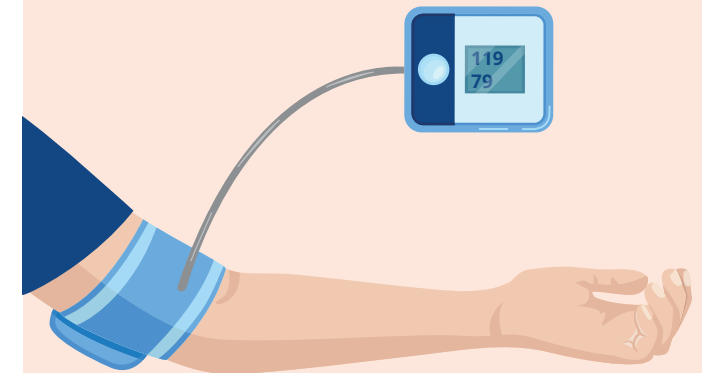
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Diabetes and high blood pressure

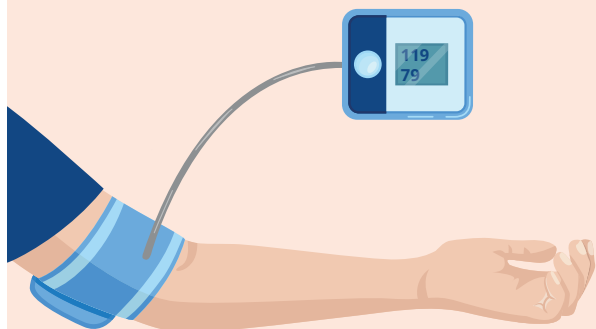
The importance of managing high blood pressure.




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Measuring high blood pressure

When your doctor or nurse tells you your blood pressure, they will say two numbers:



1. The top number is the pressure inside your blood vessels when your heart is pumping.
2. The bottom number is the pressure inside your blood vessels when your heart is relaxed.

 See a member of your healthcare team if your blood pressure reading is **above 130/80** if you have **diabetes, kidney or heart disease**.

If you do not have these conditions then see a member of your healthcare team if the blood pressure reading is **above 140/90**.

How you can lower your blood pressure



Take blood pressure medication as prescribed by your doctor and tell them if it causes problems



Avoid harmful use of alcohol



Lose weight if you are overweight



Limit your salt intake as part of a healthy diet



Choose a diet low in fat and rich in fruit and vegetables



Be active for at least 30 minutes a day



Reduce exposure to stressful situations

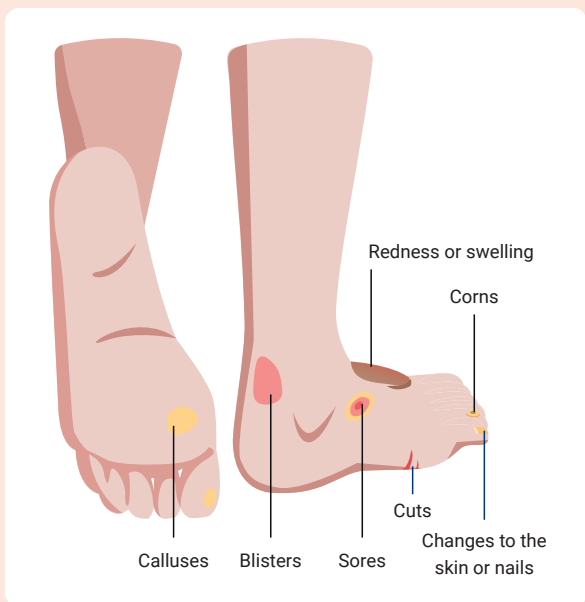


Stop smoking

Taking care of your feet

Foot problems are a common complication for people with diabetes. Fortunately, most of these complications can be prevented with careful foot care.

Check your feet every day for:



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Diabetes and your feet

How to prevent problems with your feet.



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Lower your risk of diabetes-related foot problems

Check the temperature of the water before washing your feet. Dry your feet well, including between your toes



Shake out your shoes before you put them on



Do not go barefoot EVER, not even inside



Moisturise to avoid dry feet, but not between your toes



Wear enclosed shoes and socks that fit well and keep moisture out. Avoid open toe shoes such as sandals or flip flops



See your doctor right away if your feet hurt




Trim your toenails straight across and not curved using nail clippers



Do not put your feet near an open flame or hot surface



 You can check the back and sides of your feet more easily using a mirror.

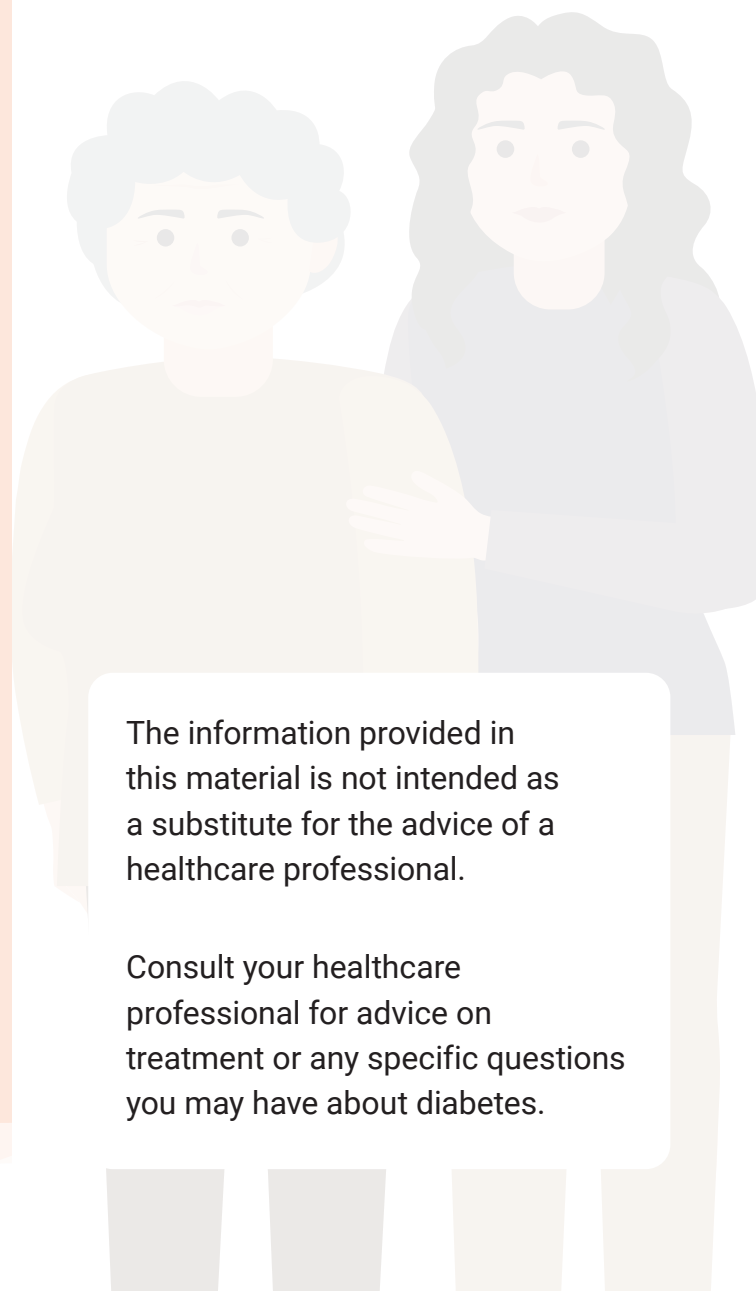
Looking after your mental health

Having a lifelong diagnosis such as diabetes and having to change your lifestyle and diet and take medication can be distressing. Your mental health can be affected and you are at increased risk of developing depression and/or anxiety.

The day-to-day management of diabetes can be overwhelming. That is why it is important to stay in touch with your emotions and look after your mental health. Feeling stressed and anxious, sad or angry is common when you live with type 2 diabetes.

Stress can raise your blood glucose levels, but you can learn ways to lower your stress. Left untreated, long-term stress can have a negative impact on your health and may lead to depression.

Depression is common among people with a chronic, long-term illness such as type 2 diabetes. Depression can affect your diabetes. Learn to recognise the signs and, if you are at risk, ask your doctor for help.



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Diabetes and your mental health

How to manage diabetes under difficult circumstances.



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Ways to reduce stress

Feeling stressed affects how you deal with diabetes and can also affect your blood glucose levels.

Exercising regularly and taking time for yourself and to practise the physical activities you enjoy



Getting enough sleep



Speaking to a trusted person about your feelings



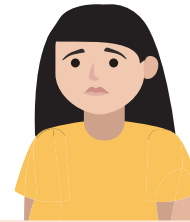
Taking some time to do things you enjoy, such as listening to music, praying or reading a book and making time to relax



Signs of depression

Diabetes can affect your mood and lead to depression. Learn to recognise the common signs of depression and, if you are at risk, ask your doctor for help.

Feeling sad, tearful or irritable



Feeling tired easily



Thinking that life is no longer worth living



Losing or gaining appetite or weight, and sleeping too much or too little



Diabetes and your social life

You may also struggle with adapting to the changes brought about by having diabetes, especially since it can affect your social life. You may not be able to have the same variety of food and drink that you had before you were diagnosed. Be aware of this and talk to friends and family so that they can support you in making the necessary adjustments.



If you are experiencing signs of depression, contact a member of your healthcare team as soon as possible.



Fasting safely

Many people with diabetes choose to fast as part of their religious or spiritual beliefs. There are also other personal reasons why a person may want to fast. Fasting can be done in a safe way as part of healthy diabetes management. If you decide to fast, it is important that, before the fast, you speak to your doctor about how you can best manage your blood glucose levels.

Your doctor can advise you about changes to your medication, how often you monitor your blood glucose and your diet, or make nutritional recommendations for you to follow before and after breaking your fast. Your nutritional needs will be the same, but meal timing and when to break the fast will be important considerations.



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Diabetes and fasting

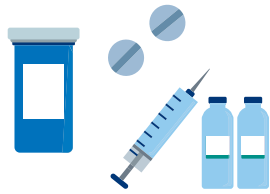
Recommendations for fasting
when you have diabetes.



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Before you fast, speak to your doctor about:

The amount or type of insulin or medication you should take



Checking blood glucose levels more often if you are on insulin

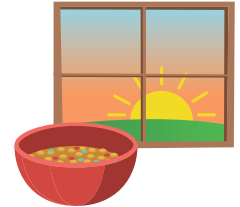


Diet and fasting recommendations

Before starting the fast, eat a meal of more slowly absorbed foods, such as basmati rice and dhal, along with fruit and vegetables



Try to eat before sunrise when fasting for Ramadan



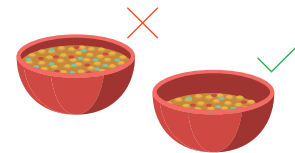
Avoid too many sugary or fatty foods



Keep to a balanced and varied diet



Eat smaller quantities of food when breaking the fast



Avoid dehydration. After the fast, drink plenty of sugar-free and decaffeinated fluids

