



# The Diabetes Manual

*Take charge of your diabetes with this  
six-stage programme for healthy living*

# How to use the Manual

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## Part 1

### *Your Diabetes: the Facts*

**The facts  
about diabetes**

This section is for you to read straight away.  
It is labelled like this:

It tells you the plain facts about your diabetes. You should read this section first and might want to come back to it a few times over the next few weeks.

If you live with someone get them to read this bit too.  
It can help them just as much as it helps you.

You should also listen to the CD/USB called  
“questions and answers”.

## Part 2

### *The 6-Stage Programme*

**Stage 1**

The stages are clearly labelled like this:

Each stage has important information to help you to take charge of your diabetes plus an exercise programme and worksheets to help you with your all-important daily routine. **Every day:**

- *do the tests and routines as shown in the programme*
- *mark the worksheets as you go along*
- *do the fitness plan morning and evening*
- *practise relaxation by listening to side one of the relaxation CD/USB*

#### ***How long should each stage take?***

It's up to you to decide how long you spend on each stage. It depends on how much time you have to spare, how fast you read, how much you can take in. We suggest up to two weeks per stage, and have provided two weeks of work sheets in each stage. This makes a total of twelve weeks but you could finish the programme in less time than this. What's most important is to keep going and try to get right through all six stages.

## Part 3

### *Information and advice*

**Information**

Extra information about your diabetes, your medicines and other things you need to know. You can read it right through or dip into it to answer your questions.

# Now the good news...

***Yes, it's true: people with diabetes can live long, healthy, happy lives.***

This Manual tells you how. There's some reading to do and some real effort is needed. But if you want to be one of the thousands of people with diabetes who lead full and active lives, it's up to you to take charge of your condition. Along the way you will get support from your diabetes care team, but remember that the key to living well with diabetes lies in **your** hands. By the time you get to the end of this Manual, you should have all the basic knowledge you need to put your diabetes into the background where it belongs, and get on with your life.

***And there's a bonus. If you follow the advice in this Manual, you won't only be helping your diabetes. It will also help to reduce your chances of getting a whole range of other serious illnesses like heart disease, strokes, kidney disease and some cancers.***

***So it's worth a bit of effort, isn't it?***

## Optimists and pessimists

How did you feel when your doctor first told you that you have diabetes?  
People have all kinds of different reactions.

***If you are an optimist,  
you might think . . .***

- *"I don't feel too bad – it's just a lot of fuss about nothing"*
- *"It's only Type 2 diabetes – that's the mild kind"*
- *"I haven't got to have injections so it can't be all that serious"*
- *"I'll just ignore it and go back to the doctor if it gets any worse"*
- *"I've got far too many other things in my life to bother about diabetes"*

***If you are a pessimist,  
you might think . . .***

- *"People with diabetes always have a miserable life and die young"*
- *"You keep going into a coma and ending up in hospital"*
- *"I heard of someone who caught diabetes and went blind"*
- *"All I can expect is to get worse and worse and then die"*
- *"There's no cure and no hope – I'm finished"*

***All ten statements above are WRONG. If you take your diabetes seriously and take charge of it, it won't be an obstacle to leading a normal life. All over the world there are thousands of people who don't let their diabetes interfere with the good things they want to do with their lives. Just look at Sir Steve Redgrave. He won an Olympic gold medal after he had been diagnosed with Type 2 diabetes.***

# Changing your lifestyle

To take charge of your diabetes you must control it and not let it control you. For most people this means two things:

- *You need to take very good care of yourself – **permanently***
- *You probably need to make some changes to your lifestyle – **permanently***

To do these things it's best to work on them systematically and follow a plan – and then stick to it. The Manual gives you a plan to follow. The plan is made up of building blocks.

Each person with diabetes will find their own individual ways to do all the actions in the plan. It will be easier for some and more difficult for others.

**Here are the building blocks:**

Self-management for people with diabetes	Lifestyle change for people with diabetes (and everyone else)
Regular medication (if prescribed)	Regular healthy eating
Looking out for complications	Regular exercise
Knowing what to do in emergencies	Reducing lifestyle risk factors
Regular self-testing (if you find it helps)	Reducing stress

*The building blocks are the same for everyone and they take up most of Part 2 of the Manual. If you work your way through the six-stage programme and also use Part 3 for other information, you will have everything you need to make a good start on taking charge of your diabetes.*

There isn't nearly enough room in the Diabetes Manual for all the things you can get to know about diabetes if you really want to know them.

There's a booklist, contact list and list of internet websites in Part 3 which can point you to more places where you can read up on the subject.

Of course your doctor, nurse, dietitian and facilitator/coach are there to help as well, along with a number of diabetes support groups and organisations.

People using this Manual will be living with their diabetes permanently. Permanently is a long time – much longer than the twelve weeks or so that it will take to get through this book.

We hope you will want to come back to the manual over and over again, but it doesn't try to tell you everything – just the most important things to know and some tips to help you. If you never look at another diabetes book again, that's OK – at least you will have had some help to set you out on the right track.

Many people find that diabetes makes them much more interested in their bodies and their health than they were before. They start taking much better care of themselves, and make it their business to find out as much information as they can.

With diabetes, it's often true that the more you know, the better you get at taking charge of your condition – and the better you feel.

# The Exercise Plan

## Why is exercise so important?

*This is the time to make a start on your Exercise Plan. Many people who follow it become stronger and fitter than they have ever been. Every year many people with diabetes run in marathons all over the world.*

**Exercise can –**

- lower your blood sugar level
- help to reduce the chance of long-term complications from your diabetes
- reduce stress, make you feel happier, help you sleep better
- help to reduce your blood pressure
- help you reduce weight – but you must change your eating habits as well
- help lower your blood cholesterol (fat) level
- help to avoid angina and other heart complaints
- reduce aches and pains from joints and muscles

Many people with diabetes are fit and active. If you aren't one of those people, now's the time to become one! Below are some of the activities that people with diabetes have taken up as part of their exercise plan. Tick any that you think might interest you. Add in any others that you think you might like to try.



- |                                  |  |  |
|----------------------------------|--|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Home exercise | <input type="checkbox"/> Digging the garden  |
| <input type="checkbox"/> Jogging | <input type="checkbox"/> Swimming      | <input type="checkbox"/> Doing the housework |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Badminton     | <input type="checkbox"/> .....               |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Football      | <input type="checkbox"/> .....               |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Aerobics      | <input type="checkbox"/> .....               |

**IMPORTANT:** *if your exercise does not make you slightly out of breath it won't make you fitter. That is why you can be unfit even if you have an active job.*

## The Exercise Plan

**On pages 219 – 225 of the Manual** you will find a set of twelve exercises and some suggestions for warming-up before hand and cooling down afterwards. Read the instructions carefully and if there's anything you don't understand, ask your Diabetes Manual facilitator/coach.

The exercise plan is designed for people who are pretty unfit. But many people with Type 2 diabetes will be fit and active and will find the exercises too easy. If so, you might decide to do more strenuous exercises or set yourself harder targets. If you are not sure, discuss how you feel with your facilitator/coach.

You should do your exercise regularly. A weekly chart in each stage of the Manual will help you decide if it is time to do a bit more.

**The plan is in three phases:**

- |                    |                 |                            |
|--------------------|-----------------|----------------------------|
| <b>Phase one</b>   | Stage 1 onwards | Home exercises             |
| <b>Phase two</b>   | Stage 2 onwards | Home exercises and walking |
| <b>Phase three</b> | Permanently     | Regular life long exercise |

# Quick Quiz

*Tick the ones you think are correct.*

*There can be more than one correct answer to each question.*

**Type 2 diabetes is caused by**

- eating too many doughnuts
- watching too much TV
- being unable to produce enough insulin
- sitting in crowded buses
- hard work
- sugar being locked out of your cells

**Diabetes is**

- very rare
- present in well over a million people in the UK
- often preventable
- less of a problem than it used to be
- something roses get
- best ignored
- always fatal

**Most people with diabetes**

- get better after a few months
- die an early and painful death
- have to be looked after permanently
- can only eat lettuce
- live a completely normal life

**Insulin is**

- produced in the pancreas
- something you line the loft with
- a hormone that helps your body to absorb sugar
- not produced by people with type 2 diabetes
- available on draft at the local pub
- always necessary if you have diabetes

**After being diagnosed with Type 2 diabetes**

- you should carry on as if it never happened
- your life is as good as over
- changing to a healthy lifestyle is important
- you can take charge of your condition with the help of this Manual
- life can often be much better than before

# Stress: The story so far

We said that an **ordinary level of stress** is good for us – having things to do, goals to meet, difficulties to get over, and so on.

- It keeps us **alert and awake** to cope with things we have to do.



We said that a **higher level of stress** – what you get from working hard, horror movies, fun fair rides, sport, exciting games and so on – is good for us as well.

- It gives us the **enjoyment and excitement** that we all need to keep happy and find life worth living.



## The problems start –

- ✗ When we can't turn these higher levels off.
- ✗ If we become addicted to living flat out and become adrenaline junkies.
- ✗ If we work all the time and never give our body or mind a chance to rest.
- ✗ If we feel tense and worried and anxious a lot of the time.

These things can lead to damaging levels of stress.

The **first step** is to realise we have the problem – not always easy.

The **second step** is to use relaxation and increase enjoyable activities.

The **third step** is to change permanently to low-stress ways of living and working.

One reason for stress can be that we have lost the balance between pleasure and work. Here's an exercise which can be one way of putting this right.

To do it you need a pencil and paper. Write all the good things in your life down one side. **The UP things.**

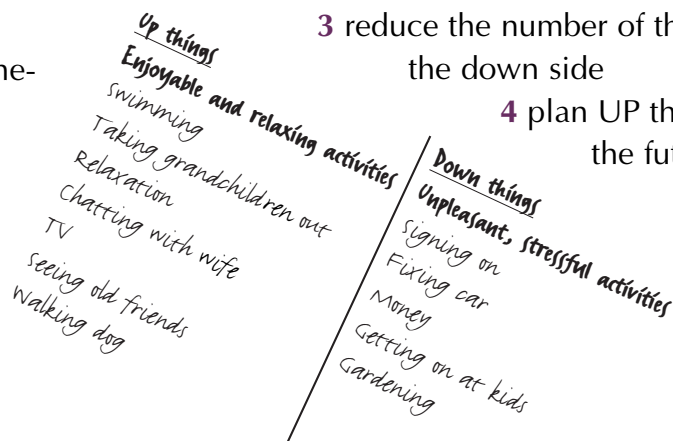
Write the worrying, unpleasant, adrenaline-raising things down the other side.

**The DOWN things.**

**Warning: You can only do this exercise on paper. It doesn't work if you try to do it in your head.**

## Here are four ways to use your list to reduce stress:

- 1 increase the amount of time that you spend doing the UP things
- 2 add new things to the UP side
- 3 reduce the number of things on the down side
- 4 plan UP things for the future



# Starting to take charge

**This is the fourth Stage of your six-stage programme. Maybe you're beginning to see how you can take charge of your diabetes**

**Here's what the Diabetes Manual programme covers in Stage 4**

In this Stage you'll carry on building up your regular exercise and doing regular relaxation. There's more learning to do about diet, risk factors and self-care. If you are still pretty confused at this stage, that's normal. But it's possible that you might be around now starting to see how taking charge of your diabetes can lead to some big changes in your life – for the better.

Don't forget that your diabetes care team and this Manual are here to help you. If you still don't feel as well as you think you should, discuss your feelings with your doctor or facilitator/coach.

## **In Stage 4 of the programme:**

- Keep building up your Exercise Plan. If you are able to walk, you should be walking daily and increasing the distance covered.
- Don't forget to fill in your Walking and Exercise record sheets, Self-testing Record Sheet and Healthy Eating Target Sheet.
- Keep listening to the Relaxation CD/USB.
- There's more in this Stage about stress. Don't forget that stress can do two bad things – it can send your blood sugar up by itself, and it can lead you to the kind of lifestyle that can make you lose control of your diabetes.
- We'll start looking at complications – some of the things that can happen with diabetes. The best thing about complications is that even if you have started getting some of them, you can stop most or all of them in their tracks by following the advice in this Manual.
- The Risk Factor for this Stage is lack of exercise. If you have been following the Exercise Plan you should already be seeing big benefits from regular exercise, but this section goes into more detail about why it's so important.
- The healthy eating plan has some important food stuff in it.

## The Exercise Plan

### *How are you getting on?*

#### *Ask yourself these questions –*

Are you exercising every day?

Do you think you are making progress?

Are you enjoying the exercise?

Is it becoming a regular routine?

If the answer to all of these questions is **Yes**, well done – you're making real progress with your exercise plan.

If you've answered **No** to any of them, don't worry. Think about why you answered No and make a note of it on the Exercise Record Sheet so you remember to discuss it with your Diabetes Manual facilitator/coach.

If you have a medical or physical problem that makes it difficult or impossible to do some of the exercises, you should speak to your facilitator/coach.



# What has happened over the six stages of the Manual

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Over the six stages of the Manual – up to twelve weeks of your time – we have started looking at all the most important things to know about and to do if you have Type 2 diabetes.

<b>Information</b>	<p>You know:</p> <ul style="list-style-type: none"> <li>■ What diabetes is and what causes it</li> <li>■ What it means to have a high and uncontrolled blood sugar level</li> <li>■ How your body produces and uses insulin</li> <li>■ Wrong ideas about diabetes</li> <li>■ How to take charge of your diabetes and live a healthy life</li> <li>■ What to do in the unlikely case that your diabetes causes an emergency</li> </ul>
<b>Exercise</b>	You have been helping to keep your blood sugar at normal levels and reducing your risk factors by following the Exercise Plan.
<b>Relaxation</b>	<p>You know from the Manual and the CD/USB about all the different ways that relaxation can help you to reduce your blood sugar levels and avoid things which lead to an unhealthy lifestyle.</p> <p>You should be able to spot tension developing and have ways to reduce it. Make these a part of your life without the CD/USB.</p>
<b>Stress reduction</b>	You have looked at some of the ways that stress can affect you and what you can do about it.
<b>Healthy eating</b>	You know that an unhealthy diet and being overweight are bad for everyone but especially bad for people with diabetes. You should have made a good start by now on permanent healthy eating and (if you need it) weight reduction.
<b>Risk factors</b>	You have looked at the main controllable risk factors which combine with your diabetes to put you at risk from other illnesses and complications: Smoking, Lack of Exercise and High Blood Pressure.
<b>Self-testing</b>	If you have been testing your blood, you should be doing this regularly and you should know what the results mean.
<b>Complications</b>	You know about the short-term and long-term complications which can result from uncontrolled high blood sugar levels.
<b>Diabetes care</b>	You have heard a bit about what to expect from the Health Service and from your diabetes care team.
<b>Other worries</b>	You know that diabetes doesn't mean you have to give up the more enjoyable things in life like eating out and alcohol. Most people can go to work normally and lead a full and healthy life.

# Healthy Eating Target Sheet

## Week Five

Week starting (date) <hr/>	TARGETS			PROGRESS (✓ if you succeeded)						
	I do this already – not a target	Too hard – leave it for a future stage	This week's target (tick up to 3)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>THIS WEEK I WILL...</b>										
Eat regular meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat less fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat less sugary foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat plenty of “starchy” foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat plenty of fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink plenty of sugar free fluids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink less alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat smaller portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Week Six

Week starting (date) <hr/>	TARGETS			PROGRESS (✓ if you succeeded)						
	I do this already – not a target	Too hard – leave it for a future stage	This week's target (tick up to 3)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>THIS WEEK I WILL...</b>										
Eat regular meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat less fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat less sugary foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat plenty of “starchy” foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat plenty of fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink plenty of sugar free fluids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink less alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat smaller portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>