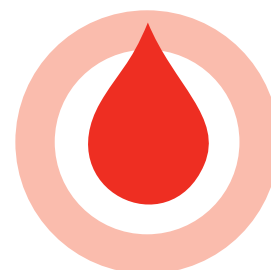




# Diabetes



**Diabetes is a lifelong condition** which causes a person's blood sugar level to become too high.

**Diabetes** can increase the risk of heart disease and stroke.

**Type 1** - the body's immune system attacks and destroys the cells that produce insulin.

**Type 2** - the body does not produce enough insulin or the body does not respond properly to the insulin that is being produced.

## Symptoms of Diabetes:

- **Feeling very thirsty**
- **Going to the toilet more than usual**
- **Feeling very tired**
- **Genital itching or thrush**
- **Blurred eyesight**
- **Cuts taking longer to heal**
- **Unexplained weight loss**

If you think you might have diabetes, make an appointment with your GP today.

For more information on managing your diabetes, visit [www.nichs.org.uk](http://www.nichs.org.uk)

## 7 Health and Wellbeing Tips



**Eat a balanced diet**



**Keep physically active**



**Maintain a healthy weight**



**Moderate your stress levels**



**Moderate your alcohol intake**



**Stop smoking**



**Get enough sleep**

