

# A Picture of Health

## In focus this month: Diabetes

Picture of Health is produced by Tameside's Population Health Team. We're here to research and understand the big health matters that affect our borough. Our goal is to find ways to improve the physical and mental wellbeing of the people living here, to give them happier, healthier and longer lives. But enough about us. You are the most important person in your health, so read on to see what you can do for yourself and your family to stay fit and well.

**1** **Diabetes Awareness week is here again.** Starting on the 11th of June, it's all about talking about the condition. With nearly 17,000 people in Tameside living with Type 2 Diabetes you won't have to go far to find someone who knows what it's like to live with and managing this disease. If you are living with diabetes, and feel unsure about how to talk to people about your condition, click here for advice on starting a conversation.

know diabetes  
fight diabetes

Diabetes Week 11-17 June

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**2** **Waistlines in Tameside are on the rise, and so is type 2 diabetes.** It's no coincidence. Carrying excess weight, especially around your middle, puts tremendous strain on the body and can lead to the development of the disease. We're so used to hearing about diabetes that it's easy to forget just how severe it can be. As well as blindness and limb amputations it increases the risk of heart attacks and stroke, and is one of the leading causes of premature death in Tameside. The good news is that people at risk can help prevent onset of the disease by making lifestyle changes. The first step is finding out if that could be you. Check here to see if your waist is telling you to take care.



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**3** **Type 2 diabetes is largely avoidable, and yet so many people develop it, but why?** Lifestyle choices play a significant role. For many of us, our habits have formed over the decades, and we simply don't give them a second thought. It's good to review your lifestyle every once in a while, to make sure you're not sleep walking into sickness with the things that you do every day. The How Are You? quiz is a fast and fun way to look at the choices you make that could put you at risk of diabetes, like what you eat and drink, if you smoke, and how much physical activity you get. There's practical help at the end so click on to learn more.

TAMESIDE  
HOW ARE YOU?

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**4** **People from Indian, Pakistani and Bangladeshi communities are more prone to certain diseases because of their genes.** Type 2 diabetes is one such disease that is more common amongst Asian/Asian British people. As well as being more susceptible to developing the disease, foods typical in these cultures are often high in oils and ghee, and combine to make this group more than twice as likely to develop the disease. Cooking up great low fat curries without compromising on taste and authenticity is possible with a few tweaks to the ingredients. Click here to see more



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**5** **New research suggests that some people might be able to reverse their diabetes with significant weight loss,** however, the current accepted advice is that once you have become diabetic, you can't be cured. Lifelong management of the condition with diet, medication, and regular blood testing might become part of daily life. If you've been told you are pre-diabetic, your body is waving a red flag, telling you to make some changes before permanent damage is done. If you are pre-diabetic you have an amazing opportunity to fight your way back to health and dodge the disease. Ask your GP how.



**6** **if you have a diagnosis of diabetes, exercising regularly will help protect you against the additional complications it can cause.** The Live Active programme, specifically designed for people with long term conditions, is ideal for those who are managing diabetes. It helps address the underlying causes like being overweight, as well as helping with the additional complications like heart disease. Visit the Live Active website to find out how you can get support from the programme.

LIVE  
ACTIVE

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for inspiration

**7** **Having type 2 diabetes puts you at risk of additional health problems, in fact, a person with diabetes is 4 times more likely to develop heart disease than someone without it.** For that reason, eating a balanced diet and maintaining healthy weight is really important in managing the condition and protecting your heart. Finding something that's tasty and good for you that won't send blood sugars soaring needn't be a mission. Click here for over 3000 diabetes friendly recipes



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**8** **When it comes to smoking, our advice will always be never give up giving up.** Quitting is the best thing you can do for your health, but especially so for people with diabetes. In a study of 500,000 women ASH (Action on Smoking and Health) found that those who smoked 40 cigarettes a day were 74% more likely to develop diabetes, and a similar study of men found they were 45% more likely to get the disease. If you want to quit, there is always help nearby. Call Be Well Tameside on 0161 716 2000 or click here



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**9** **If you have Type 2 diabetes, it's important to follow sensible guidelines when drinking alcohol.** A diabetic person who is drinking alcohol can experience big drops in blood sugar, which can be dangerous. When this happens they may slur their words, act strange, or become confused or irritable. It's easy to mistake this for being drunk, so it's important to be able to tell the difference. If you have a diabetic friend, learn how to spot the signs of low blood sugar (Hypoglycaemia). If you are diabetic yourself make sure one of your pals knows to keep an eye on you. Watch this video for tips on what to do if you or your friend is having a hypo when you're out on the town.



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FOR ADVICE

**10** **A Diabetes diagnosis can often lead to anger, denial, fear or depression.** These can range from mild feelings of irritation through to serious mental health problems, all of which can make management of the condition more difficult or daunting. Like many mental health problems, those caused by diabetes are often underestimated or ignored, with the physical problems taking centre stage. If you have recently been diagnosed and want to talk to someone about how it is affecting your mood and mental wellbeing, book a 20 minute drop in session at TOGMind to speak to someone who can help.

**mind**  
for better mental health

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