Diabetes

Abi Harrison-Nye

Symptoms

- Feeling very thirsty and passing urine more often than usual.
- Extreme tiredness and blurred vision.
- Cuts or wounds that take a long time to heal.

Age & Gender

- Type 1 often appears in childhood, while Type 2 is more common in adults.
- It affects all genders, though males are at a slightly higher risk for Type 2.

Misconceptions

- It’s not caused by just eating too much sugar.
- It’s not 'the bad kind' or 'the easy kind'. Both types are serious.
- People can still eat sweets or fruit. They just need to manage their levels.

Diagnosis

- Blood tests measure the amount of glucose attached to red blood cells.
- A fasting glucose test checks sugar levels after not eating overnight.

Treatment

- Insulin injections or pumps are required for Type 1.
- Tablets or lifestyle changes often manage Type 2.

Support

- Provide a private, clean space if they need to inject insulin.
- Allow breaks for them to check blood sugar or eat a snack.
- Learn the signs of a 'hypo', such as shakiness or confusion.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

AbiHarrisonNye.dev