

Help with your Type 2 Diabetes.

Sources of help & information to help you manage
your type 2 diabetes.

2024



Help for you at every step of the way.

This leaflet has many ways to find out more about type 2 diabetes in a way that suits you.

For links to everything in this leaflet go to <http://services.nhsllothian.scot/diabetes>



Facts about type 2 diabetes

Learn about the science behind type 2 diabetes, glucose, insulin and blood sugar.

Lifestyle factors

Get support to make realistic changes to help manage your condition. This includes:

- Eating well
- Moving more
- Managing your weight
- Family support
- Stopping smoking
- Sleeping well

Treatment options & medication

It's OK to ask

It's important to know what's going on with your own healthcare. By being more involved, you'll be able to make better decisions about your own care and treatment.

If you have any questions it is OK to ask any of your medical team (doctor, nurse, pharmacist or dietitian). You can ask them at any time or during your regular reviews with your practice nurses.

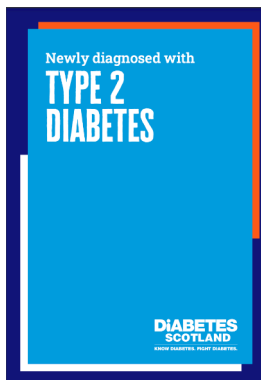
Your guide to type 2 diabetes

Your GP or practice nurse can give you a copy or you can download one.



Newly Diagnosed with type 2 diabetes

Your GP or practice nurse can give you a copy or you can download one.



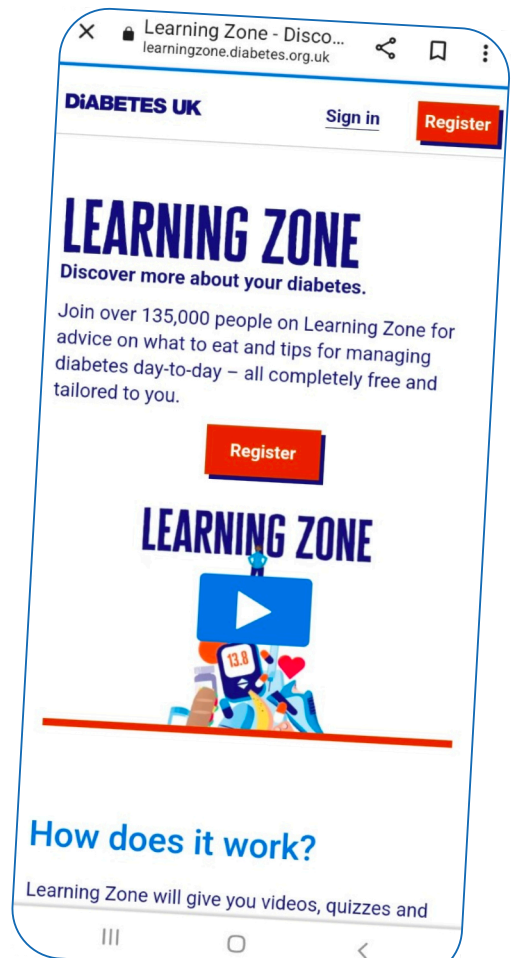
Learn in your own time

My Diabetes My Way

Information about what type 2 diabetes is, what it might mean for your health and what you can do to manage it.

Diabetes UK

Information for people who are newly diagnosed, including a Learning Zone with videos, quizzes, food ideas and tips for managing diabetes.



Healthy weight & nutrition

Get Moving with Counterweight

A free one-year healthy lifestyle programme for NHS patients, provided by leisure partners throughout Lothian. Nutrition information, fun group exercise classes and support to lose weight.

Second Nature

Now available from NHS Lothian, this digital programme (app) can support you to create long term healthy habits to improve your overall health.

Type 2 Diabetes Remission Programme

Some patients, within 6 years of their type 2 diabetes diagnosis, may be suitable for an intensive diet replacement programme run by dietitians.

Track your data

My Diabetes My Way

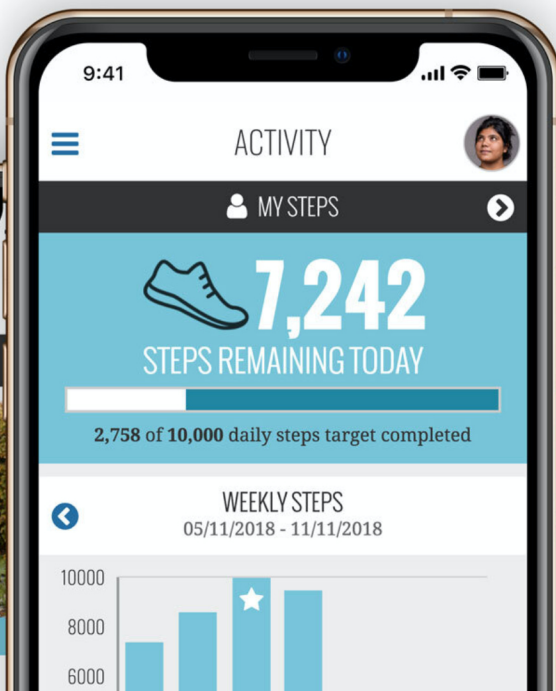
Access your test results, clinical letters and your treatment plan.

My Desmond Digital Programme

Use health trackers including HbA1c, weight/shape, healthy eating and blood pressure to check your progress.

You can track your steps and activity minutes, and link to your FitBit and Google Fit. You can invite your family & friends to join your journey and compete against each other in fun activity challenges.

You can self refer or ask your healthcare professional to refer you.



Groups

DESMOND (Diabetes Education & Self-Management for Ongoing and Newly Diagnosed)

Learn from experts and other people with type 2 diabetes within the first 12 months of diagnosis.

Sessions are interactive and informal led by trained facilitators. They run throughout Lothian either in person (9am – 4pm) or online (3x2hr or 2x3hr sessions).

Interpreters can be arranged.

Call: 0131 537 9169

Email: loth.desmond@nhslothian.scot.nhs.uk

Local support groups

Find a local group near you on the NHS Lothian website.



If you need this leaflet in another format or language please ask your health professional.



Translations



Easy read



BSL



Audio



Large print



Braille