

Hypos (Sugar Coma)

The signs are:

- ◆ feeling hungry, shaking and sweating

What to do:

Traveller is unconscious

- ◆ get them to hospital quickly
- or
- ◆ phone 999 for an ambulance

Traveller is conscious and can swallow

- ◆ give them a glass of lemonade or sweet drink or 3 teaspoons of sugar in a little warm water
- ◆ make sure he/she has something else to eat

For more information call

Freephone Healthline 0845 46 47

Diabetic Advice Line 01246 512113

(North Derbyshire)

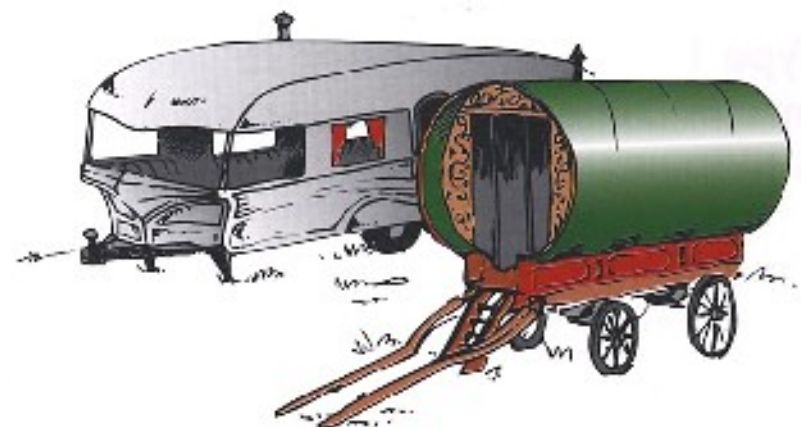
Diabetes Specialist Nurses

01332 363371 ext. 252 (South Derbyshire)

Produced with Derbyshire Gypsy Liaison Group (Reprint 2006)
Funded by NHS Ethnic Health Unit and North Derbyshire Health Promotion Service.
Illustrations by Bridie Page Production & printing by N.E.D.D.C. (10184)

Copyright © North Derbyshire Health Promotion Service

GYPSIES & TRAVELLERS



&

DIABETES...



B. Page

What is Diabetes?

Diabetes is caused when the amount of sugar in the blood is too high.

These are 2 types of Diabetes:

Type 1

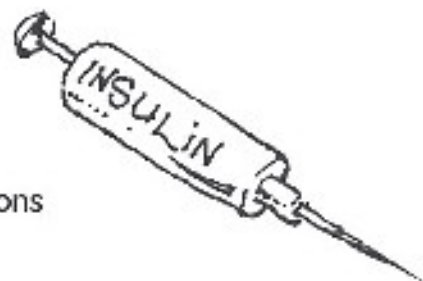
Insulin Dependent: is treated by:

- ◆ Insulin injections and diet

Type 2

Non-Insulin Dependent: is treated by:

- ◆ diet alone
- ◆ diet and tablets
- or
- ◆ diet and insulin injections



A lot of Gypsies & Travellers live with Type 2 Diabetes.

Diabetes can be treated but never goes away.

Why treat Diabetes?

- ◆ to stop symptoms of high sugar - thirst, weeing more, weight loss and tiredness
- ◆ to keep blood sugar levels down
- ◆ to stop damage to other parts of the body, e.g. the eyes, heart and kidneys

Living with Diabetes

- ◆ Eat regular meals - try not to skip a meal
- ◆ Cut down on fried and fatty foods
- ◆ Eat more fibre from fruit and vegetables
- ◆ Cut down on sugar and salt
- ◆ Watch your weight
- ◆ Limit how much alcohol you drink
- ◆ Look after your feet

