

Myths

Diabetes Awareness Month 2022

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Statistics:

DIABETES IN THE WALSALL

8

PERCENT

population in Walsall
have diabetes - 2019



WEST MIDLANDS

had the highest rate of
diabetes in 2019

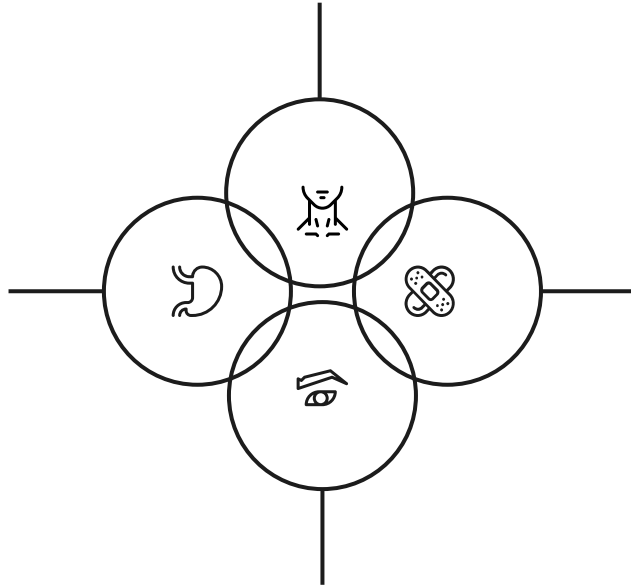
BY

2030

Experts have predicted
10.9% of the Walsall
population will be diabetic

Some Symptoms:

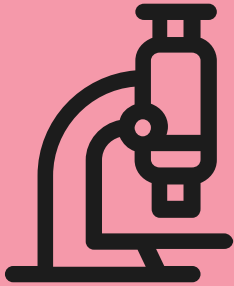
**Shortness of
breath**



Increased thirst

**Slow-healing
sores**

Blurry vision



However...

There are several resources available to learn about diabetes on the internet. For example the types of diabetes, symptoms and even treatments just like the previous slides.

However, despite learning about diabetes I still developed several misconceptions until I was diagnosed with diabetes myself. This is why I have created this presentation, in an attempt to rectify several myths on diabetes.

Quiz: Fact or Fiction?

**Discuss if the following statements are a myth or
is a true fact about diabetes:**

Questions:

01

People with diabetes cannot have sugar

02

People with diabetes should eat 'diabetic' foods

03

People with diabetes eventually go blind

04

People with diabetes can't play sports

05

People with diabetes lose a limb or go blind.

Good Luck!

01 = Myth

Having diabetes does not mean you have to have a sugar-free diet. People with diabetes should follow a healthy balanced diet – that is low in fat, salt and sugar. You should still be able to enjoy a wide variety of foods, including some with sugar.



02 = Myth

'Diabetic' labelling tends to be used on sweets, biscuits and similar foods that are generally high in fat, especially saturated fat and calories. Diabetes UK does not recommend eating 'diabetic' foods, including diabetic chocolate, because they still affect your blood glucose levels, they are expensive and they can give you diarrhoea. So, if you are going to treat yourself, you should go for the real thing.



03 = Myth

Although diabetes is the leading cause of blindness in people of working age in the UK, research has proved you can reduce your chances of developing diabetes complications – such as damage to your eyes – if you:

- control your blood pressure, glucose, and blood fat levels
- keep active
- maintain your ideal body weight
- give up smoking.



04 = Myth

People with diabetes are encouraged to exercise as part of a healthy lifestyle. Keeping active can help reduce the risk of complications associated with diabetes, such as heart disease.



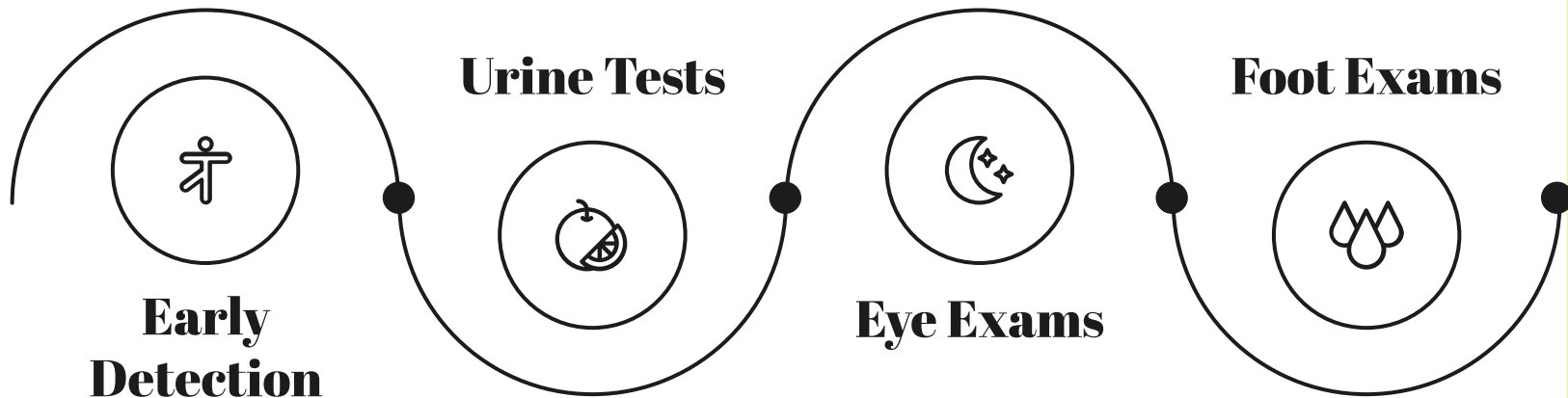
**Steve Redgrave -
British rower
with Type 2
Diabetes**

Steve Redgrave, Olympic gold medal-winning rower, has achieved great sporting achievements in spite of having diabetes.

However, there may be some considerations to take into account before taking up a new exercise regime. Talk to your healthcare team for more information.

05 = Myth

Diabetes can cause serious damage like blindness, kidney disease, limb loss, heart disease and stroke when left uncontrolled. That risk can be reduced by controlling blood sugar.



can also lower the risk of complications.

A black computer monitor with a white rectangular area in the center containing the Healthwatch logo. The logo consists of the word "healthwatch" in a lowercase, sans-serif font. The "h" is blue, "e" is pink, "a" is blue, "l" is blue, "t" is blue, "h" is blue, "w" is blue, "a" is blue, "t" is blue, "c" is blue, and "h" is blue. The "o" is replaced by a green circle with a white dot inside, resembling an eye.

healthwatch

Thanks!

Do you want to share your experiences of accessing any diabetic services - contact Healthwatch on...

Contact Healthwatch Walsall

Phone: 0800 470 1660

Email: info@healthwatchwalsall.co.uk

Website: <http://www.healthwatchwalsall.co.uk>

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