

How to reverse Type 2 Diabetes in Children and Young People

Lifestyle Advice and Medical Management

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**To create a positive family centered environment,
to empower and enable a full valued life, whilst
optimising diabetes management**

Expectations at diagnosis

The Children's Diabetes Team Aims to Provide the Following:

At presentation:

- The first education session will explain what type 2 diabetes is and outline the management and possibly treatment required.
- We will demonstrate how to carry out a finger prick test to measure blood glucose levels, demonstrate how to use the meter and interpret the data.
- We may provide you with a continuous glucose monitor to support you if you are using insulin injections, or we feel it would be beneficial for you.
- You will have the opportunity to discuss dietary requirements with our dietitian and agree a plan moving forward for diet and exercise goals.
- We will discuss how to reduce blood glucose levels.
- We will discuss any medication required so you know what it is, how to administer it and how to store it.
- We will provide initial treatment if required and inform you of how to obtain ongoing supplies.
- You will be introduced to the Psychologist within the team during your first clinic appointment (if available).

Continuation of care:

- You should be in contact with the diabetes team regularly.
- We will contact the school/college if appropriate to organise training and put together a diabetes care plan.
- We aim to offer you a clinic appointment within 2 weeks of diagnosis. This is when we also give you the results of your new diagnosis blood tests. This includes cholesterol levels, liver function tests. A liver US will be requested as there is a high risk of fatty liver disease when diagnosed with type 2 diabetes.
- If not done so at diagnosis, you will be asked to bring in an early morning urine sample to check for protein leak. This is a marker of how the kidney's are working.

3 monthly check ups

Every 3 months we will see you in diabetes clinic. During this appointment we will discuss and agree some lifestyle and/or treatment goals and review them when we see you next. You will be supported to achieve these goals by all the diabetes team.

During the appointment we will check your:

1. Height
2. Weight
3. HbA1c test-via blood glucose
4. Blood pressure check (if over 12 years)
5. Sleep hygiene

Annual Review

You will have an annual review once a year, usually around the month of your birthday. This is to check your overall health and ensure we try to reduce your risk of long-term complications. This will include:

6. Blood tests: to check your kidney function, liver function, blood count, and cholesterol (fat) levels.
7. Urine test: to check for the presence of protein (can be a sign of early kidney disease)
8. Examination of your feet and legs.
9. Advice regarding your retinopathy screening: this is arranged through your GP annually when they are older than 12.
10. A psychology questionnaire: you will be asked to complete this in the waiting area before your appointment, it helps us to know how diabetes may be affecting your mood and feelings.
11. A dietician appointment, which can be done at the same clinic visit or arranged for a later date.
12. An education checklist will be discussed.
13. Support with any sexual problems
14. Help to stop smoking if needed
15. Specialist care if you're planning to have a baby

Please note: All diabetes monitoring equipment is needed at every clinic appointment to ensure appropriate support.

Type 2 Diabetes Risk Factors

x2 x6

You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with diabetes.

↑ 40

Your risk increases with age. You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, Chinese or South Asian.

TYPE 2

Type 2 diabetes is two to four times more likely in people of South Asian descent and African-Caribbean or Black African descent.



You're more at risk if you've ever had high blood pressure.



Your risk is also increased if you have a high waist measurement



You're more at risk of type 2 diabetes if you're living with obesity or overweight.



Type 2 diabetes is slightly more common in **boys** than in **girls**

WHAT IS TYPE 2 DIABETES



TYPE 2 DIABETES IS A CONDITION RESULTING IN HIGH BLOOD GLUCOSE LEVELS



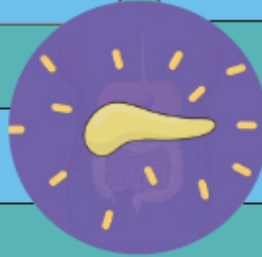
WHEN YOU EAT CARBOHYDRATES OR HAVE A DRINK THAT CONTAINS ANY SUGARS

YOUR BODY BREAKS DOWN THE FOOD AND DRINK INTO GLUCOSE.



GLUCOSE

YOUR PANCREAS RESPONDS TO THIS GLUCOSE



BY RELEASING INSULIN.

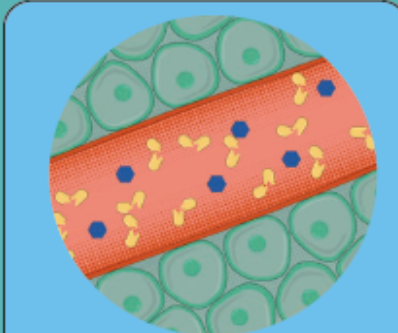


INSULIN DOES A REALLY IMPORTANT JOB.

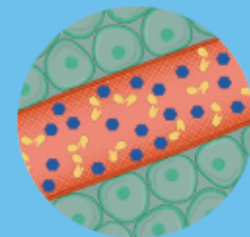
IT ALLOWS THE GLUCOSE FROM YOUR FOOD AND DRINK TO ENTER YOUR CELLS, FUELLING YOUR BODY AND GIVING YOU ENERGY.



IN TYPE 2 DIABETES, THE INSULIN YOUR PANCREAS MAKES STOPS WORKING PROPERLY



YOUR BODY REACTS BY MAKING EVEN MORE INSULIN



BUT BECAUSE THE CELLS AREN'T REACTING TO IT (THIS IS CALLED INSULIN RESISTANCE), EVENTUALLY YOUR BLOOD GLUCOSE LEVELS RISE.



COMMON SYMPTOMS OF TYPE 2 DIABETES



FEELING VERY TIRED
AND NOT BEING ABLE
TO CONCENTRATE



FEELING
THIRSTY

NEEDING TO
WEE A LOT



GETTING STUBBORN
INFECTIONS OR SKIN
CHANGES



SOME PEOPLE GET NO
SYMPTOMS AT ALL FOR A
WHILE

TREATMENT FOR HIGH BLOOD GLUCOSE LEVELS IN TYPE 2 DIABETES

A VERY IMPORTANT TREATMENT FOR HIGH BLOOD
GLUCOSE LEVELS IN TYPE 2 DIABETES IS TO LOSE
WEIGHT IF YOU HAVE A HIGH BMI



MAINTAIN A HEALTHY WEIGHT

DIET

EAT A
BALANCED
DIET



SMALLER
PORTION
SIZES



CHANGE TO
HEALTHIER FOOD
AND DRINK OPTIONS

LIFESTYLE

GET
GOOD
SLEEP



INCREASE PHYSICAL
ACTIVITY



MANY PEOPLE WITH TYPE 2
DIABETES ALSO REQUIRE
MEDICATION OR INSULIN THERAPY.



Diabetes Complications:

IF HIGH BLOOD GLUCOSE IS LEFT UNTREATED, IT CAN START TO AFFECT OTHER PARTS OF YOUR BODY OVER TIME.

The diagram features a large orange circle containing four blue hexagons, each with an illustration of a body part: an eye, a heart, a pair of feet, and a pair of kidneys. The words 'EYES', 'HEART', 'FEET', and 'KIDNEYS' are written in blue capital letters above or below their respective hexagons. The background of the circle is decorated with small blue hexagons.

THESE ARE CALLED THE COMPLICATIONS OF DIABETES

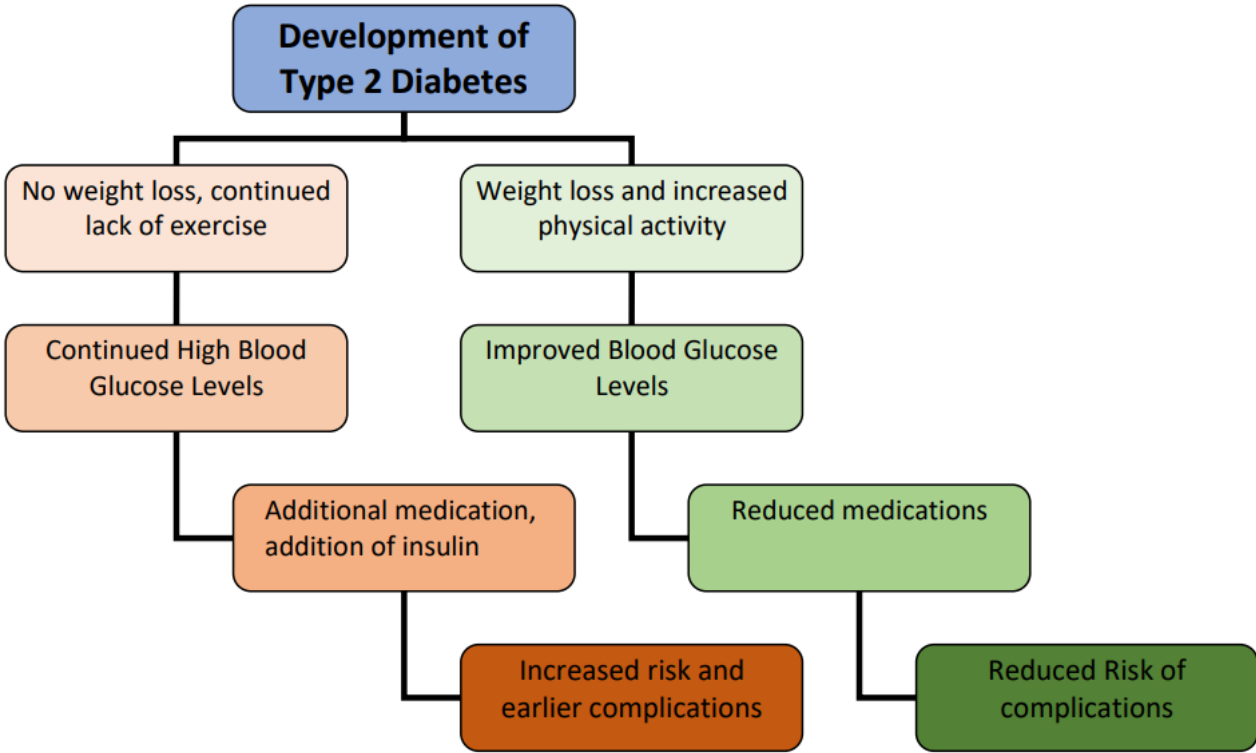
DigiBete

WITH THE RIGHT TREATMENT AND SUPPORT TO MAKE HEALTHIER LIFESTYLE CHANGES, YOU CAN LIVE WELL WITH TYPE 2 DIABETES

A colorful illustration of a diverse group of people in a park. On the left, a woman in a pink sweater and blue jeans stands with her arms crossed. In the center, a woman in a yellow sweater and blue hijab sits on a wooden bench. To her right, a man in a red sweater sits on the same bench, looking at his phone. Further right, a man in a green sweater sits on the bench with a soccer ball. Behind him, a man in an orange t-shirt stands. A grey dog is sitting on the ground in front of the bench. The background shows green trees and a blue sky.

Goals of Type 2 Diabetes Management

- **Healthy Lifestyle changes for the whole family**
- **Weight loss of 5-10%** (This is the only way to slow down development of diabetes)
- **Increased exercise and daily activity**
- **Good sleeping habits**
- **Managing Blood Glucose levels**
- **Reducing HbA1c to < 48mmol/mol** (average glucose levels over 2-3 months)



HbA1c %	HbA1c mmol/mol	Risk of future problems
	New measurement	e.g. eyes, kidney heart, nerves, feet
Old measurement		
5.5%	37	No risk
6.5%	48	Extremely Low
7.0%	53	Low
7.5%	58	Low/medium
8.0%	64	Medium
8.5%	70	High
9.5%	80	High/very high
10.5%	91	Very High

Lifestyle Weight Management Programme

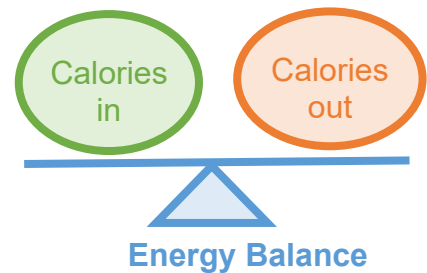
Lifestyle guidance is centred around a whole family approach.

The Goal:

To establish and maintain a combination of **healthier dietary habits** and **increased physical activity** and to achieve and **maintain energy balance**.

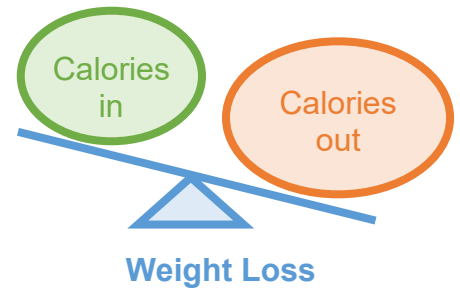
Energy balance

Energy balance is when energy intake from all food and drink (measured as calories) matches energy used for all bodily functions and physical activity.



Dietary habits

Dietary changes should reduce calorie intake whilst remaining flexible. Total energy intake should be below your energy expenditure.



All family members should try to:

- Have a variety of healthy foods available (e.g. *vegetables, fruits*)
 - Remove all sugary drinks.
 - Reduce the number of snacks available.
- Eat together at mealtimes.
- Have routine mealtimes.
 - Don't skip meals.
- Take part in daily physical activity.

Physical activity

Physical activity includes the full range of human movement, from active hobbies, walking, cycling and the other physical activities involved in daily living, such as walking upstairs and playing in the garden to competitive sport and exercise.

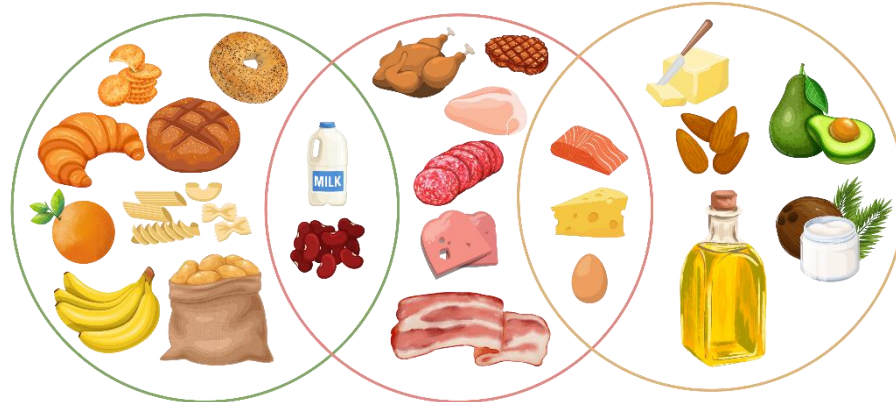


Please follow the link below and scroll down to the video titled 'Diabetes and weight management': <https://www.youngtype2.org/type-2-information/newly-diagnosed>

Please watch this short 3-minute video with your parent or young perso

Carbohydrates

Your blood glucose levels are affected by what you eat. The key to controlling your BG levels is by first understanding how and why different foods affect it. Food consists of 3 main nutrients (known as 'macronutrients'). These are **carbohydrates**, **protein** and **fats**:



These nutrients are digested in the intestine and broken down into their basic units:



All foods and drinks containing carbohydrate are digested and absorbed into the bloodstream as glucose at different speeds and the Glycaemic Index (GI) is a measure of this.

Foods with a high GI can increase your blood glucose levels quickly. Foods with a low GI are absorbed more slowly, which can help keep your blood glucose levels more stable. Eating lower GI foods can also help reduce your cholesterol, maintain good bowel health and keep you feeling fuller for longer making them better choices.

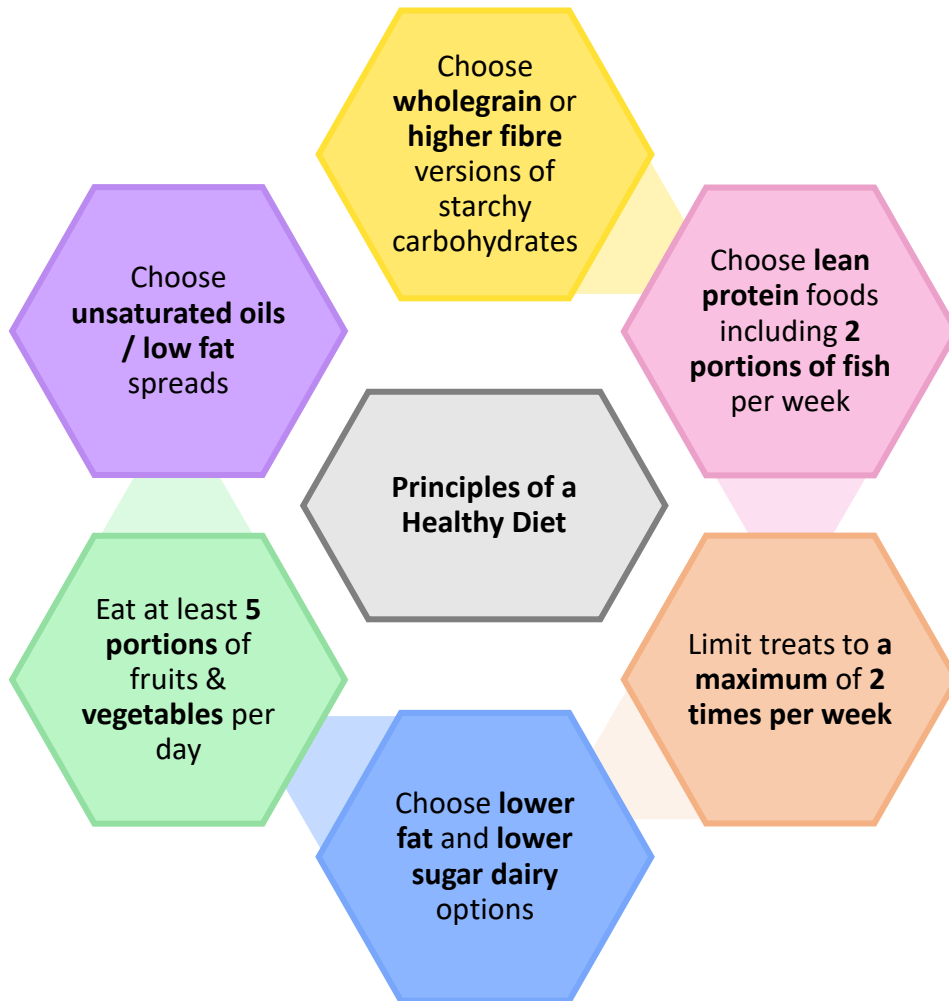
Some examples of lower GI foods are:

- **Pulses:** beans (baked beans, red kidney beans, butter beans, mung beans). Peas and all lentils. Ways to include more of these may be to have baked beans on toast, lentils in stews and soup, red kidney beans in chilli con carne and butter beans in casseroles
- **Oats:** porridge, oat cereals, low sugar muesli, oat cakes, oatmeal crackers
- **Breakfast cereals:** All Bran, Oatibix, Branflakes, Porridge (made with jumbo oats)
- **Breads:** granary, wholegrain, multigrain, soya and linseed, rye, pumpernickel, wholemeal pitta and wraps, roti and chapattis (made with brown flour or breads made from millet and juwar flour)
- **Potatoes:** sweet potato, new and old potatoes in skin
- **Rice:** basmati, brown
- **Pasta:** all
- **Milk & dairy:** milk, natural, Greek or low sugar yoghurts, quark, fromage frais
- **Fruit & vegetables:** apple, pear, citrus fruits, plums, grapes, berries, cherries, dried apricots, salad, all vegetables

- **Others:** bulgur wheat, egg noodles, quinoa, couscous, barley, fruit loaf

Dietary Guidelines

It's important to eat the right foods in the correct amounts for a well-balanced, healthy diet. **These principles will help to control your diabetes:**



A Healthy Plate

Use this as a guide to help you get a healthy balance of each food group at your meals:

- Fill ½ of your plate with **vegetables**.
- Fill ½ of your plate with **lean protein**.
- Fill ¼ of your plate with **starchy carbohydrates**.



Salt

Too much salt can put us at risk of high blood pressure and heart disease later on in life.

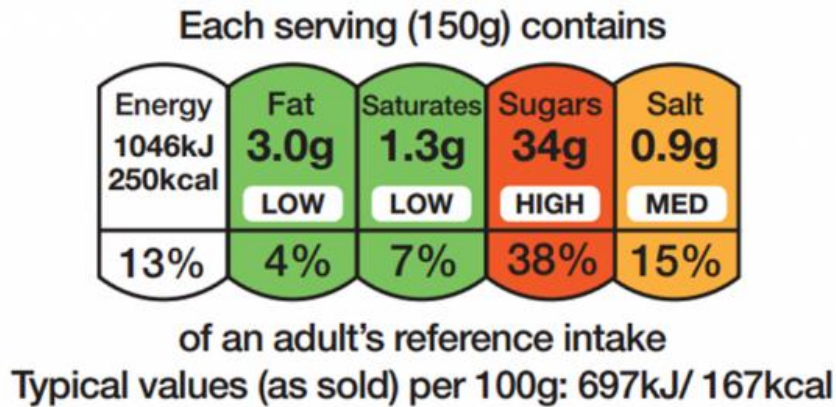
We should be having 6g of salt a day max, which is less than a teaspoon!

Remember that food, especially packaged food, can be really high in salt even if it does not taste particularly salty. The following foods are all ones to watch out for and cut back on if you can:

- Sausages, bacon and ham
- Crisps and salted nuts
- *Pastries, pizza and cheese*
- Gravy, brown sauce, mustard, ketchup and soy sauce



The traffic light labelling system will tell you whether a food has high, medium or low amounts of fat, saturated fat, sugars and salt. It will also tell you the number of calories and kilojoules in that particular product.



- **Red** means the product is high in a nutrient, and you should try to cut down, eat less often or eat smaller amounts.
- **Amber** means medium. If a food contains mostly amber, you can eat it most of the time
- **Green** means low. The more green lights a label displays, the healthier the food is.

Healthier Food Swaps

These simple food swap ideas can help cut down on sugar, salt and fat in your and your family's diet, plus discover easy ways to make a swap when you next shop. Even just 1 or 2 everyday swaps can really make a difference and go a long way to making each day healthier – but the more you make, the better!

Breakfast Swaps

Sugar and fat are the biggest things to watch out for at breakfast time – try some of these easy swaps!

Swap From

- ✗ Chocolate cereal
- ✗ Frosted flakes
- ✗ Honey crunch cereal
- ✗ Croissants
- ✗ Cereal bars

Swap To

- ✓ Wheat biscuit cereal
- ✓ Shredded wholegrain cereal
- ✓ No-added-sugar muesli
- ✓ Porridge
- ✓ Wholemeal toast
- ✓ Plain natural yoghurt
#topped with chopped fruit

Lunchtime Swaps

When lunchtime rolls around, it's easy to eat more sugar or salt than we might realise. Try some of these simple lunch time swaps:

Swap From

- ✗ Split pot yoghurts and pudding pots
- ✗ Cake cars and cereals bars
- ✗ Muffins and chocolate
- ✗ Crisps
- ✗ Juice pouches and fizzy drinks
- ✗ Tinned soup

Swap To

- ✓ Lower sugar fromage frais or plain natural yoghurt
- ✓ Sugar-free jelly
- ✓ A slice of malt loaf or a fruited teacake
- ✓ Porridge
- ✓ Wholemeal toast
- ✓ Plain natural yoghurt topped with chopped fruit

Drink Swaps

✗ Swap From

Ketchup/Brown Sauce/Mustard/Gravy

- ✗ Fizzy drinks
- ✗ Juice drinks
- ✗ Milkshakes
- ✗ Whole Milk

✓ Swap To

Porridge

- ✓ Water
- ✓ Sugar-free drinks
- ✓ No-added-sugar drinks
- ✓ Lower-fat milks

Dinner Swaps

Salt and saturated fat can really add up at dinnertime without us noticing – there can be a surprising amount of both in everyday foods. Consider giving some of these dinner swaps a go!

Swap From

- ✗ Sausages
- ✗ Pizza
- ✗ Salt & soy sauce

Swap To

- ✓ Lower-fat mince
- ✓ Different herbs, spices and seasoning, like paprika, oregano or lemon juice
- ✓ Reduced-salt and reduced-sugar versions of sauces

Snack and pudding swaps

Whether it's fighting the after-school tummy rumbles or rounding off dinner with a tasty pudding, sugar is the main watch-out here.

But even if they don't taste of it, some of these snack foods can contain a lot more salt (and fat) than you might realise too!

Swap From

- ✗ Biscuits
- ✗ Chocolate
- ✗ Cake bars
- ✗ Chocolate pudding pots
- ✗ Doughnuts
- ✗ Muffins
- ✗ Crisps
- ✗ Salted peanuts
- ✗ Split-pot and higher-sugar yoghurts

Swap To

- ✓ A slice of malt loaf or fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad
- ✓ A scotch pancake or crumpet
- ✓ Sugar-free jelly or lower-sugar custard
- ✓ Crackers topped with lower-fat cheese
- ✓ Bread or toast with lower-fat spread
- ✓ A bagel topped with sliced banana
- ✓ Unsalted mixed nuts
- ✓ Chopped veg with lower-fat hummus
- ✓ Lower-sugar yoghurts or lower-sugar rice pudding



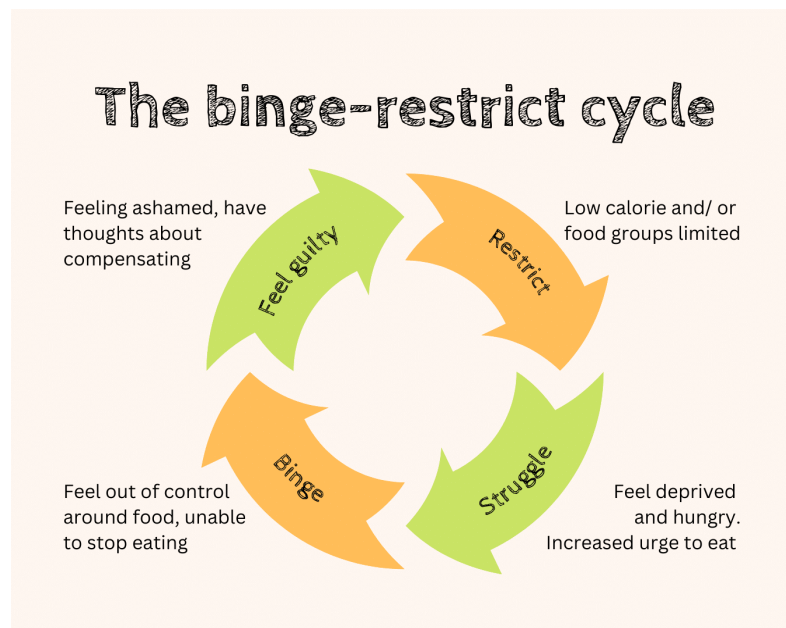
Download the free NHS Food Scanner app for healthier swap ideas next time you shop!

When Eating Becomes Difficult

We know that eating a healthy and balanced diet as a family is one of the main ways that you can help lower your blood-glucose levels and manage Type 2 Diabetes. But we also know it is not always easy to do. You might have had very different eating habits to those described in the pages earlier on in this booklet, and that is ok. If it feels overwhelming to make changes, you can look at the recommendations and think about which of these would be easiest for you to change first, as a family. Start there and build on making other changes gradually.

Everyone Needs Treats!

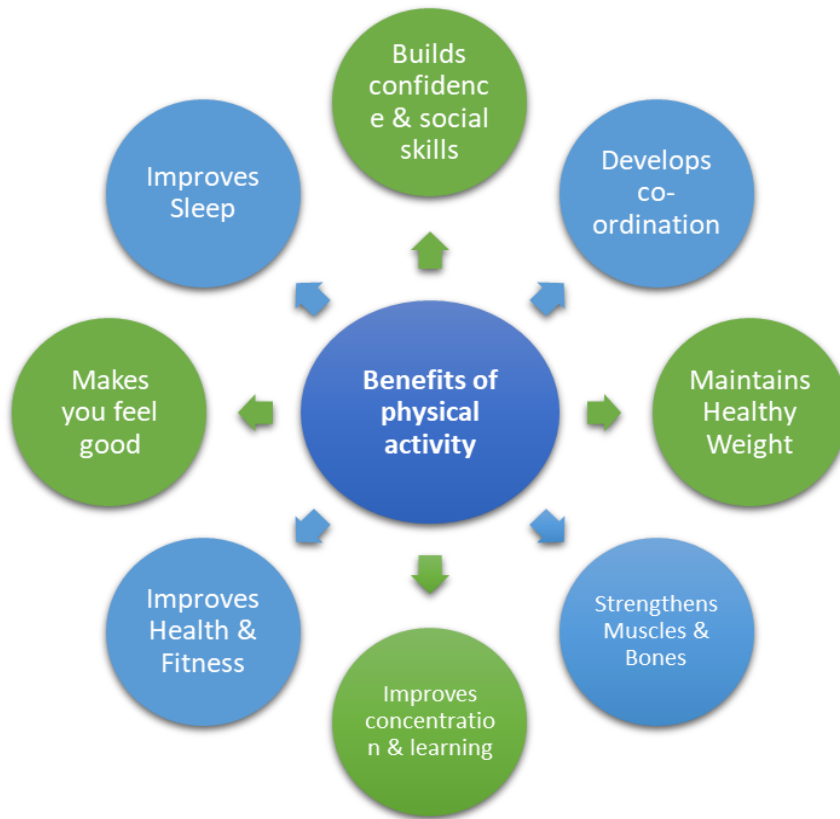
Remember that a balanced diet doesn't mean cutting out all the foods you love. We want you to enjoy eating and look forward to having the foods you like best. It may be that your favourite foods are those that are highest in carbohydrates. If so, try swapping these for the healthier options most of the time, or having a smaller portion (like a couple of slices of pizza with salad instead of a whole pizza). But still have the foods you are craving 1-2 times a week. If you restrict yourself from eating the foods you love completely, there is a risk you will end up craving them more and then overeating (also known as binge-eating).



We know that binge-eating can be a common difficulty for people with Type 2 Diabetes and if you notice this, please tell us so we can support you with it. At your Annual Review, we will also ask you some questions about your eating so we can identify if there are any areas you might need help with. These questions are:

Do you make yourself sick because you feel uncomfortable full?
Do you worry you have lost control over how much you eat?
Do you believe yourself to be fat when others say you are too thin?
Do you ever take less insulin that you should?

Physical Activity



The physical activity levels recommended for 5–18-year-olds is the same for those living with or without type 2 diabetes:

60 minutes of moderate/vigorous activity per day

'Moderate' intensity

'Vigorous' intensity

Moderate intensity activities will make your heart beat faster, make you breathe faster and make you feel warmer.

Vigorous intensity activities will make your heartbeat really fast, will make breathing much harder and will make you sweat a lot!

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Vigorous intensity activities include those that strengthen muscles and bones, and should be incorporated 3 times per week.

e.g. walking to school, walking the dog, playground activities, physical education (PE), sports, like football or tennis, skipping, dancing, skateboarding or rollerblading, cycling

e.g. running, swimming

Local Exercise information

Exercise should be fun and there may be activities you didn't know you would enjoy until you give them a go. Look up what is available in your local area.

Slough

Active Slough

The Active Slough team want to help the community get healthier. Active Slough works to make physical activity an easy, practical, attractive choice, especially for people who are currently less likely to take part in sport or activity. Contact activeslough@slough.gov.uk to find out more.



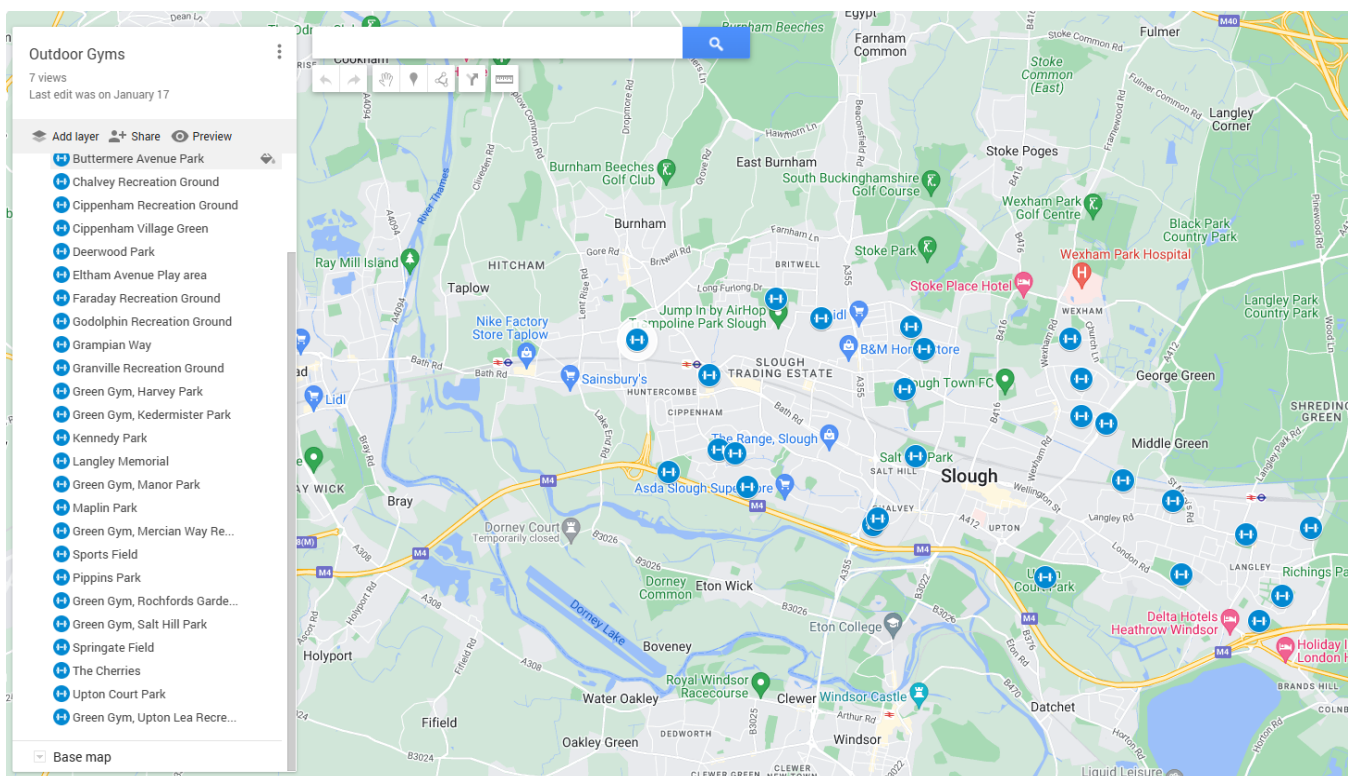
Outdoor gyms

The council have installed a number of outdoor gyms in parks and recreation grounds across Slough.

Enjoy the great outdoors and get fit at the same time!

Equipment in the outdoor gyms includes cross trainers, static cycles, resistance machines, hand cycles, sit up benches, parallel bars and box jumps. Outdoor gyms are free!

<http://www.slough.gov.uk/leisure-parks-and-events/outdoor-gym-locations.aspx>



Everyone Active Slough – parent and instructor supervised gym sessions (includes The Centre, Slough, Chalfont Leisure centre, Bracknell Leisure Centre, & Langley Leisure Centre)

11-15 Years Fitness Team Supervised Gym Sessions

Suitable for children aged from 11 to 15 years, these gym and studio-based sessions help to improve general fitness and to promote healthy lifestyles.

11-15 Years Parent Supervised Gym Sessions

These gym and studio-based sessions are specifically designed for children aged 11-15 and are ideal for improving general fitness and promoting healthy lifestyles. Participants must, however, be supervised by a parent or guardian at all times – ideally training alongside them

Each session is £4.95 for non- members.

Membership for under 16s is £17.49 per month or £174.90 for the year.

[The Centre \(Slough\) | Gym, Swimming & Fitness | Everyone Active](#)

Windsor, Ascot, and Maidenhead

Leisure Focus gyms run Windsor leisure centre, Braywick leisure centre, Cox Green leisure centre, Furze Platt leisure centre, and Charters leisure centre.

They offer junior (13-18 years) and family memberships- for more information see their website: [Memberships \(leisurefocus.org.uk\)](http://memberships.leisurefocus.org.uk)

Wycombe

Wycombe Leisure Centre – Supervised gym sessions

Supervised gym sessions - gym sessions available to 11–15-year-olds, some require supervision from a parent, some are supervised by instructors. Priced at £6.50 per session.

A range of memberships are available:

[Wycombe Leisure Centre | Gym & Pool | Places Leisure – Places Leisure](#)

Free activities

Park Run / [home](#) | [parkrun UK](#)

Park runs are free, weekly, community events all around the world. Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior park runs for children aged four to 14. Parkrun is a positive, welcoming and inclusive experience where there is no time limit, and no one finishes last. Everyone is welcome to come along, whether you walk, jog, or run.

Online activities and ideas

- [Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- NHS 12-week weight loss app
[Lose weight - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- PE with Joe online workouts
[The Body Coach TV - YouTube](http://www.youtube.com)
- Couch to 5k
[Get running with Couch to 5K - NHS \(www.nhs.uk\)](http://www.nhs.uk)

School & Exercise

- We will contact your school and carry out education, so that they have an awareness of type 2 diabetes and can support you in school.
- It is important for every child and young person to participate in their P.E lessons. Alongside this, we would encourage your school to sign up to 'mile a day' if they haven't already.

Social Stories

Please use the link below to access social stories from families living with type 2 diabetes:

<https://www.youngtype2.org/type-2-information/type-2-diabetes-stories>



Type 2 Diabetes and Emotional Wellbeing

We want you to live a happy and healthy life. But many young people, with or without type 2 diabetes, experience feelings of low mood and anxiety. **Low mood** can be temporary, and pass within a couple of days or weeks, or it can last longer. It is sometimes referred to as **depression**, especially if it lasts longer than two weeks and starts to affect all areas of life.

What does **low mood or depression** feel like?

Depression can affect people very differently. Here is how some people feel:

- Depressed (low) mood most of the day almost every day
- Reduced interest or pleasure in activities most of the day
- Significant weight loss or gain or decrease/increase in appetite.
- A slowing down of thought and being less physically active (observable by others)
- Fatigue or loss of energy most days
- Feelings of worthlessness
- Thoughts of/actually self-harming

What does **anxiety** feel like?

Anxiety can affect people very differently. Here is how some people feel:

- Stop enjoying normal life.
- Constantly worrying about diabetes
- Obsessively researching diabetes and complications
- Avoiding any reminders of diabetes
- Fatigue or loss of energy
- Difficulty sleeping
- Inability to relax.
- Unable to concentrate.
- Feeling constant 'butterflies' or a 'lump' in your throat
- Heartbeat racing
- Often causes tummy ache/headaches.

Avoiding v Overthinking

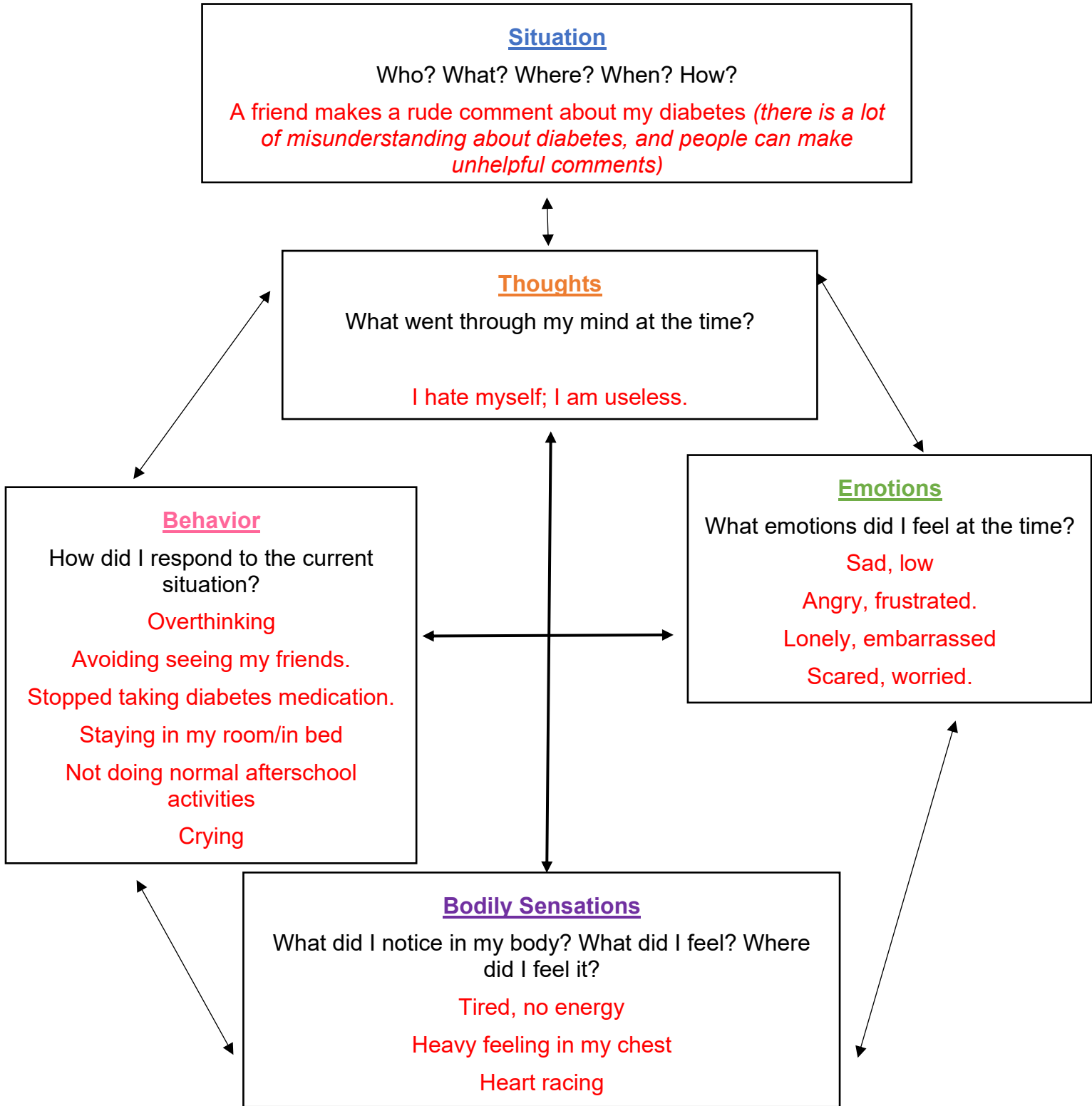
If something feels difficult, sometimes we try to avoid thinking about it. But then we never fully understand the problem enough to be able to solve it, and the difficult feeling remains. If we avoid our difficulties then when we come to relax at night, our brains suddenly want to remind us of all the things we need to worry about, and it can be difficult to get to sleep. On the other hand, sometimes when things feel difficult, we can overthink about them and it can spiral to the point where we feel worse. This applies to **everyone**, however when you have diabetes there are additional things to think about, therefore we can easily end up in a spiral of overthinking. It can be helpful to get a good balance between avoiding and overthinking, by setting a designated 'worry time' during the day. To set this up:

1. Create a set worry time (should be no longer than 10-15 minutes).
 - What time works best? When you're home from school? Ideally not just before bed.
2. Postpone overthinking/worries.
 - When a worrying or stressful thought appears during the day remind yourself 'I don't need to worry about this now, I can worry about it later.'
 - Make a brief note of thoughts if you're worried, you'll forget, then do something to distract yourself.
3. Complete worry time at agreed time, for up to 15 minutes
 - Maybe write down your worries? Or talk to a parent or friend? Or draw how you've been feeling?
 - You might want to spend the time exploring your feelings, or problem-solving some solutions.

It is important that we allow ourselves time to explore how we feel, but not think about it all day.

How are our thoughts, feelings and behaviour connected?

Some people experiencing low mood and depression can get caught in an unhelpful cycle, resulting in withdrawal from previously enjoyed activities, disrupted diabetes management, sleep disturbances, and isolation. It is important to recognise this cycle is so we can break it and begin enjoying life again. Below is an example...



How can I improve my wellbeing?

The good news is a lot of the ideas already discussed in this booklet to help you manage your blood-glucose levels will also help you to feel better about yourself. Eating healthily, exercising and ensuring you get enough rest/sleep, will all help you to feel better emotionally as well as physically.

When you are diagnosed with diabetes it is completely understandable to feel worried, low in mood, anxious, confused (and lots of other things too!). Often when we feel these emotions we stop doing things that we used to enjoy, however, doing this often makes us feel worse in the long-term.

The first step is to think about the things you have stopped doing or are doing less, because of your mood around your diabetes. Try making a note below of things you are avoiding:

Things at home	Things at school	Hobbies	Social activities

The next step is to plan how easy it would be to start doing some of these activities again. Create a ladder (hierarchy) of tasks with the most difficult at the top and easiest at the bottom. Then you can start by trying to complete the easiest task. Before you complete each task, write down what you **think** will happen, then once you've completed the task write down what **actually** happened. Hopefully you will start to see that it is mostly not as bad as you think it is going to be. If a task feels too difficult try to break it down into smaller, more manageable, tasks. Approach this step by step,

	<u>Situation</u>	<u>Difficulty (0-10)</u>
	Example: Taking diabetes medication at a	10 (most difficult)
	Example: Texting a friend	1 (least difficult)

Ways of Managing Emotions

Let It Out Physically

- Scream as loud as you can.
- Hit a pillow.
- Squeeze a stress ball.
- Play loud music and dance energetically, be as wild as you like!
- Go for a brisk walk/swim/bike ride/running.

Work out how you're feeling.

- Ask yourself: do I feel angry? anxious? Low? Numb? What is making me feel like this? What triggered this feeling?
- Try drawing or writing down your feelings or talking to somebody.

Creativity as a way of expression

- Draw/paint/use any artistic medium to produce a piece of art depicting how you are feeling.
- Write a poem/ story/ song/ joke/ musical about how you are feeling.
- Play an instrument/sing as loud as you can.
- Put on music which expresses how you are feeling.

Comforting yourself

- Have a warm bubble bath or shower.
- Stroke a pet/cuddly teddy.
- Cuddle a friend/family member.
- Practice yoga and meditation.
- Write a list of your achievements.
- Make a list of things you're thankful for

Getting out and about

- Take the dog for a walk.
- Ride your bike.
- Help parents with tasks around the house.
- Go for a walk and try to notice all the different colours and sounds around you.

Distract yourself

- Watch TV/movies.
- Play on a computer/phone/tablet.
- Do puzzles/games.
- Do arts & crafts.
- Learn a new skill (e.g. juggling/ speaking another language/drawing).
- Playing with brother/sister/friend/pet

Mindfulness

Mindfulness is about paying attention on purpose, and simply noticing what is happening right now. Mindfulness is taking notice of how your body feels, what you see, smell and taste.

Mindfulness can be a group, 1:1, or individual activity. You can practice mindfulness anywhere you feel comfortable. There are many benefits to becoming more 'mindful' and accepting of your thoughts and feelings.

For more information on mindfulness, have a look at <https://www.mind.org.uk/information->

Being Productive

- Catch up on chores and homework.
- Cook/bake something.
- Have a clear out – donate your old clothes and toys to charity.
- Rearrange your room.
- Volunteer somewhere.
- Think about what you would like to change about your life and make a plan.

Accessing Further Support

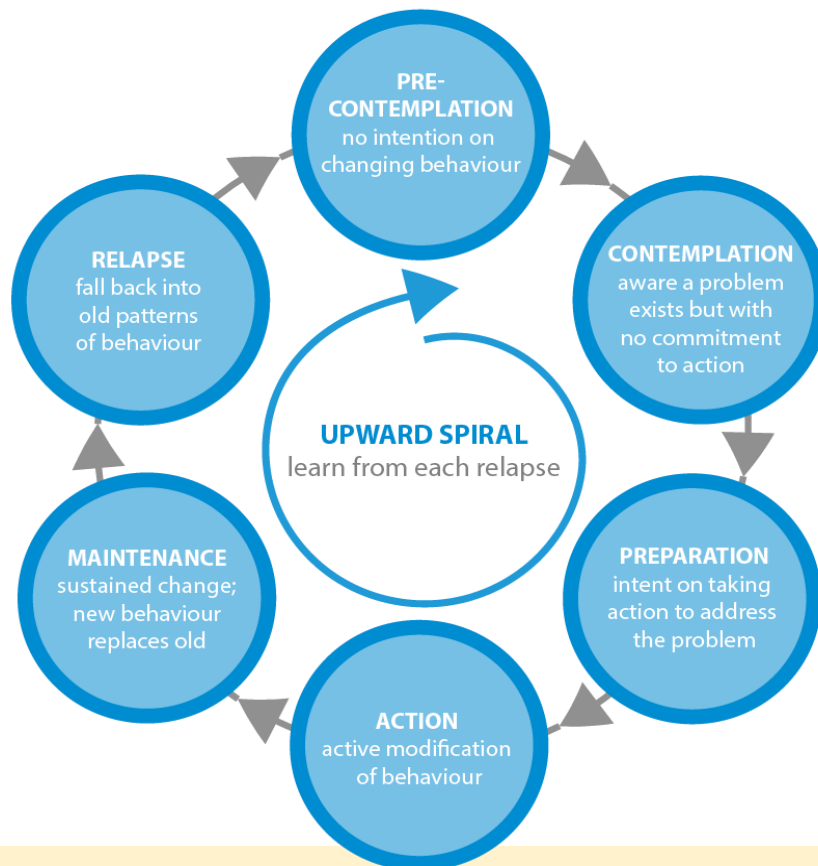
Remember, the Psychologist in the Diabetes Team is available for you to talk to if you want further help or support for any difficult feelings you are experiencing. It can be useful to talk to somebody neutral, who knows about different ways of managing that could help you to feel better.

Motivation

Think of something you would like to change or are trying to change at the moment. For example, it might be to eat a healthier meal in the evening, reduce the number of snacks you eat, or to increase the amount of exercise you do. Then look at the Stage of Change below: which stage are you in?

Often, we know what we need to do differently,
but it's not always easy to actually do it, then maintain it.

STAGES OF CHANGE



To help you move through this cycle of change:

- If you're in the pre-contemplation stage now, maybe try to set aside some time to think about the pros and cons of making the change.
- If you're contemplating change, think about what the first step would be in taking action.
- If you're in the preparation stage now, commit to the time you will start to make the change.
- If you're in the action stage, well done! You've already started making positive changes. Now try to think of how you can maintain this in the longer-term; what needs to be in place to support you?
- If you're in the maintenance stage, well done! You have made a change and maintained it over time. If you stay here long enough, you will have achieved your goal, and your new behavior will become automatic for you. Try to think about anything that could tempt you to give up or lose motivation and put a plan in place to prevent that.
- If you're in the relapse stage, well done for giving it a go. The key is to learn from this attempt

Questionnaire - Readiness to change (MED-C)

You might try completing this questionnaire to better understand your motivation to make changes

	Never 0	Rarely 1	Sometimes 2	Often 3	Always 4
I like to do activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's important to me to do sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing sports makes me feel good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends/family say I should do sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't care about doing sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can decide which sport to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I'm good at sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play sports makes me feel part of a team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's important to me to eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating healthy makes me feel good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends/family say I should eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't care about eating healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can decide what to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I'm good at following a healthy diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating with friends/family makes me feel "in the family"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

to your activity or your diet.

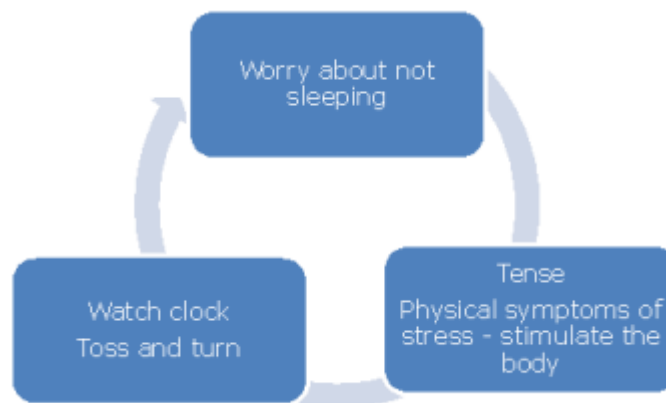
Sleep Hygiene

This information is taken from
www.getselfhelp.co.uk/sleep.htm



There are many reasons for not sleeping well which may include worries, physical discomfort or physical illness. Sleep needs vary. A baby starts life needing 16 hours or so of sleep each day, and the time we need for sleep decreases as we get older. People's needs vary, but most people feel they need 7-8 hours, whilst others feel they need 9-10 hours a night. Teenagers will need more sleep than adults!

We might have difficulty getting off to sleep, wake up frequently during the night, or wake early in the morning and not be able to get back to sleep. These all result in our feeling that we haven't slept enough - we feel tired, tense and are likely to worry about not sleeping. This worry can then make it even harder for us to sleep well.



If you have trouble sleeping, there are some things you can do to help yourself get a good night's rest. These include making changes in:

- Our environment (bedroom)
- Our behaviour
- Our thinking

Change our Environment

Are there any helpful changes you can make?

- Bedroom too light (or dark)
- Bedroom too hot or too cold
- Bedroom too noisy
- Bed too uncomfortable
- Someone you share a room with keeping you awake. (snoring, restless etc)



Change our Behaviour

Reset your body clock

If you're a night owl and you fall asleep in the early hours of the morning then wake up later in the morning, you can take these steps for 3 weeks to reset your body clock:

- Wake up 2-3 hours earlier than usual and get plenty of outdoor light in the morning
- Eat breakfast as soon as possible
- Have lunch at the same time every day, and eat nothing after 7pm
- No caffeine after 3pm
- No naps after 4pm
- Go to bed 2-3 hours earlier than usual and limit light in the evening
- Maintain the same sleep and wake times every day



Other behavioural strategies

- Use your choice of relaxation technique before going to bed (whatever works for you) (www.getselfhelp.co.uk/relax.htm)
- Don't go without sleep for a long time – keep to a regular pattern of going to bed and getting up at the same time every day, whether you are tired or not
- Keep bed for sleep. Don't use it for watching television, using computer etc.
- Get some regular exercise during the day. Try some regular swimming or walking. Avoid exercise late in the evening.
- Cut down on caffeine (tea, coffee, some soft drinks) in the evening. Try a milky drink instead.
- Don't drink a lot of alcohol.
- Don't eat or drink a lot late at night. Try to have your evening meal early rather than late.
- If you've had a bad night, resist the temptation to sleep the next day – it will make it harder to get off to sleep the following night.
- If something is troubling you and there is nothing you can do about it right away, try writing it down before going to bed and then tell yourself to deal with it tomorrow.
- If you can't sleep, don't lie there worrying about it. Get up and do something you find relaxing like reading or listening to quiet music. After a while you should feel tired enough to go to bed again.
- Keep a sleep diary for a week. When complete, you can look back and notice what helps you sleep better and what doesn't, so you can make positive changes and do more of what helps, and less of what doesn't. If nothing seemed to help, try something different.
- Speak to your doctor about your medication and how that might be affecting your sleep.
- Avoid clock watching when in bed - put your attention somewhere restful, use imagery (www.getselfhelp.co.uk/imagery.htm), mindful breathing (www.getselfhelp.co.uk/mindfulness.htm), or your relaxation technique

Change our Thinking

- Worrying about not sleeping will keep you awake! Rather than put your focus of attention on the worrying thoughts, notice that they are just

thoughts, then put your attention somewhere restful, use imagery, mindful breathing, or your relaxation technique. (website addresses in previous paragraph)

- Distract yourself by thinking about a random sequence of objects for a few seconds each. E.g. a table, a tree, a saucepan, a flower, a cow, a cloud etc. Or you could think about a few items beginning with the letter "B", then move on through the alphabet.
- Tell yourself that worrying about it will not help, and that you probably are getting enough, just less than you think you need. Our needs change as we get older.
- If you're worrying about a particular problem, write it down, and tell yourself you can sort it in the morning.



Blood Glucose Monitoring

1. Wash your hands with soap, rinse and dry thoroughly. Avoid using hand gel and/or wipes as this may affect the blood glucose reading, using warm water may help the blood flow.
2. Insert a strip into the meter, the meter will turn on automatically.
3. Choose your finger pricking site, avoiding areas already used. Please only use the sides of your fingers as this is more comfortable
4. Follow the manufacturer's instructions to prepare the lancing device, ensuring needle depth is set at 2 and get a drop of blood from the side of your fingertip.
5. Apply the blood sample to the test strip until it has absorbed enough blood to begin the test.
6. View your test result and take appropriate action.
7. Rotate the needle barrel after each use. When all 6 needles have been used, dispose of barrel and replace with a new one.
8. Record the results in a logbook, hold them in the meter's memory or download to a computer so you can review and analyse them

Medical Management of Type 2 Diabetes

Diabetes is managed with lifestyle changes, increased activity, and diet.

Additionally, you may be started on medication which could be stopped if lifestyle changes are successful.

Why check your blood glucose levels?

- To help you and your diabetes team know if you are on the correct treatment plan
- So, you know about your health and can take action
- To monitor symptoms of high and low blood glucose
- To view patterns and understand the effect of food and exercise on your blood glucose

Blood Glucose Targets

You will be healthiest if

- Your blood glucose **before meals** are **below 7mmol/l**
- **Two hours after meals** your blood glucose are **below 8.5mmol/l**
- You contact your diabetes team if you are on metformin and your blood glucose is below 2.5mmol/L more than once, because that is unusual.



How often should I test my blood glucose?

- When you are first diagnosed you will be asked to test regularly

Before meals, 2 hours after meals and before bed

- Once blood glucose levels are stable, you will only need to test your blood glucose 4-6 times **per week**.


1 x fasted (prior to a meal or when you wake up)/day

1 x 2 hours after a meal/day


These tests are especially important prior to clinic appointments so that your medications can be adjusted

Treatment Options


TREATMENT OPTIONS




BEING DIAGNOSED WITH TYPE 2 DIABETES CAN FEEL REALLY CHALLENGING.



DIET AND LIFESTYLE ARE EXTREMELY IMPORTANT




MOST PEOPLE WITH TYPE 2 DIABETES WILL BE ADVISED TO MAKE DIET AND LIFESTYLE CHANGES TO REACH A HEALTHY WEIGHT.




THESE CHANGES INCLUDE

BECOMING MORE ACTIVE

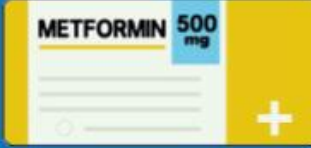


EATING HEALTHIER TYPES OF FOOD IN THE RIGHT PORTION SIZES.




MANY PEOPLE WITH TYPE 2 DIABETES WILL ALSO REQUIRE SOME MEDICATION. IF SO, THEY MAY NEED TO TEST THEIR BLOOD GLUCOSE LEVELS REGULARLY, BUT WHEN AND HOW OFTEN WILL ALL DEPEND ON THE MEDICATION THEY ARE TAKING AND THEIR DIABETES TEAM WILL ADVISE.

METFORMIN USUALLY THE FIRST CHOICE OF MEDICATION




METFORMIN IS A TABLET AND STARTS AT A LOW DOSE BUILDING UP EVERY WEEK TO THE REQUIRED DOSE.




COMMON SIDE EFFECTS

STOMACHACHE



FEELING SICK

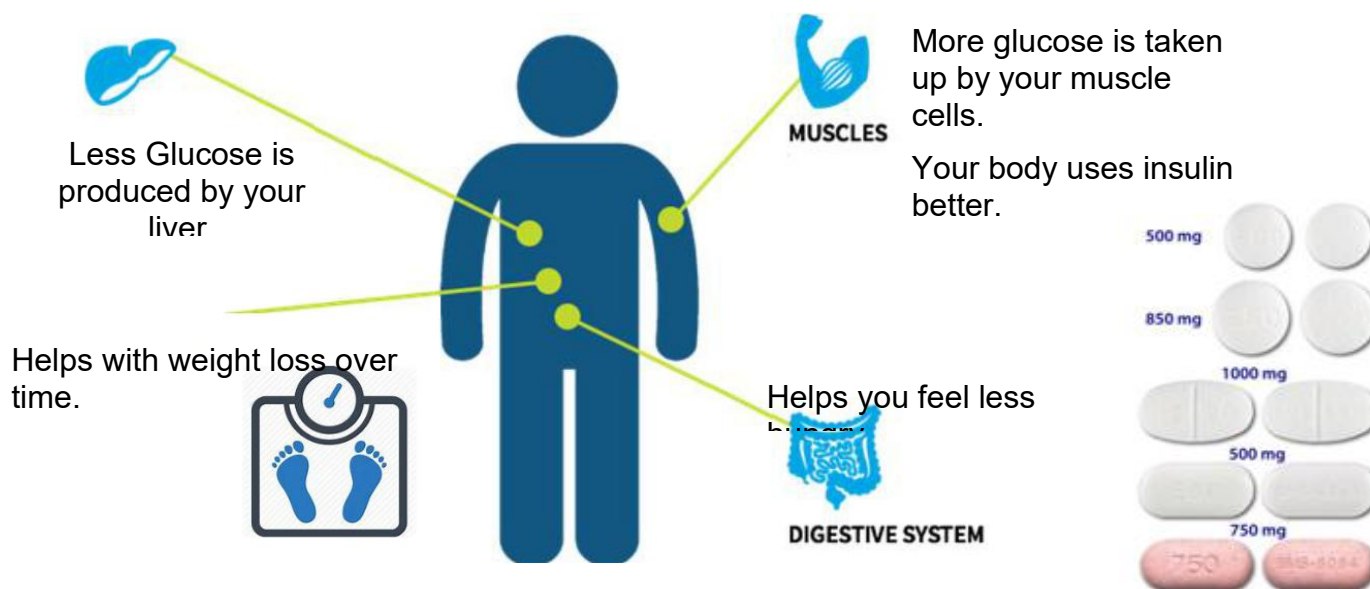
IT SHOULD BE TAKEN WITH OR SHORTLY AFTER MEALS.



Metformin

Metformin is a medication commonly used in the treatment of Type 2 diabetes in adults and children.

How Does Metformin Work?



- Take with or shortly after meals
- If the tablet is too big to swallow it can be crushed. Pill crushers are available from your pharmacy but also a mortar and pestle can be used. The powder will not dissolve in water but can be mixed with foods such as yoghurt and eaten.
- Alternatively, please ask a member of the team to prescribe metformin granules.

Side Effects:

Metformin is mostly very well tolerated by children and young adults. The most common side effects are

1. feeling sick (nausea)
2. stomach ache
3. diarrhoea.

These side effects mostly resolve after a few weeks. Taking Metformin with or after food, and slowly increasing the dose also helps reduce the risk of side effects.

- **If you are experiencing side effects during the day at school, please take your full dose with your evening meal. If you contact a member of the team, they will be able to help you with this.**

Vitamin B12 Deficiency

Metformin reduces the absorption of Vitamin B12 from the gut. Eating foods rich in Vitamin B12 like meat, fish, eggs, dairy products as part of a healthy diet, would mean no additional supplementation is needed. However, vegan or vegetarian diets require over the counter Vitamin B12 supplementation (appropriate for their age). The diabetes team will also check Vitamin B12 blood levels every year.

When to stop taking Metformin?

During illnesses like a high temperature, diarrhoea and vomiting, infection needing antibiotics or dehydration, Metformin should be stopped and restart 1-2 days after recovering from that infection.

Serious side effects of Metformin are rare. But during extreme illness, Metformin can make the blood more acidic. If breathing is very fast and deep, dizzy episode, drowsy (sleepy) and confused, stop Metformin and go to hospital or, if really worried, call an ambulance straight away, as this may be a RARE reaction to Metformin called lactic acidosis.

Liraglutide

Liraglutide is a medication that can be of help to people with Type 2 Diabetes, particularly for people who are also having difficulties losing excess weight.

. After eating, the body produces a hormone called Glucagon - like peptide 1 (GLP-1). This causes the body to make more Insulin and reduces the blood sugar level. GLP -1 also sends signals to the brain and stomach to make them feel full.

Liraglutide is a protein that mimics this action, lowering the blood sugar level as well as working slowly throughout the day to feel less hungry. Over a long period of time, it will result in weight loss.

Dosage

Liraglutide comes in the form of prefilled injection pens. It is one injection per day. The starting dose is 0.6mg which can be increased slowly by the diabetes team to a maximum of 1.8mg per day if needed. It does not need to be taken with meals. It is best taken around the same time each day.

Metformin can continue with Liraglutide. The combined effect of the two medications is stronger than each of them alone.

Side effects

Liraglutide is generally well tolerated but the most common side effects are stomach-ache, diarrhoea, vomiting, nausea and heartburn. These usually resolve after a few weeks. Rarely, Liraglutide can cause gallstones (small stones made of cholesterol that sit in the gallbladder) or, very rarely, acute pancreatitis.

When to stop taking Liraglutide?

With strong tummy pain after starting Liraglutide that does not go away, stop the Liraglutide injections and go to A&E or ring 111 for advice.

If your child or young person is vomiting and you are concerned about dehydration, please stop their liraglutide, monitor blood glucose levels regularly and restart it 24 hours after they have started eating and drinking again.

Treatment for Hypoglycaemia



Hypoglycaemia or a 'hypo' is a Blood glucose of less than 4 mmol/L.

Either there are no symptoms or just "feeling" or "looking" different when having a "hypo" E.g.

- Hungry
- Grumpy
- Shaky
- Feel or behave strangely for them
- Sweaty
- Irritable
- Tearful
- Pale
- Wobbly
- Headache/stomach ache

ALWAYS CHECK THE BLOOD glucose IF ANY OF THESE SIGNS OR SYMPTOMS DEVELOP AND ONLY TREAT IF THE BLOOD glucose BELOW 4.0MMOL/L

STEP 1

Product	Carbs	Gluten free	<3 years	<30kg	>30kg
			5g CHO	10g CHO	15g CHO
				3g per tablet	✓
	3g per tablet	✓	Not suitable	3	5

Orange		3g per tablet	✓	Not suitable	3	5
Lucozade Sport		6.5g per 100ml	✓ Orange, Caribbean Burst, Brazillian guava	Not suitable	150ml	230ml
Lift Tablets		4g per tablet	✓	Not suitable	2-3 tablets	3-4
Lift juice 60ml		15g per bottle	✓	20ml = 5g CHO	40ml	1 bottle
Glucogel		10g per tube	✓	5ml = 4g CHO	1 tube	1 tube plus 5ml
Glucogel		36g per bottle	✓	5ml = 4g CHO	12.5ml	1/3 bottle

STEP 2

- Wait 10-15 minutes, wash hands and repeat blood glucose reading
- If above 4.0 mmols go to STEP 3, if not repeat STEP 1

STEP 3

- Blood glucose above 4mmols/L
- A maximum of a 10g carbohydrate follow up snack is enough afterwards (and in some cases is not always needed, especially if the first hypo of the day)

Examples: fruit, plain digestive, 2 breadsticks, 3 cheddar crackers, ½ medium slice bread, ½ Alpen bar

- If just before a meal, administer insulin and allow to eat as soon as possible

STEP 4

Child uncooperative but not drowsy

- Place Glucogel into the side of the mouth, a little at a time.
- It generally takes 5-10 minutes to reach the blood stream
- Go to step 2
- If no response go to STEP 5

STEP 5

Child or young person is unconscious or drowsy

Never attempt to give the child glucogel, food or drink

DIAL 999

Place child in recovery position, they may fit.

Remember to contact the Diabetes Nurse if there are frequent hypo episodes

Hypo treatment can promote bacteria build-up in the mouth. Make sure to brush teeth after treatment as much as possible. To keep your mouth healthy, maintain a daily routine of proper brushing and flossing and see your dentist for regular preventive check-ups

Treatment for Illness

When you are ill your body needs more energy to fight the infection. Glucose is released from your body's stores to do this, so your blood glucose tends to go up even if you are not eating.

- Drink sugar free fluids regularly to prevent dehydration if glucose levels are rising.
- If you are not eating or you are vomiting, please drink sugary fluids to prevent low blood glucose levels.
- Please call for advice if the blood glucose levels continue to rise or you are concerned. Ring the diabetes team or see your GP or go to A&E.
- Remember to look at which medication should be stopped when unwell

Related Illnesses

The good news is, Type 2 Diabetes can be managed well through a healthy lifestyle and the use of medications described previously in this booklet.

When Type 2 Diabetes isn't managed well, there are increased risks in the longer-term. These include:

1. Cardiovascular Disease (Heart and blood vessel disease)

People with diabetes are more likely to develop problems with their heart and circulation. This includes:

- high blood pressure
- heart attack
- stroke

This is caused by narrowing or blocking of the arteries (major blood vessels). Blocking of the arteries occurs by fat (lipid) deposits in the arteries.

You can successfully reduce your risk of cardiovascular disease by:

- Maintaining blood glucose levels within target range
- Eating a healthy diet rich in fibre with plenty of fresh fruit and vegetables
- Not smoking
- Not being overweight
- Regular exercise, 60 minutes of moderate exercise per day is recommended for young people ≤ 18 years of age
- Maintaining normal cholesterol levels
- Maintaining normal blood pressure

2. Kidney Disease

Kidney disease is caused by damage to small blood vessels. This damage can cause the vessels to become leaky making the kidneys work less efficiently. The longer you have diabetes, the greater the risk of kidney disease, and the risk increases as HbA1c increases. Sometimes we see leaky kidneys during teenage years, which then goes away of its own accord.

You can successfully reduce your risk of getting kidney disease by:

- Maintaining blood glucose levels within target range
- Eating a healthy diet rich in fibre with plenty of fresh fruit and vegetables
- Not smoking
- Maintaining normal blood pressure

3. Eye Disease (Diabetic Retinopathy)

Diabetic Retinopathy affects the retina, the layer at the back of the eye, which is sensitive to light. Long term diabetes causes damage to the capillaries (tiny blood vessels) in the retina. The longer a person has diabetes the greater the likelihood of developing Diabetic Retinopathy. The initial changes, called background retinopathy, can be reversible and go away with improvement in diabetes control.

You can successfully reduce your risk of getting Eye Disease by:

- Maintaining blood glucose levels within target range
- Not smoking
- Maintaining normal blood pressure

4. Nerve Damage (Neuropathy)

There are several types of neuropathy but the commonest one that affects people with diabetes is known as 'Sensory neuropathy.' The main problem is loss of feeling in legs and feet so you may not sense pain and discomfort as well as previously. This means you may not notice minor injuries, such as cuts, blisters and burns. These can lead to more serious infections or ulcers. The symptoms of neuropathy include tingling, numbness or severe pain in your lower legs and feet. If you experience any of these symptoms, speak to your diabetes nurse or doctor. It is unusual to have these problems in childhood.

You can successfully reduce your risk of getting problems with your feet by:

- Wear shoes that fit well
- Cut toenails straight across and keep them short
- Dry in between toes after swimming, bathing etc.
- If your feet get wet change into dry socks as soon as possible
- If you get athlete's foot or verruca's, go to your GP.

A large research study called the Diabetes Control and Complications Trial (DCCT) proved what many people already believed – the more time spent within target range for blood glucose (4-7mmol/L), the lower your risk of complications.

Polycystic ovary syndrome (PCOS)

Polycystic ovary syndrome (PCOS) is a common condition that affects how a woman's ovaries work. PCOS is also associated with an increased risk of developing health problems in later life, such as type 2 diabetes and high cholesterol levels. The 3 main features of PCOS are:

- irregular periods – which means your ovaries do not regularly release eggs (ovulation)

- excess androgen – high levels of "male" hormones in your body, which may cause physical signs such as excess facial or body hair
- polycystic ovaries – your ovaries become enlarged and contain many fluid-filled sacs (follicles) that surround the eggs (but despite the name, you do not actually have cysts if you have PCOS)

If you have at least 2 of these features, you may be diagnosed with PCOS.

Other Symptoms of PCOS

- no periods at all
- difficulty getting pregnant as a result of irregular ovulation or no ovulation
- weight gain
- thinning hair and hair loss from the head
- oily skin or acne

If you feel you are experiencing any signs and/or symptoms of PCOS, please let a member of the team know and we can support you with this.

If you have been diagnosed with PCOS please follow the links below for further information and support:

- NHS <https://www.nhs.uk/conditions/polycystic-ovary-syndrome-pcos/>
- Patient <https://patient.info/womens-health/polycystic-ovary-syndrome-leaflet>
- Royal College of Obstetricians and Gynaecologists <https://www.rcog.org.uk/for-the-public/browse-our-patient-information/polycystic-ovary-syndrome-pcos-what-it-means-for-your-long-term-health/> Available in different languages.

Pregnancy

There can be risks for pregnancy when you have type 2 diabetes but with the right care and advice you can minimise these for yourself and your baby.

Planning, precautions and medical checks are very important for pregnancy.

There are specialised clinics for women with diabetes who are planning a pregnancy or are pregnant.

If you are planning a pregnancy or have discovered you are pregnant, speak to your diabetes team. They will refer you to the right service.

Having glucose levels in range is very important when you are pregnant.

Safe sex is always important to protect you from unplanned pregnancy and STIs

If you are using the contraceptive pill, using a barrier method, like condoms, will also help to protect you against STIs.

Speak to your GP about using contraception and what might work best for you if you are thinking about having sex.

If you are planning a pregnancy or have discovered that you are already pregnant, you should start taking folic acid and Vitamin D daily. People with diabetes will need a higher dose of folic acid, so speak to your GP about a prescription.

Some tablets and injections for your diabetes are not safe for your baby when you are pregnant, and will need to be changed until you have given birth.

It is important that you contact your diabetes team as soon as possible to review your medication. Insulin may need to be started.

Supplies

Supplies obtained from GP on repeat prescription:

- Accu-Chek Instant test strips 6 X box 50
- Accu-Chek FastClix 24 lancets x 7 box
- Metformin tablets
- Liraglutide/Dulaglutide injections

Supplies obtained from the relevant company:

- Finger pricking device
- Roche Accu-Chek Instant Blood Glucose Meter
- Batteries

Sharps Bin

Your local authority (council) is responsible for collecting and disposing of full sharps boxes. This must be arranged directly with your local authority for sharps waste collection in your area. Some may require a form to be completed by a healthcare professional before they will collect.

If you are not sure who your local authority is, please visit

www.gov.uk/request-clinical-waste-collection

You will be asked to enter your postcode which will then direct you to the local authority for your area.



Education Resources

- Digibete video and written resources: <https://www.youngtype2.org/>
- 'Cooking on a Bootstrap', by Jack Munroe.
- Diabetes UK <https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/type-2>

Other support available within the community

Slough refugee & immigration welfare: <https://sloughadvicecentre.co.uk/category/immigration/>

English classes can be organised for you to help you understand and support your child or young person better.

- Support with benefits: <https://sloughadvicecentre.co.uk/category/benefits/>
- Family & childcare support: <https://sloughadvicecentre.co.uk/category/family/>
- Housing support: <https://sloughadvicecentre.co.uk/category/housing/>



For a translation of this leaflet or to access this information in another format including:

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Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p>	<p>Heatherwood Hospital Brook Avenue Ascot Berkshire SL5 7GB</p>	<p>Wexham Park Hospital Wexham Street Slough Berkshire SL2 4HL</p>
<p>Switchboard: 0300 614 5000</p>		<p>Website: www.fhft.nhs.uk</p>

Title of leaflet	How to reverse Type 2 Diabetes in Children and Young People				
Author	Carolyn Hill, Tamsin Thompson, Hayley Thompson	Department	Pediatric Diabetes		
Ref. no	XXX	Issue date	30/6/2025	Review date	30/6/2028

Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.