

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Southport & Formby Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

Advice for young people about type 1 diabetes checks

Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Diabetes checks

As part of your ongoing diabetes management, the below checks will be continued:

- Height/weight/blood pressure.
- Foot checks.
- Kidney and Urine checks
- Bloods.
- Eye screening.

Height/weight/blood pressure

This will continue to be measured at your clinic appointments, just as it was in paediatrics.

References



Looking after your feet when you have diabetes
Trend Diabetes



How to look after your feet
Diabetes UK



What is HbA1c? | Blood Test | Target Levels
Diabetes UK



Diabetic retinopathy | Diabetes and eye problems
Diabetes UK

Eye screening

If your blood glucose levels are consistently elevated, this can lead to serious damage to the blood vessels in your eyes. These blood vessels help to supply blood to the part of the eye used to see, called the retina. Damage to these blood vessels means the retina does not receive the blood flow it needs to work properly which can affect your vision.

It is important to attend your diabetes retinopathy appointments. These appointments should be every 1-2 years. If you are unsure when your last appointment was, or you have not received an appointment, then you need to chase this. You can phone 0151 529 8401 which is the main hub at Aintree and they will organise an appointment near you.

It is important you still attend optician appointments regularly, alongside your retinopathy screening. You are entitled to a free NHS sight test. If you are advised of any changes to your eyesight following your retinopathy screening, you must update the DVLA. This applies for both provisional and full driving licences.

It is important to continue to attend your retinopathy screening. The earlier any changes to your eyes are detected, the more effective treatment is likely to be. If you notice any vision changes yourself, contact your opticians or chase your next retinopathy screening.

Foot checks

Over time, diabetes can gradually damage the nerve and blood vessels supplying your feet. This can happen slowly over time, so you might not notice at first. It is important that you know how to look after your feet living with type 1 diabetes.

You should have a yearly diabetes check with your GP, which will include a foot check. Part of this foot check will include checking for sensation. If any problems are highlighted, they can then refer you on to a podiatrist for further management and support.

If you are going away on holiday, make sure you take care when walking on hot surfaces. Remember to put sun cream on your feet so they do not burn.

If you notice any differences to your feet, make sure to contact your GP.

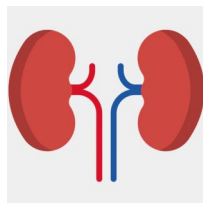


There are some ways you can check and look after your feet at home:

- Check the temperature of your feet with no shoes and socks on. They should both feel the same.
- Look at your feet and check for any changes in shape/colour, look for any blisters/scabs/hard areas of skin.
- Check in between your toes.
- Make sure your toenails are not too long and do not dig into the skin.
- Make sure you dry your feet thoroughly after a bath/shower/swimming, especially in between your toes.

Kidney and Urine checks

Kidneys are organs (bean-shaped) that remove excess water from foods we eat to produce urine. If kidneys become damaged, they are then less able to remove the excess waste. This can develop over time and can lead to problems with your kidneys. Living with type 1 diabetes can cause an increased risk of developing kidney problems. Damage can be caused to the blood vessels in your kidneys due to elevated blood pressure or persistently high glucose levels. Your kidneys will be checked via a urine sample, which is carried out by your GP surgery.



Bloods

Review bloods will continue as part of the young persons' service. At your appointments, the team will check when you last had bloods taken and if needed, you can have your bloods done in Southport Hospital whilst at your appointment. If this is not convenient for you, the team can provide you with the details of when you can come back to the hospital to have them taken. Ensure you arrange a bloods appointment at least a month before your next routine appointment.

As type 1 diabetes is an auto-immune condition, you can be more at risk of developing further auto-immune conditions. By having your annual review bloods taken, these other conditions (such as coeliac disease and thyroid problems) can be monitored and appropriate action taken if needed.

Your annual review bloods will also monitor your HbA1c which measures the amount of glucose attached to your haemoglobin. Haemoglobin is the part of your red blood cells that carries oxygen from your lungs to the rest of your body. An ideal HbA1c is 48mmol/mol (6.5%).