Diabetes Resources
Available from Mid Yorks staff library

Useful websites

- diabetes.co.uk
- diabetes.org.uk
- bhf.org.uk/informationsupport/risk-factors/diabetes

Our catalogue: http://midyorks.nhslibraries.com

Striving for excellence
Diabetes Information

Diabetes Facts

- It is estimated that 1 in every 15 people in the UK have diabetes.
- 90% of cases of diabetes are type 2.
- Diabetes UK say that more than half of all cases of type 2 diabetes could be prevented or delayed.
- 6 out 10 people show no signs of any symptoms when they are diagnosed with type 2 diabetes.

Source: diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes

Diabetes Symptoms

- Going to the toilet a lot, especially at night.
- Being really thirsty.
- Feeling more tired than usual.
- Losing weight without trying to.
- Genital itching or thrush.
- Cuts and wounds take longer to heal.
- Blurred vision.

Source: diabetes.org.uk/diabetes-the-basics/diabetes-symptoms

Tel: 01924 543899
Email: library.pgh@midyorks.nhs.uk
Tweet us @midyorkslibrary
Facebook: facebook.com/midyorksnhslibrary

Our catalogue: http://midyorks.nhslibraries.com

Striving for excellence
An Associated Teaching Trust