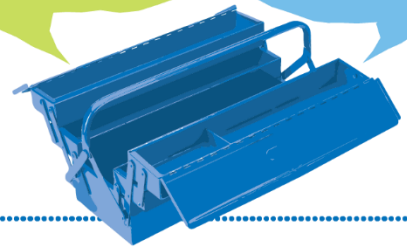


# WELLBEING TOOLBOX TALK

TOOLBOX TALK

## DIABETES TYPE 2 AWARENESS MEN'S HEALTH WEEK EDITION 15 – 21 June 2020

For more information please contact the Health, Safety & Wellbeing Advisor appointed on the scheme



### What is diabetes?

Diabetes is a condition that causes high levels of glucose (a type of sugar) in your blood. This is because of a problem with a hormone called insulin your pancreas produces. Insulin moves glucose from your bloodstream and into the cells of your body for energy. If your body doesn't make enough insulin or can't use the insulin it makes, glucose stays in the bloodstream and can't move across into your cells to give them energy to work properly.

### What are the types of diabetes?

**Type 1** diabetes happens when your body cannot make insulin. This type most commonly affects children and young adults, and is a result of your body's immune system attacking the cells that produce insulin in the pancreas. 1 in 10 people with diabetes are Type 1.

**Type 2** diabetes happens when your pancreas isn't making enough insulin or your body can no longer use the insulin it makes.

Type 2 diabetes is much more common than Type 1 and tends to develop gradually as people get older – usually after the age of 40. But more and more people every year are being diagnosed at a much younger age.

It's closely linked with:

- being overweight, especially if you carry weight around your middle
- being physically inactive
- a family history of Type 2 diabetes.

Some ethnic groups have a much higher rate of diabetes - particularly people of South Asian and African Caribbean origin

### How does Type 2 diabetes affect your heart?

After we eat, we begin to digest foods and break carbohydrates down into glucose. In people who don't have diabetes, insulin is released by their pancreas when they eat. It acts as a signal for cells around their body to absorb the glucose and use it as fuel for energy. If you have Type 2 diabetes, your body doesn't make enough insulin or can't use the insulin it makes, and the cells don't absorb enough glucose. This causes high levels of glucose in your bloodstream.

High levels of glucose in your blood can damage the walls of your arteries, and make them more likely to develop fatty deposits (atheroma).

If atheroma builds up in your coronary arteries (the arteries that supply oxygen-rich blood to your heart), this is coronary heart disease and can lead to a heart attack. If this happens in the arteries that carry blood to your brain it can lead to a stroke.



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## **What are the signs and symptoms of Type 2 diabetes?**

It's not always easy to tell if you have diabetes. Many people with Type 2 diabetes have no symptoms and don't know they have it, or symptoms can develop slowly or start out of the blue - it varies from person to person.

You may have diabetes if you are:

- often very thirsty
- peeing more than usual, particularly at night
- often very tired
- losing weight unexpectedly
- having blurred vision
- having genital itching or regular episodes of thrush
- noticing that your cuts or wounds heal slowly.

Don't ignore symptoms. Your doctor can diagnose you, help you manage your condition and stop things getting worse.

## **How is Type 2 diabetes diagnosed?**

If you have any of the symptoms listed above, contact your GP. They may arrange a blood test to check your blood glucose level and they may also test your urine.

Finger-prick blood glucose levels can be taken, or there is a blood test called an HbA1c (Haemoglobin A1c) that is used to test what your average blood glucose has been over a few months. It can be more helpful for doctors as it gives them a long term view of what your blood glucose level is, whereas a finger-prick blood glucose can only test what your blood sugar is at that very moment.

## **How can I reduce my risk of developing Type 2 diabetes?**

You can greatly reduce your risk of developing Type 2 diabetes by keeping a healthy weight and sticking to a healthy lifestyle.

Here are some steps you can take to reduce your risk:

- be more active
- eat a healthy, balanced diet
- manage your weight
- give up smoking
- be aware of your family history.

The great news is that doing these things will not only reduce your risk of developing Type 2 diabetes, but also make you less likely to develop other heart and circulatory diseases such as coronary heart disease and stroke - as well as being great for your general mental and physical wellbeing.

**If symptoms are making you unwell it would be advisable to seek help without delay, speak to your GP - Don't ignore symptoms. Your doctor can diagnose you, help you manage your condition and stop things getting worse.**

**Support available in the Alliance is overleaf – speak to a H,S & WB Advisor, a Good Mental Health Ambassador or contact your EAP or the Construction Industry Helpline.**

# EAP CONTACTS

(EMPLOYEE ASSISTANCE PROGRAMME)



## Anglian Water

Workplace Options: 0800 243 458

## Balfour Beatty

CiC: 0800 085 1376

## Barhale

Unum: 0800 048 2702

## Bentley

Westfield Health: 0800 092 0987

## Mott Macdonald

CiC: 0800 919 709

## MWH

Health Assured: 0800 030 5182

## Skanska

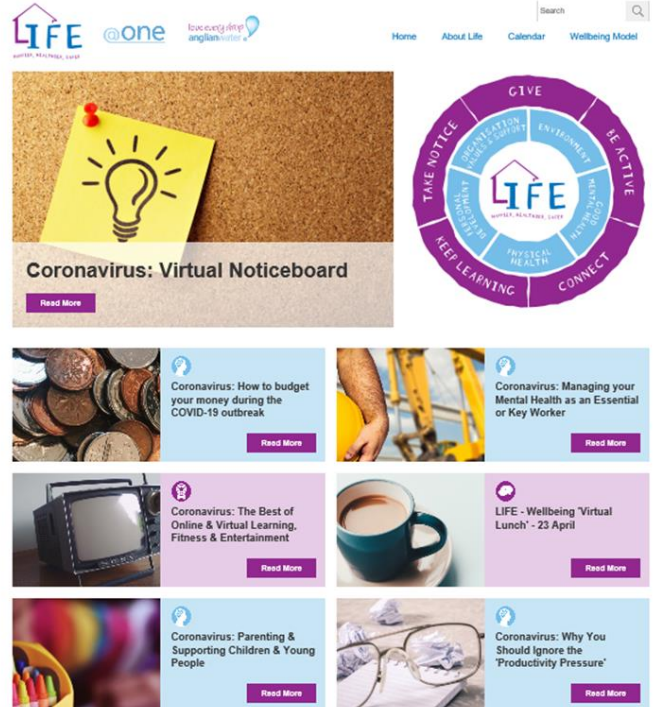
Health Assured: 0800 030 5182

## Sweco

Health Assured: 0800 030 5182

## Construction Industry Helpline

0345 605 1956



[www.lifewellbeing.co.uk](http://www.lifewellbeing.co.uk)

## Meet the Good Mental Health Ambassadors



@one

LIFE

To find out more about the GMHAs please visit:  
one-portal.co.uk  
To get in touch you can speak directly with any of  
the GMHAs or alternatively you can email:  
GMHA@anglianwater.co.uk

love every drop  
anglianwater



## UK helplines for emotional support open over the weekend:

Samaritans: Call 116 123 for free, anytime

Crisis Text Line: Text SHOUT to 85258

CALM (for men): Call 0800 58 58 58  
from 5pm-midnight, 365 days a year

Sending all our care and support  
from the Mental Health Foundation

**Kate Housley – Wellbeing Advisor**  
**07508 013479**