

Newly diagnosed type 2 diabetes mellitus patients Useful resources

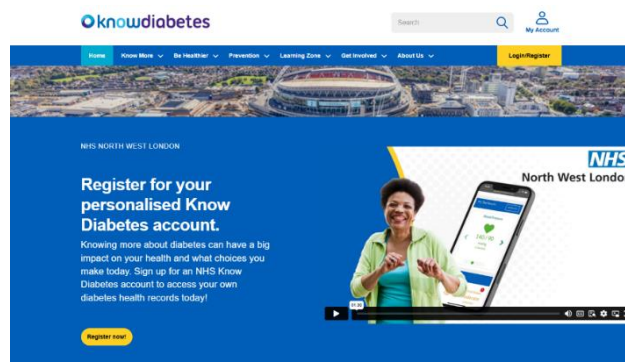
Good diabetes control reduces the chances of complications such as heart attacks, strokes, kidney disease and eye problems. Below are some useful resources to help you control your diabetes, enjoy your life, and stay healthy.

Know Diabetes

<https://www.knowdiabetes.org.uk>

All the information you need to manage your diabetes in one place.

- Dietary advice
- Diabetes education
- BAME section
- Low carb section
- Move more
- Remission (including videos)
- REWIND
- Patient videos
- Understanding blood results
- Complications
- Downloadable resources
- E-learning courses

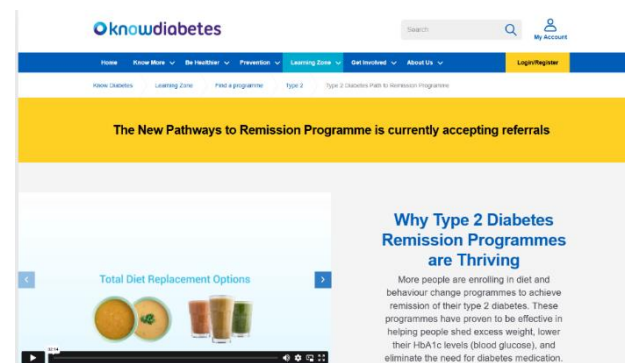


NHS Type 2 Diabetes Path to Remission Programme- Counterweight

Keen to improve your wellbeing, lose weight and reduce your medication burden?

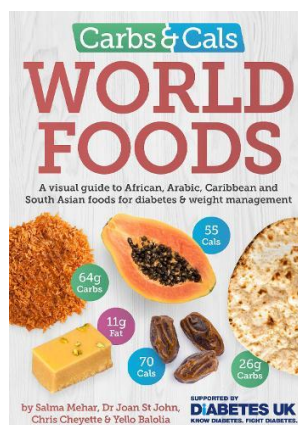
The NHS Type 2 Path to Remission Programme is a new programme to support you achieve your goals. Find out more here:

<https://www.knowdiabetes.org.uk/learning-zone/find-a-programme/type-2/type-2-diabetes-path-to-remission-programme/>



Carbs and Cals World Foods is an amazing resource to help you understand the impact of carbohydrates including starchy foods such as rice, bread, pasta, plantain, dumplings and fufu on your weight and blood sugar. Specific info about African, Arabic, Caribbean, South Asian foods.

Widely available including through Amazon.



Other online resources for weight loss and food management:

<https://www.lowcarbprogram.com/> (structured weight loss programme)

www.dietdoctor.com (Low carb info)

www.thefast800.com (Sustainable dietary change)

<https://thebloodsugardiet.com/> (a programme for weight loss and improved blood sugar)

Useful apps

If you've got a smartphone there are some fantastic free apps to download which can help get you motivated:

Google Fit (Android)

Apple Health (iOS)

MyFitnessPal – set goals, calculate carb intake

Diabetes UK membership Join the 300,000 supporters who help care for, connect with and campaign on behalf of all people affected by diabetes. Stay informed with relevant, accurate updates.

Telephone: 0345 123 3399

Email: info@diabetes.org.uk

Go to: www.diabetes.org.uk

Free online Hypo Training Program -

<http://hypoglycemia.uk>

Local support groups

Diabetes UK local support groups offer the chance to share experience with others in the local area

Hammersmith and Fulham 020 7736 0044

Hounslow 07473 232 210

Ealing 07466 834 997

Group Education Courses for Type 2 Diabetes

Hammersmith & Fulham / Westminster 020 8102 6095

Kensington and Chelsea 020 8102 5003

Hounslow 020 7798 0872

Ealing 020 8383 9870

Careline: A support helpline staffed by experienced counsellors

0345 123 2399

Mon-Fri 9am-7pm

Diabetes information in different languages:

<https://www.diabetes.org.uk/about-diabetes/information>