

Diabetes

The Facts

- Affects 1.4 million people in the UK
- 1 in every 700 school children have diabetes
- **TYPE (1)** – Usually appears in people under 40 and often in childhood. Treatment is usually via insulin injections
- **TYPE (2)** – Usually found in the over 40's. It occurs when the pancreas cannot produce enough insulin. It is treated by either diet, tablets, injections or a mixture of all three depending on severity

Useful Website
www.diabetes.org.uk

For further information on this issue please contact:

**Training & Development
Support Officer for
Northern Ireland**

The Boys' Brigade NI Headquarters
Rathmore House
126 Glenarm Road
LARNE
BT40 1DZ
Tel. 028 2827 2794
Fax. 028 2827 5150
email: nitraining@boys-brigade.org.uk

OR

**Mr Colin Millar
Boys' Brigade Disability
Network Consultant**

25 Whitethorne Brae
Newtownards
Co. Down
BT23 8EX
Tel. 028 9181 2398

(Compiled by: Colin Millar)



Northern Ireland Headquarters
& National Training Centre
Rathmore House, 126 Glenarm Road, Larne, Co. Antrim BT40 1DZ
Tel: 028 2827 2794
Email: larne@boys-brigade.org.uk
Web: www.bbni.org.uk

**GENERAL INFORMATION
LEAFLET**

**Basic Facts for
Leaders**

Diabetes



**Dis
a
bility**

NORTHERN IRELAND

General Features Diabetes

- Is a common condition affecting the amount of glucose (sugar) in the blood
- The hormone insulin made by the pancreas normally controls it
- There are two main types of diabetes **TYPE 1 & 2**
- Over $\frac{3}{4}$ of people affected have **TYPE 2**



Areas of the BB programme which may present difficulty for the boy

Leaders in all sections need to know **excessive exercise could lead to an episode.**

SYMPTOMS OF ADVERSE REACTION

- Hunger
- Sweating
- Drowsiness
- Pallor
- Glazed eyes
- Shaking
- Mood change
- Lack of concentration

HOW TO TREAT

Give fast-acting sugar to raise blood glucose levels.

- Lucozade or other sugary drink
- Mini chocolate bar
- Fresh fruit juice
- Jam / honey

Please note these are **general strategies**

EACH BOY IS UNIQUE

It is therefore important to speak to his parent(s) to gain individual relevant information.

Useful Strategies

It is important to have a basic understanding of how to deal with:

Adverse Reactions

If the blood sugar becomes too low a person may develop:

HYPOGLYCAEMIA

If the blood sugar becomes too high a person may develop:

HYPERGLYCAEMI

SYMPTOMS OF DIABETES

- Increased thirst
- Going to toilet a lot
- Extreme tiredness
- Weight loss
- Blurred vision