

# Do you have diabetes?

Did you know that you can be referred to a dietitian for advice and support to help you to manage your diabetes?

## Who is the service for?

Patients with Type 1 and Type 2 Diabetes, aged 16 years and over, who require additional support to manage their diabetes.



## What you can expect from your time with one of our dietitians?

- Advice and support to help you manage your diabetes
- Time to discuss your questions or concerns
- Information on how different foods can affect your diabetes
- Guidance on dietary messages which are clear, up to date and evidenced-based
- An opportunity to discuss how to balance your diet and activity around your diabetes medications and/or insulin

*"Friendly, understanding of my lifestyle and offers advice to help my diabetes"*

*Service user comment*

*"Friendly, very informative when explaining how my body works regarding sugar intake, insulin, food, exercise, etc"*

*Service user comment*

*"Reliable and understanding"*

*Service user comment*

*"They are helping me with my diabetes"*

*Service user comment*

## How to be referred:

Contact your GP, practice nurse or Diabetes Specialist Nurse to discuss whether a referral would be suitable for you.

