

# STOP diabetes



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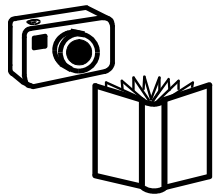


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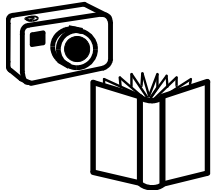
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**A research study about helping people with a learning disability to find out if they have diabetes and how to stay healthy .**



A Research study is a piece of work that helps find out information.

These people want to do the study.

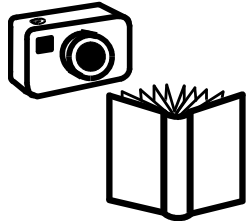


Professor Khunti



Professor Bhaumik

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We are going to do a research study to help people with a learning disability get the right help if they have diabetes.



We are also going to tell people how to stay healthy to help them not get diabetes.



We will explain what diabetes is now

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## What is Diabetes

Diabetes is an illness.

Anyone can get diabetes.



Diabetes can make a person feel tired and poorly



It can make you feel thirsty



It can make you go to the toilet a lot.

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## Why are we doing a study?



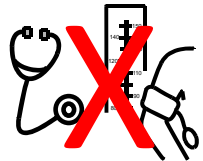
It is important to keep people healthy.



Some people with a learning disability find it hard to tell the doctor when they are poorly.

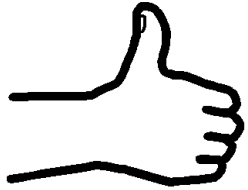


It is important to know if a person has diabetes.



Sometimes people with a learning disability are not checked to see if they have diabetes.

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We want to change this and find a better way of helping people with a learning disability be checked.



We also want to help people with a learning disability know more about diabetes and how to keep themselves healthy.



What are we going to do ?

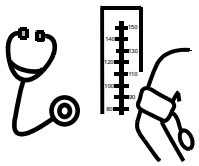


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We are going to ask people with a learning disability in Leicester and Leicestershire and Rutland to be involved in the study.



If people say yes we are going to do a diabetes health check.



A diabetes health check will help find out if a person has diabetes.



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What will happen at a diabetes health check?

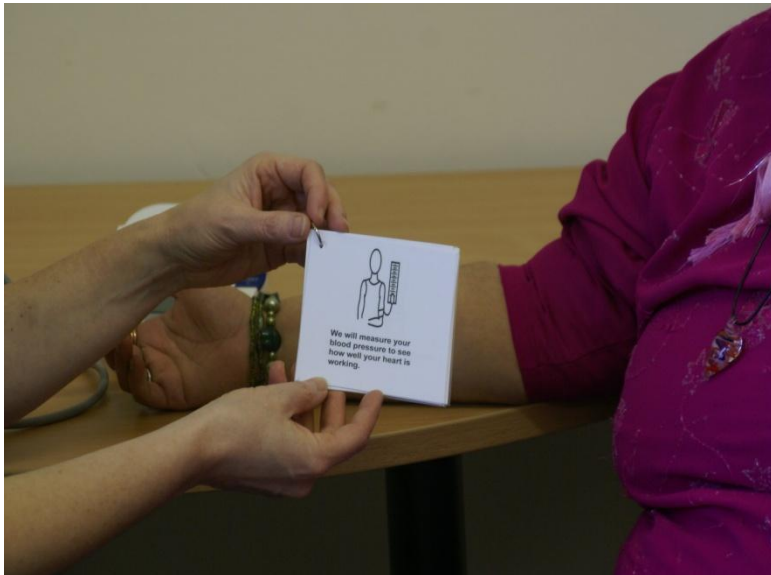


The diabetes research nurses will meet you.

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The Nurse will tell you what will happen.

The Nurse will take your blood pressure to see how well your heart is working



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The Nurse will weight you and measure your height.



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A Nurse will measure your waist and hips.





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The Nurse will ask you some questions



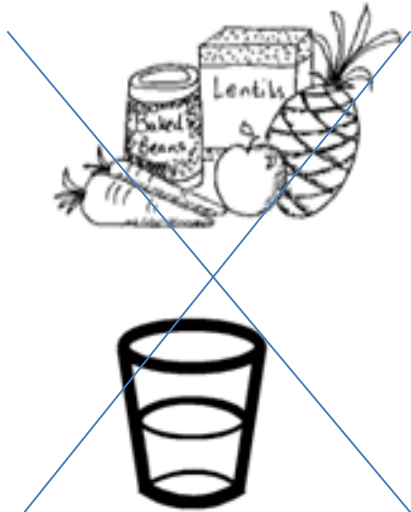
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The Nurse will invite you to come back for another appointment .  
The Nurse will give you a bottle to bring some urine (wee) back to  
appointment 2.



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If you say yes to having a blood test .The Nurse might ask you to fast.  
Fasting means not to eat or drink after midnight the night before  
your blood test . You can eat and drink after your blood test.



No eating or drinking



12.00 Midnight



You can drink water



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The Nurse will take your blood .



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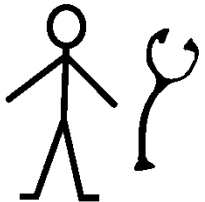


What will happen after the diabetes health check?

We will tell the Doctor what we find out.



If we find out the person has diabetes their Doctor can help them.



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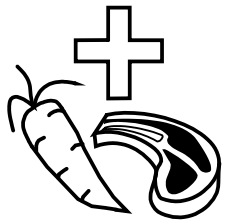
## What else are we going to do?



We also want to help people learn more about diabetes



We are going to tell people how to stay healthy



We are going to tell them about healthy eating and exercise



This may help people with a learning disability not get diabetes.

Thank you for Listening



**Any questions**