



The aim of the Diabetes Toolkit is to provide understanding in simple terms what diabetes is about. It also provides information on different aspects of diabetes. It may trigger more questions, thoughts and hopefully, bring hope, encouragement and empower some of the readers.

The writer does not engage in diagnosing any health problem or replace a healthcare professional's treatment or advice. People are encouraged to talk to their health care professional before making any major lifestyle changes.

Being diagnosed with diabetes and living with it may feel overwhelming and may seem hard to cope with, that is normal. Everybody reacts differently to knowing that they have diabetes. Many people find it difficult to come to terms with the fact that diabetes currently cannot be cured.

Support and encouragement from family members, peers, friends, colleagues and the health care team, will help people living with diabetes to become confident in their ability to cope with daily activities and the initial worry should start to go away. Yes, you CAN manage your diabetes and live a healthy normal life. Diabetes should not control anyone.

Real stories and experiences of people living with diabetes are shared. Some health care providers found the Diabetes Toolkit helpful in making it easy to explain difficult concepts about diabetes to their patients. I wish to thank the World Diabetes Foundation (WDF) for acknowledging this booklet as a participant's useful resource for Agents for Change and the GREAT project.

Copies are available from:

**The
DIABETES
Toolkit**

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This Diabetes Toolkit provides an understanding in simple language of what diabetes is all about. It provides guidance on healthy living to reduce the risk of diabetes and its complications. It briefly explains diabetes with other related conditions such as hypertension and depression. It is reviewed regularly to keep up to date with SEMDSA and other relevant guidelines.

Real stories of people living with diabetes are shared with the aim of encouraging and giving hope to those living with the condition and their families. It helps people make decisions in managing their diabetes and is a useful resource for health care providers.

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