

Sound Doctor Videos for Patients – Diabetes

- **Introductory section**

- Getting started
- What is diabetes?
- How can diabetes affect me?
- Eating well
- Keeping active
- You and your medicines
- Blood glucose control
- Know your numbers
- Finding out more

- **Section 2**

- The benefits of self-management
- What is Type 1 diabetes?
- What is type 2 diabetes?
- What are the symptoms of diabetes?
- Why have I got diabetes?
- Discovering you have diabetes
- Is diabetes serious?
- Can I prevent the complications?
- Finding out more
- Structured education
- Why exercise matters
- You and your medicines
- You and your healthcare team
- Your care plan
- Getting the best out of your GP
- Getting the best out of yourself
- What is good control?
- Know your numbers
- Staying positive
- You're not alone!

Section 3	Section 4
Why weight matters	How can diabetes affect my mood?
Watching your weight	Coping with depression
The shocking truth about gaining weight	How can diabetes affect my eyes?
What's a good diet for diabetes?	Looking after your eyes
What's a balanced diet?	How can diabetes affect my feet?
Making changes to your diet	Looking after your feet
What you need to know about carbohydrates	What foot care can I expect?
What you need to know about fat	The complications of diabetes
What you need to know about fruit and vegetables	Hypoglycaemia
What you need to know about protein	Moving on to medicines
What you need to know about salt	Taking your medicines correctly
Becoming more active	A brief guide to medicines – Metformin
Finding the right activity	A brief guide to medicines – Sulphonylureas
Blood Glucose Monitoring – an introduction	A brief guide to medicines – Glitazones
Blood Glucose Monitoring – when to test	A brief guide to medicines – Gliptins
Blood Glucose Monitoring – using the results	Moving on to insulin
HbA1c	How insulin works
Cholesterol and blood pressure	A brief guide to insulin
Your annual review	You're not alone!
Staying positive	
You're not alone!	