



Diabetes Mellitus

Patient Resource Sheet

What is it?

Diabetes Mellitus is a condition where your body does not produce enough or respond normally to insulin. Insulin helps to keep the sugar level in your blood at the right level. Diabetes causes your body to have very different amounts of blood sugar levels which can be either high or low. When the levels are so different, it may cause damage to other parts of your body like your heart, kidney, brain and nerves.



Watch this!

[What is diabetes?](https://www.youtube.com/watch?v=4EEtubB74IM)

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What can the doctor do to help me?

The doctor will prescribe you with some medicine to help your body keep the sugar level in your blood at the right level. In addition, they will also advise you on how to take care of yourself so that you can lead healthy and happy lives.

What should I do to take care of myself?

1. **Check your blood sugar level regularly:** This will let you know when your blood sugar level is too high or too low.
2. **Take your medicines:** This will help you to control your blood sugar level.
3. **Maintain a healthy lifestyle:** Eat well-balanced meals and exercise to help your body to feel better and stronger.
4. **Go for regular health checkups:** This will help your doctor/ hospital staff in monitoring your health and progress. It will also ensure that all your health needs are being taken care of in a timely way.



To learn more...



If you are staying in the hospital and need some support, ask your doctor/nurse to give the Child Life Therapist a call!

References:

https://www.rch.org.au/kidsinfo/fact_sheets/Diabetes_/