

WORLD

DIABETES DAY

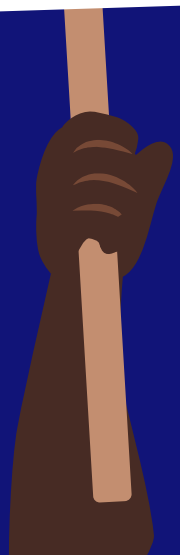
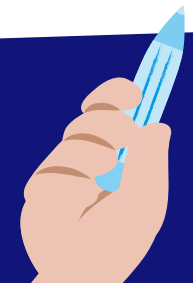
14 NOV 2022

YOUR GUIDE

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



**LET'S REWRITE
THE STORY**



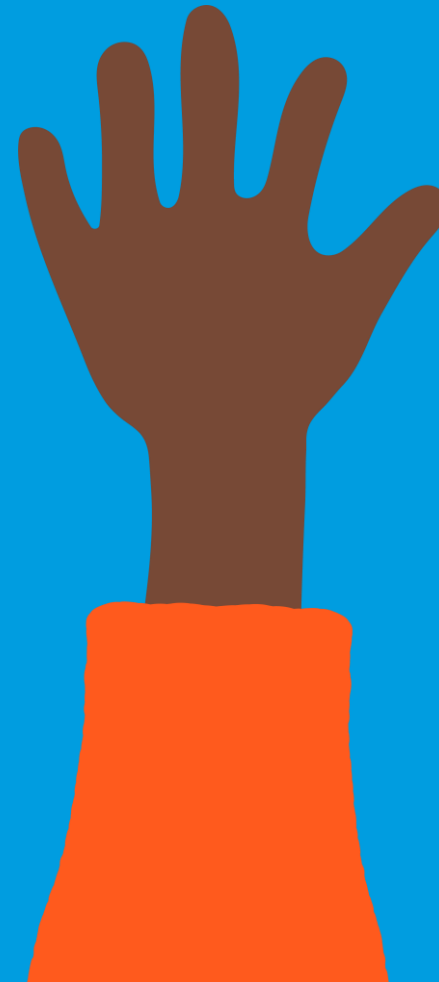
This World Diabetes Day (14 November), will you help us **#RewriteTheStory**?

Being diagnosed early is so important for all types of diabetes. It can save lives, prevent a medical emergency and reduce the risk of life-changing complications later. That's why we want to make sure everyone knows the signs to look out for – and knows their risk of developing type 2. But we need your help.

Someone is diagnosed with diabetes every two minutes. Together, we have the power to **#RewriteTheStory** for everyone who will be diagnosed in the future – it could even be the story of someone you love.

In this guide, we wanted to tell you a little more about what we're planning, share some ideas for how you can get involved, and give you some resources to help.

HOW CAN I GET INVOLVED?



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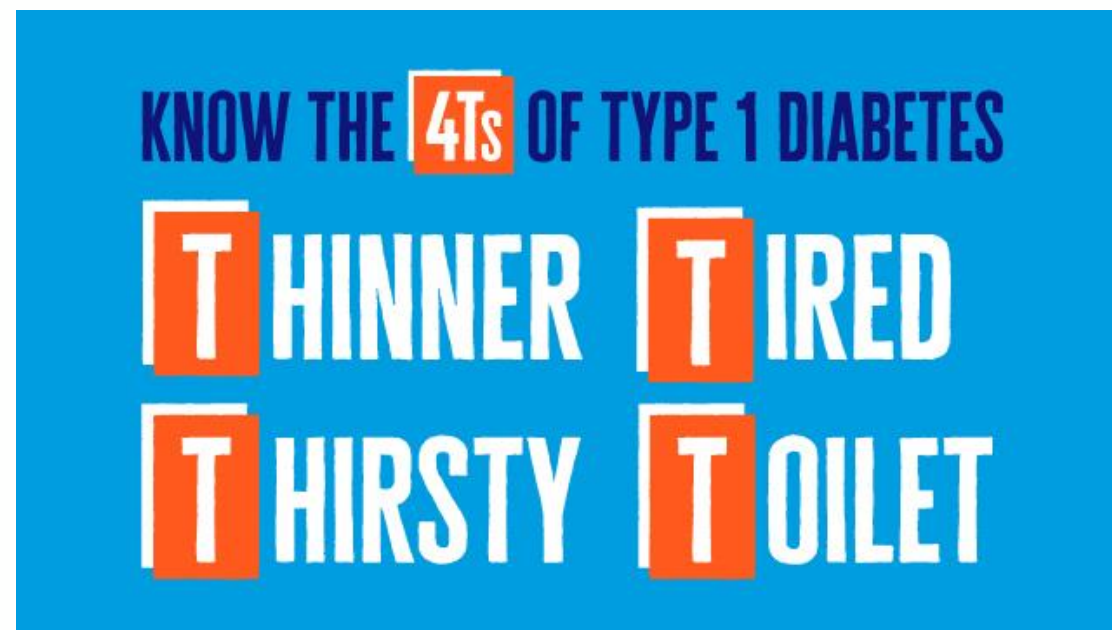
SHARE THE 4Ts OF TYPE 1 DIABETES

If type 1 diabetes is left undiagnosed, it can make you really ill, really quickly. Knowing the signs could avoid a medical emergency and save lives.

Our 4Ts campaign is all about helping you spot the four most common symptoms of type 1 diabetes, in both children and adults.

Will you help us share the 4Ts and reach as many people as possible?

[Find out more](#) or [order posters](#).



HELP OTHERS KNOW THEIR RISK OF TYPE 2 DIABETES



Knowing your risk of developing type 2 diabetes could be life-changing. It could give you the chance to prevent a diagnosis altogether. It could mean you're diagnosed sooner, more likely to achieve remission, and less likely to develop complications later.

Together with Tesco, we've set a goal to inspire one million people to find out their risk of developing type 2 diabetes by World Diabetes Day 2023.

Will you help us spread the word far and wide, and encourage your loved ones to find out their risk? It only takes two minutes, but it could change a life.

[Find out your risk today.](#)

PAINT YOUR NAILS TO RAISE AWARENESS

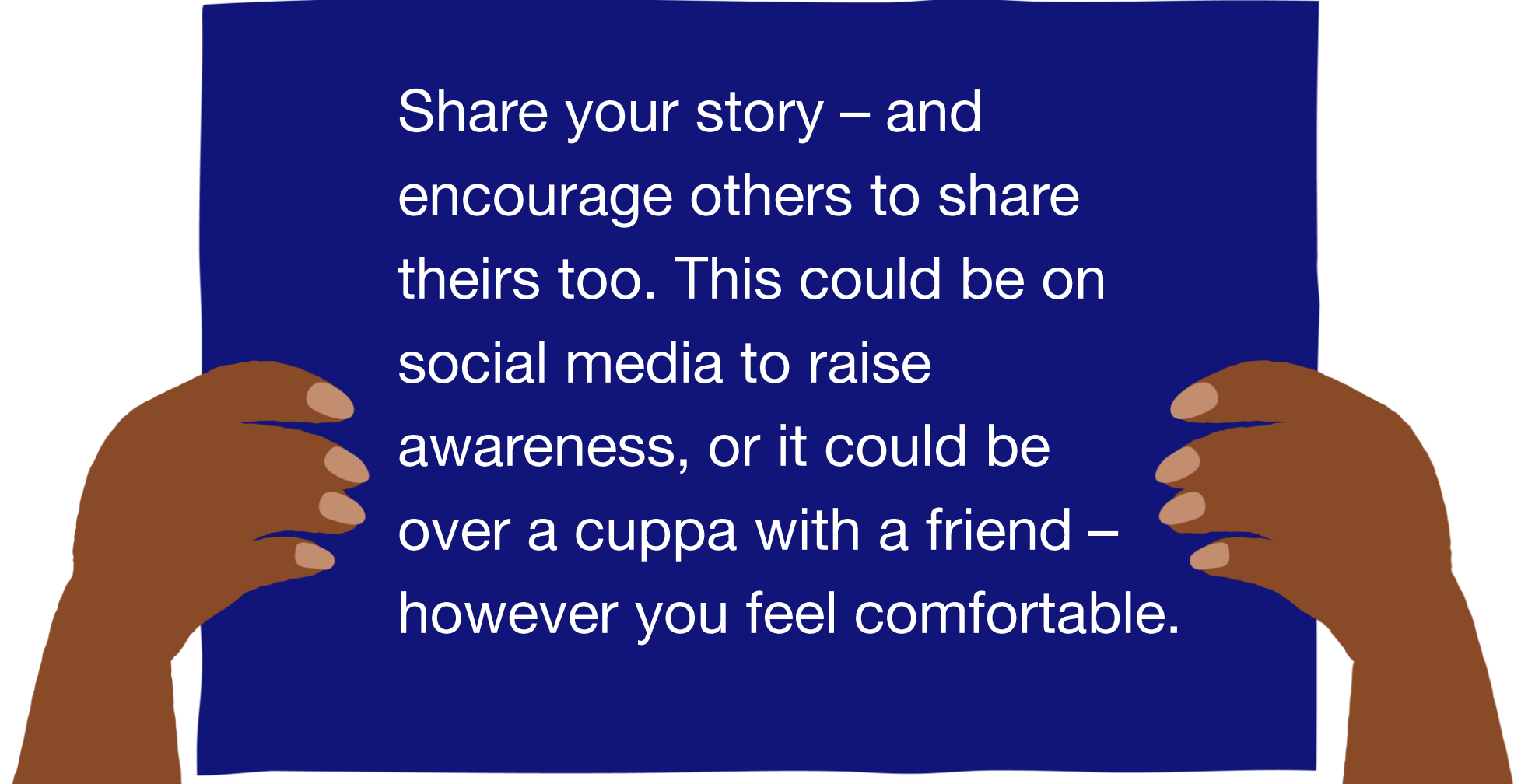
Join us in painting your nails blue on 14 November to help raise awareness, and show others living with diabetes they're not alone.

For everyone living with diabetes. And for you. For all the days you feel like you're nailing your diabetes, and the days you don't - and for everyone who's been there to support you on those tough days.

[Sign up for the challenge here.](#)



SHARE YOUR STORY



Share your story – and encourage others to share theirs too. This could be on social media to raise awareness, or it could be over a cuppa with a friend – however you feel comfortable.

FOLLOW US ON SOCIAL MEDIA

Follow us on [Facebook](#), [Twitter](#) or [Instagram](#) – we've got lots of exciting things planned for November – and add our World Diabetes Day frame to your Facebook profile photo.



And just a reminder: if you or someone you love are looking for advice, having a tough day or just want to talk to someone going through the same, we're here for you.

CALL OUR HELPLINE

Our highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes. Call us on **0345 123 2399** (Monday to Friday, 9am to 6pm) or email helpline@diabetes.org.uk to chat to one of our team.

JOIN OUR SUPPORT FORUM

Talking to other people going through the same thing can help, too. **Our support forum** is a welcoming online community where you can chat to and share experiences with others living with and affected by diabetes. It's free to use, and there 24/7.

FIND SUPPORT IN YOUR AREA

We have lots of local support groups across the UK, where you can meet and get to know other people living with and affected by diabetes in your area.

Find your nearest group.

SIGN UP TO LEARNING ZONE

Our free Learning Zone covers everything from tasty food swaps and exercise tips, to advice around managing your diabetes day-to-day and looking after your mental wellbeing – all tailored to you.

THANK YOU



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