

How to get help

There are numerous health professionals who can help you lead a good life with diabetes.

Anyone with diabetes is entitled to a free, municipal rehabilitation programme. Such a programme is based on the needs of the individual, concentrating, for example, on eating habits or physical exercise. When you have diabetes, it is possible to have reimbursement of a number of services and treatments/therapies.

To find out more about what your municipality can offer people with diabetes, visit sundhed.dk or diabetes.dk



Get a regular check-up

You cannot recognise all symptoms and complications by yourself. So, it is important to visit your GP on a regular basis to discuss whether you need help with, or treatment for, your diabetes. Talking to your GP, a nurse or the hospital is often the first step on the path to relevant treatment.



Establish new habits in your everyday life

You can do a lot yourself to improve your diabetes by acquiring good habits in your everyday life. Your GP or your treatment facility can provide you with advice and guidance on good habits.



Describe how you are feeling

Your treatment should always be based on your specific needs, your physical condition and your everyday life. That is why it is important to be open when talking to healthcare professionals.

FOR ANYONE WITH DIABETES



Dental hygienist



Clinical dietitian



Podiatrist



Nurse



Occupational therapist



Physiotherapist

Diabetes affects your entire body. That's why you need to look after it. Your feet, your teeth, your diet, exercise - there's an awful lot to see to.

This leaflet will provide you with an overview of the people that can help you lead a good life with diabetes and of what you need to be aware of, when it comes to preventing discomfort and complications. When you have diabetes, your municipality offers you a rehabilitation programme - free of charge. Your GP can also offer guidance and refer you to the appropriate provisions.

The podiatrist

Anyone with diabetes needs to pay special attention to their feet. Diabetes can affect the feet and increase the risk of, for example, foot ulcers and impaired sense of touch. A podiatrist can help you prevent and treat discomfort in your feet.

Watch out for:

- Foot ulcers
- Redness, heat and swelling
- Formation of thick skin
- Impaired sense of touch.

Your dialogue with your podiatrist

Remember to tell your podiatrist that you have diabetes. It is also a good idea to inform your podiatrist whether you are experiencing any symptoms or discomfort from your feet.

Visiting the podiatrist

When you have diabetes, you can apply for reimbursement of expenses for preventive foot care and have an annual assessment of your feet from a state certified podiatrist. It requires a referral from your doctor. Your podiatrist will start by examining your feet and then assess your needs and treatment.



What you can do yourself:

- It is a good idea to visit a podiatrist regularly for a check-up.
- Inspect your feet every day.
- Avoid foot baths. They dry the skin.
- Avoid walking around with bare feet.
- Moisturise your feet regularly with a rich cream.
- Dry your feet regularly after showering or taking a bath.
- Wear shoes that fit properly without chafing.

For further information, visit altomfoden.dk or sundhed.dk

The dental hygienist

When you have diabetes, there is an increased risk of dry mouth and tooth infection. This could affect your blood sugar. Fortunately, there are plenty of things you can do yourself to prevent complications in your mouth and teeth. A dental hygienist can give you advice on maintaining good oral hygiene.

Watch out for:

- Bleeding gums when you brush your teeth, redness or swelling
- Poor wound healing in the mouth
- Frequent tooth cavities
- Less saliva than you normally have.

Your dialogue with your dental hygienist

Remember to tell your dental hygienist that you have diabetes. It is also important to inform your dental hygienist how regulated your diabetes is, what medicine you are taking and whether you are a smoker.

Visiting the dentist

The main job of a dental hygienist is to prevent oral and dental infection. A dental hygienist looks for infections and dry mouth, cleans teeth and points out the areas in your mouth to which you need to pay particular attention. The choice of dental clinic is yours. It is possible to apply for reimbursement of treatment costs or to receive treatment from the municipal dental hygiene service. Ask your municipality about the options.



What you can do yourself:

- Brush your teeth at least twice a day. Use interdental brushes and fluoride toothpaste (1450 ppm).
- It is a good idea to visit a dental hygienist regularly.
- Limit your consumption of coffee, alcohol and tobacco, since it can lead to or exacerbate dry mouth.

For further information, visit taenderne.dk



Physiotherapist

Diabetes can lead to reduced muscle strength and balance. Exercise and working out can have a positive effect on your diabetes and help prevent discomfort and complications. A physiotherapist can guide and advise you on how to incorporate exercise and working out into your everyday life.

Watch out for:

- Reduced muscle strength
- Balance problems.

Your discussion with your physiotherapist

Remember to tell your physiotherapist that you have diabetes. It is also important to inform them how long you have had diabetes, whether your blood sugar is regulated, and whether particular parts of your body pose particular problems. A physiotherapist can recommend many different kinds of exercises, depending on your condition and that of your body.

It is a good idea to talk to your physiotherapist about your motivation and the purpose of the exercises, so you can set realistic goals together.

Visiting the physiotherapist

Your physiotherapist will monitor you closely in your physical workout programme and instruct you on how to continue the exercises at home. A physiotherapy programme may be included in your municipality's rehabilitation provision or may take place with a private physiotherapist. Your GP can also offer guidance and refer you to the appropriate provisions.

What you can do yourself:

- Go for a walk
- Cycle instead of driving
- Take the stairs instead of the lift
- When you are on the bus, get off one stop before your regular stop.

For further information, visit helbredsprofilen.dk or sundhed.dk



Occupational therapist

When you have diabetes, you may have to change certain things in your everyday life. You may even have to change your entire lifestyle. An occupational therapist can advise you on how to change your habits in relation to the advice you receive and the challenges you may encounter.

Your discussion with your occupational therapist

Remember to tell your occupational therapist that you have diabetes. It is also important to talk openly about your everyday habits and routines, and what restrictions you are encountering in your everyday life.

Visiting the occupational therapist

Your occupational therapist will work with you to analyse your everyday life to come up with the best solutions for changing your everyday habits and routines. For example, if you wish to incorporate more exercise into your everyday life, you may have to change your purchasing habits etc. Your occupational therapist will give you ongoing support as you implement the solutions in your everyday life – for example, when going for a walk or shopping.

Usually, a programme with an occupational therapist is included in your municipality's rehabilitation provision. Your GP can also offer guidance and refer you to the appropriate provisions.

What you can do yourself:

Before meeting your occupational therapist, it is a good idea to write down when you encounter problems in terms of carrying out everyday tasks and activities. That way, it will be easier to explain to your occupational therapist when you encounter challenges.

For further information, visit sundhed.dk



The clinical dietician

Anyone with diabetes needs to pay special attention to their diet. What you eat affects your blood sugar and therefore plays a major role in terms of living with your diabetes. A clinical dietician* can tell you what you can eat. Together you can make a practical, realistic plan.

Your dialogue with your clinical dietician

Remember to tell your clinical dietician that you have diabetes. It is also important to tell them whether you are taking medicine, what your typical day is like, and what you find easy or difficult diet-wise.

Visiting the clinical dietician

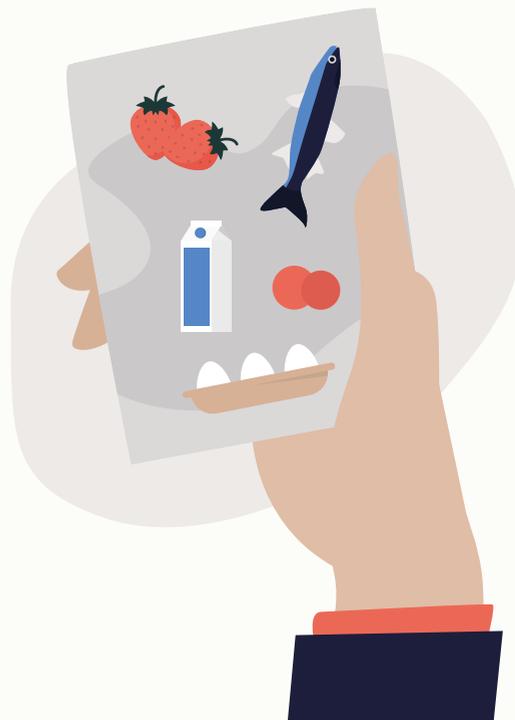
Any treatment by a clinical dietician will be based on your situation – for example, your blood sugar level and your use of medicine. Your clinical dietician can help you, either with minor adjustments to your diet or with major changes to your lifestyle. If you are overweight, even losing a relatively small amount of weight can make a huge difference in terms of your diabetes. Usually, a programme with a clinical dietician is included in your municipality's rehabilitation provision. Your GP can also offer guidance and refer you to the appropriate treatment.

What you can do yourself:

- Eat fewer carbohydrates
- Choose carbohydrates with a naturally high fibre content
- Choose good sources of fat (e.g. olive oil and fish)
- Choose products with the keyhole label and the wholegrain logo
- Eat more basic foods such as vegetables, legumes and nuts.

*or an expert with a professional BSc in Nutrition and Health

For further information, visit
diabetes.dk or sundhed.dk



The nurse

When you have diabetes, you may meet a nurse - either at your GP's office, at the hospital, from a healthcare visitor or via a treatment provision. A nurse can give you general advice and guidance. A nurse can also provide further assistance, if you have any diabetes-related symptoms or discomfort, for example from your eyes, feet or teeth.

There are also diabetes nurses, who specialise in diabetes-related symptoms. You may meet them at the hospital, in a home visit or at your GP's office.

Your dialogue with the nurse

Remember to tell the nurse that you have diabetes. It is also important to talk openly about how you are, so the nurse can provide you with the best support and guidance. For example, you may be experiencing issues with medicine, sleep, smoking, sex life, diet or exercise.

Visiting the nurse

The nurse can help you have an annual assessment. This can provide you with an overview of your diabetes and prevent any complications. The nurse will also ask you how you are feeling.

Together with your doctor or the nurse, you make a plan for your continued care. Talk to your doctor, if you would like a session with a diabetes nurse.

For further information, visit
diabetes.dk or sundhed.dk

