



University Hospitals Birmingham
NHS Foundation Trust



KICK START - Session 4

Diabetes Weight Management Group

Building healthier lives

UHB is a no smoking Trust

This patient information leaflet provides the following information covered in Kick Start session 4:

- Liver and Diabetes (NAFLD)
- Foot care
- Activity and Diabetes
- Eating out

Liver and Diabetes (NAFLD)

Non Alcoholic Fatty Liver Disease (NAFLD) is the term used for a condition caused by a build-up of fat in the liver. It is more common in people who are overweight or obese. There is also a high rate of people with type 2 diabetes who have NAFLD. Currently, there is no specific medication for NAFLD. However, treatment may be recommended for associated conditions such as diabetes, high blood pressure and cholesterol, all of which can contribute to NAFLD. Making healthy lifestyle choices can help.

Foot care

How can Diabetes affect my feet?

- **Neuropathy**

Neuropathy is a long-term complication which can affect the nerves. Uncontrolled diabetes can damage your nerves. If you have damaged nerves in your legs and feet, you might not feel heat, cold, or pain. This lack of feeling is called sensory diabetic neuropathy. If you do not feel a cut or sore on your foot because of neuropathy, the cut could get worse and become infected. The muscles of the foot may also not work properly if you have nerve damage, causing the foot to not function properly creating too much pressure in one area of the foot resulting in a pressure sore.

Loss of feeling in your feet can be alarming, especially if you do not realise that this has happened. You may not notice minor injuries caused by:

- Walking around barefoot
 - Sharp objects in shoes
 - Friction from badly fitting shoes
 - Burns from radiators or hot water bottles
- **Peripheral vascular disease (PVD)**
Raised blood glucose levels can affect your circulation, which means blood cannot flow around your body properly. Poor blood flow in legs is called peripheral vascular disease (PVD) and can affect wound healing. If you have an infection that will not heal because of poor blood flow, you are at risk of developing ulcers or gangrene (the death of tissue due to a lack of blood).

Steps you can take to prevent foot problems

- Keep your blood glucose levels within your target range
- Have your feet checked at least once a year
- Tell your diabetes healthcare team if you think you're developing any signs of neuropathy
- If you think you've lost sensation in your feet, protect them from injury and check them every day
- Take care when trimming toenails. Trim toenails straight across with a nail clipper
- If you smoke get help to stop smoking. Smoking can make blood flow problems worse.
- Avoid using corn plaster with Diabetes.

Further information can be found at:

www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet

Activity and Diabetes

If you are able to combine physical activity with dietary changes you are likely to be more successful at losing weight and keeping it off.

If you do not usually exercise or have any other health conditions, please discuss with your GP before starting.

Activity can include using the stairs instead of the lift, brisk walking, swimming, dancing and gardening. If you are currently not able to manage 30 minutes in one go, start slowly and gradually increase your activity. Doing so may:

- Improve your response to insulin
- Help control weight
- Reduce your stress levels
- Improve your heart health
- Improve how you look/feel

Walking with a pedometer can be a good way to keep track of your walking and help increase your activity levels. You can buy pedometers or download them as a smartphone app, which will measure every step you take. You can use the pedometer to work out your average daily steps and then start adding extra steps to increase your activity levels.

As you increase your activity levels, you may find your hunger increases. Take care not to cancel out the calories you have burned during exercise by eating high calorie snacks afterwards. If you need a snack, try to choose foods that are lower in calories such as one piece of fruit, vegetables (e.g. carrot sticks and reduced-fat hummus dip) or homemade popcorn (without fat, sugar or salt).

If you are having a snack, try to aim for snacks that are 100 calories or less, as discussed in the kick start session. For further information please see:

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/healthy-swaps/healthy-swaps-snacks>

Eating out

Eating out when you are trying to lose weight can be a bit of a challenge.

Having diabetes and trying to lose weight shouldn't stop you eating out or enjoying a takeaway once in a while. The important thing is to keep to your calorie controlled diet most of the time.

There are lots of ways you can maintain a healthy diet when eating out:

- Choose lighter, smaller versions of main courses. If you know which restaurant you are going to, there may be a menu online to help you work out the lower-calorie options. Planning ahead can help you make better choices and reduce temptation
- Avoid food that is deep fried, pan fried, or battered. These are high in fat. Try to choose grilled, roasted, poached, steamed or baked dishes
- Try to choose tomato or vegetable based sauces instead of cheese, cream or butter based sauces, which are high in fat and calories

- Try to stick to one course. If you can't resist having a starter or a dessert, see if there is someone to share it with
- When having a takeaway, try to avoid ordering more food than you need. Portion control is the key

Monitoring

Please remember to complete the three day blood glucose and food diary for review at the next session provided by the nurse/dietitian.

Diabetes centre contact numbers:

Tel: **0121 371 4523**

Tel: **0121 371 4535**

Useful links

www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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Diabetes

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