

Myth or Fact?

People with diabetes can't eat sugar **Myth**

People with diabetes can enjoy sweets without sacrificing diabetes control. Desserts and other sweets can play the same role in the overall nutrition of people with diabetes as they do for others.

People with diabetes should eat special diabetic foods **Myth**

The healthy diet for people with diabetes is the same as that recommended for everyone – low in fat, salt and sugar, with meals based on starchy foods like bread and pasta and plenty of fruit and vegetables. Diabetic versions of sugar-containing foods offer no special benefit. They still raise blood glucose levels, are usually more expensive and can also have a laxative effect.

A person can't have a 'touch of diabetes' **Myth**

Having a "touch" of diabetes is no more possible than being a "little bit pregnant."

My doctor takes care of my diabetes **Myth**

Most health problems are temporary. What the doctor does in this kind of situation is the key to recovery: doing the right surgery, choosing the right medicine, etc. Diabetes is different. What the person effected does is most important. If you leave it up to the doctor, you are almost sure to have poor control and a bad outcome

Blood testing is not necessary **Myth**

The daily decisions of the person living with diabetes are the most important part of care, right from the start. Blood testing is the only way to learn what works. Every person with diabetes needs testing either to get into control or to stay there.

As long as I feel OK, my blood sugar doesn't really matter **Myth**

Diabetes cannot be well managed by how you feel. Blood sugars above the normal range can damage eyes, kidneys, nerves and blood vessels, and it normally doesn't hurt a bit! At least not until the damage is truly serious. To protect health, it must be managed by the numbers. If your HbA1c (a measure of average blood sugar control) is above 7%, it's time for a change!

Bad diabetes is the kind where you take insulin **Myth**
Most people with type 2 diabetes eventually need insulin - not because they have done anything wrong, or because their diabetes is now more serious or dangerous. They need it simply because their pancreas has worn out.

No matter what I do, I will get complications **Myth**

Complications are not inevitable. They are brought on by the combination of high blood sugars, blood lipids and blood pressure. By regular screening tests, changes can be found early, when they can be successfully treated.

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