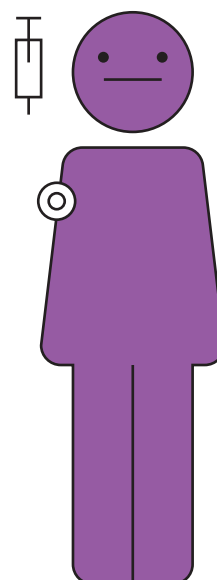


Understanding the health of people with learning disabilities over their lifetime

Diabetes

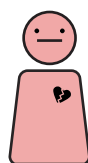
Diabetes is the 9th most common health condition for people with learning disabilities.

Diabetes is when there is too much sugar in your blood.
This can badly damage your body.



People with Diabetes can develop other health problems.

The most common are:



Hypertension

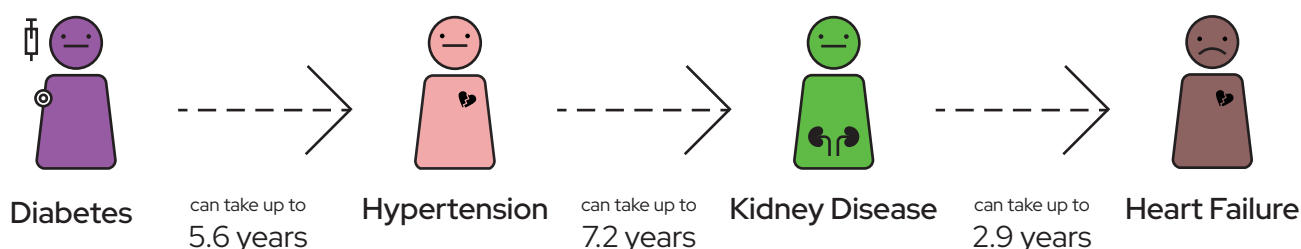


Kidney Disease



Heart Failure

These problems do not happen all at the same time.
They can take years to develop.



Eating healthy, exercising and sleeping well can help prevent these problems from occurring.

Speak to your doctor, family or carer if you have any questions or worries about this information.