

WHAT IS YOUR RISK OF DIABETES?

1. How many people in the UK have diabetes:

A. 12,300,000 B. 4,600,000 C. 850,000

2. The risk of the average UK male getting diabetes is:

A. 9,000-1 B. 900-1 C. 90-1 D. 9-1

3. Which is the most common form of diabetes?

A. Type 1 B. Type 2 C. Type 3

4. Which of these increases your risk of type 2 diabetes?

A. being over 40 B. being overweight C. fat round your middle D. high blood pressure E. sitting a lot F. smoking G. being of south Asian, Chinese, African-Caribbean or black African origin

5. As a man you're at increased risk of diabetes if your waist measurement is?

A. over 32 inches B. over 37 inches C. over 40 inches

Is it men or women who are most likely to:

6. Have a sight problem as a result of diabetes
7. Lose a leg as a result of diabetes
8. Die as a result of diabetes



Are we addicted to sugar?

CUTTING DOWN ON SUGAR HAS STOPPED DIABETES AFFECTING MY SEX LIFE...

MINE TOO - I STOPPED EATING HALF MY GIRLFRIENDS CHOCOLATES BEFORE I GAVE THEM TO HER.



Talking Points

Do you know how to measure your waist?

How can diabetes affect your sex life?

What are the long-term complications of diabetes?

Would you recognise a hypo?

YOUR RISK OF DIABETES

Top Tips

- Eat a healthy, balanced diet
- Don't drink more than 14 units of alcohol a week
- Don't smoke
- Take regular exercise and walk
- Think about portion size
- Drink water (not sugary drinks)
- Avoid 'free' sugars (those added by you or a manufacturer to a food like sugar in tea.)
- Talk to a friend with diabetes

Quiz Answers

1. B. 4.6 million people have diabetes in the UK and 12.3 million are at risk of it. Around 850,000 already have the condition but don't know it.
2. D (9-1) - the same as the odds on Argentina winning the 2018 World Cup!
3. B. 90% of people with diabetes have type 2, 10% have type 1. There's no type 3 yet but scientists do think there may well be more than two types.
4. All of them. You can't change your ethnic origins or your age but you can change the others.
5. B. you're at increased risk over 37 inches (for women, it's 31.5 inches) and at serious risk if it's over 40 inches.
- 6, 7 and 8 are all men. Yes, really. Diabetes seems to hit us harder than women - is it because we take less care of ourselves?

The symptoms of diabetes

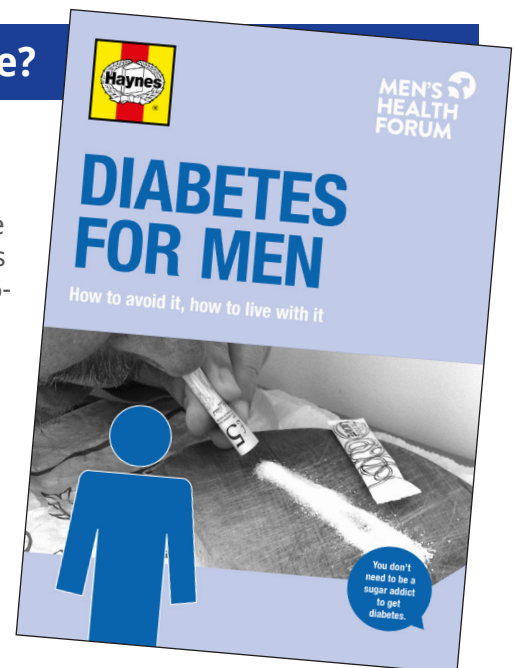
Make sure you know the symptoms of diabetes. These are:

- feeling unusually thirsty
- peeing more than usual, especially at night
- feeling unusually tired
- loss of muscle
- frequent itching around the penis or even thrush
- cuts or wounds healing more slowly
- blurred vision
- unexplained weight-loss.

Erection problems and a loss of interest in sex may also be signs. You should see your GP if you are experiencing several of these together.

Want more?

You can find out more about diabetes on our website or in the booklet *Diabetes For Men*. This 36-page full-colour booklet in the Men's Health Forum's award-winning man manual series tackles all the issues on this sheet and will be particularly useful for people who have been told they are at risk of the condition or have been recently diagnosed.



Find out more at:
www.menshealthforum.org.uk/diabetes4men