

# Swanswell Medical Centre

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## Diabetes and Coronavirus

You may have heard in the news that people living with diabetes face a significantly higher risk of dying with COVID-19, with a third of deaths in England associated with the condition.

**However, by far the strongest risk factor for dying with the virus is age**, and people with type 1 diabetes are on average younger than people with type 2 diabetes.

Research suggests that the threat for those under 40 with type 1 or type 2 diabetes is very low, with no recorded deaths in those under 20.

The study also shows that in all people with diabetes, **higher blood glucose levels and obesity are linked to higher risk**.

If you have diabetes, it is important that you manage your condition according to the advice you have been given by healthcare professionals.

You are not at higher risk of catching Coronavirus, however you may be at higher risk of complication if you do catch it. You should always follow government advice on social distancing.

### People with diabetes are also advised:

- **If you are concerned about your diabetes during the coronavirus pandemic, the NHS is here to help. Contact your GP Practice or Diabetes team.**
- **If you have diabetes and have been contacted by your specialist eye or foot care team, please go to your appointments to receive treatment to avoid these problems getting worse. Clinics are taking extra protective measures to keep people safe.**
- **The 4Ts – toilet, thirsty, tired and thinner – are signs of a life-threatening diabetic emergency, diabetic ketoacidosis or 'DKA'. If you recognise these signs, seek urgent medical advice from your GP Practice (or 111 out of hours); if you already have diabetes, contact your Diabetes team; or if you feel very unwell, call 999.**
- **If you have diabetes and see a cut or blister on your foot, it may be a sign of a foot ulcer. Call your GP Practice to get it checked as soon as possible. If you do have an ulcer or other serious foot problem, you will be referred to see a specialist urgently.**
- **If you are experiencing a serious or life-threatening emergency – call 999.**