

Diabetes stigma and language

We can change the way we communicate about people

Instead of...	Try...
Diabetic Sufferer Patient Consumer	Person Person with diabetes Person living with diabetes
Normal, non-diabetic, healthy (person)	Person without diabetes
Difficult / challenging patient In denial Unmotivated / unwilling	Finding it difficult Has concerns about... Has other priorities right now
Subject Patient (noun; research setting)	People with diabetes Participant(s) Respondent(s)
Carers	Family / friends
Health provider(s) Clinicians	Health professional(s) Diabetes care team

We can change the way we communicate about diabetes and complications

Instead of...	Try...
Disease Disorder	Condition
Mild diabetes	Diabetes
Mild hypoglycaemia	Self-treated hypoglycaemia
Obese (weight) Normal weight	Healthy / unhealthy weight
Diabetic (complications)	Diabetes Diabetes-related or Diabetes-specific (complications)

We can change the way we communicate about managing diabetes

Instead of...

Adherence / compliance:
(non-)adherent or (non-)compliant

Cheating

'Being a bad diabetic'

Control (referring to diabetes, HbA1c or glucose levels): poor control, good control, well controlled, badly controlled, uncontrolled

Correct(ing) glucose levels

Fail, failing to, failed

Good / bad poor (glucose levels)

Intensify / escalate treatment

Should (not)

Have to

Can't

Must (not)

Test

Testing (glucose)

Treating diabetes, treating patients

Try...

Words that describe collaboration or specific behaviours: taking medication, checking glucose levels

Making choices / decisions

Manage glucose levels
High / low glucose levels
Within / outside your target range

Adjust(ing) glucose levels

Did not, has not, does not...

Use the numbers, refer to choices, or in-range / below-range / above-range
Tailor / personalise / change to more effective or appropriate treatment(s)

You could try / consider...
Let's consider your options...
You could choose to...

Check(ing)
Monitor(ing)

Managing diabetes

Working together to combat diabetes stigma

In collaboration with:



Sponsors:

minimed | Medtronic



sanofi



Cipla



Pick n Pay

