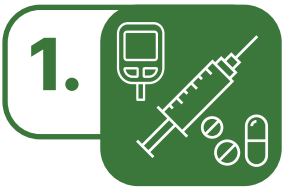
Do you know your diabetes rights ?

Here is the basic care bundle you can access at your local clinic or hospital.

There are three main benefits when you're living with diabetes:



Medication and Supplies

Insulin - all those with Type 1 diabetes, some with Type 2 diabetes
Short-acting and long-acting insulin, or premix insulin, as needed.

Oral medication (tablets), mainly for Type 2s, some Type 1s together with insulin
Most people with Type 2 diabetes will start on oral medication (tablets) and move to insulin, if they need to.

All those on insulin:

Needles
- Enough needles for daily injections. A needle should be used 5 times at the most.

Glucometer (blood sugar meter)
- Every person using insulin (Type 1 or Type 2) should be given a free glucometer.

Glucometer strips
- Sufficient strips to monitor your blood sugar.

Lancets

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Yearly Health Check-up

HbA1c test
Every year, you should have an HbA1c blood test. This test will tell you (and your healthcare worker) if you're managing your diabetes, or if you need to make changes.

Blood and urine tests
You need to test 3 things every year:

- Cholesterol
- Urine protein
- Kidney function

Retinal screening
Once each year, you need to get your eyes tested. A retinal screening will tell you if you're at risk of retinopathy, which can lead to blindness.

Foot screening
Once each year, you need to get your feet checked. If you have problems with your feet, they must be checked more often.

At clinic visits

At each clinic visit, you can ask for:

Diet advice
Ask your healthcare worker for healthy eating advice and what foods to eat to manage your diabetes.

Diabetes advice
Ask your healthcare worker any questions you have about how to cope with diabetes.

You are not alone in this...

We know what it's like. Millions of South Africans are living with diabetes, and understand how you feel.

Please join our community:

www.sweetlife.org.za

South Africans with Diabetes

@sweetlife.org.za