

The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multi-disciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



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POPLAR GROVE
PRACTICE

Patient Information Leaflet

Diabetes

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Diabetes

Type 2 Diabetes

Type 2 diabetes occurs mainly in people aged over 40. The first-line treatment is diet, weight control and physical activity. If the blood sugar (glucose) level remains high despite these measures then tablets to reduce the blood glucose level are usually advised. Insulin injections are needed in some cases. Other treatments include reducing blood pressure if it is high, lowering high cholesterol levels and also other measures to reduce the risk of complications.

What is diabetes?

Diabetes mellitus (just called diabetes from now on) occurs when the level of sugar (glucose) in the blood becomes higher than normal. There are two main types of diabetes - type 1 diabetes and type 2 diabetes.

What is type 2 diabetes?

With type 2 diabetes, the illness and symptoms tend to develop gradually (over weeks or months). This is because in type 2 diabetes you still make insulin (unlike in type 1 diabetes). However, you develop diabetes because:

You do not make enough insulin for your body's needs; or The cells in your body do not use insulin properly. This is called insulin resistance. The cells in your body become resistant to normal levels of insulin. This means that you need more insulin than you normally make to keep the blood sugar (glucose) level down; or A combination of the above two reasons.

Type 2 diabetes is much more common than type 1 diabetes.

What is type 1 diabetes?

In type 1 diabetes the beta cells in the pancreas stop making insulin. The illness and symptoms

develop quickly (over days or weeks) because the level of insulin in the bloodstream becomes very low.

Type 1 diabetes used to be known as juvenile, early-onset, or insulin-dependent diabetes. It usually first develops in children or in young adults. Type 1 diabetes is treated with insulin injections and diet.

Understanding blood sugar (glucose) and insulin

After you eat, various foods are broken down in your gut (intestine) into sugars. The main sugar is called glucose which passes through your gut wall into your bloodstream. However, to remain healthy, your blood glucose level should not go too high or too low.

So, when your blood glucose level begins to rise (after you eat), the level of a hormone called insulin should also rise. Insulin works on the cells of your body and makes them take in glucose from the bloodstream. Some of the glucose is used by the cells for energy and some is converted into stores of energy (glycogen or fat). When the blood glucose level begins to fall (between meals), the level of insulin falls. Some glycogen or fat is then converted back into glucose which is released from the cells into the bloodstream.

Insulin is a hormone that is made by cells called beta cells. These are part of little islands of cells (islets) within the pancreas. Hormones are chemicals that are released into the bloodstream and work on various parts of the body.

Who develops type 2 diabetes?

Type 2 diabetes used to be known as maturity-onset, or non-insulin-dependent diabetes. It

develops mainly in people older than the age of 40 (but can also occur in younger people). In the UK about 1 in 20 people aged over 65 and around 1 in 5 people aged over 85 have diabetes. Type 2 diabetes is now becoming more common in children and in young people.

The number of people with type 2 diabetes is increasing in the UK, as it is more common in people who are overweight or obese. It also tends to run in families. It is around five times more common in South Asian and African-Caribbean people (often developing before the age of 40 in this group). It is estimated that there are around 750,000 people in the UK with type 2 diabetes who have not yet been diagnosed with the condition.

Other risk factors for type 2 diabetes include:

- Having a first-degree relative with type 2 diabetes. (A first-degree relative is a parent, brother, sister, or child.)
- Being overweight or obese.
- Having a waist measuring more than 31.5 inches (80 cm) if you are a woman or more than 37 inches (94 cm) if you are a man.
- Having pre-diabetes (impaired glucose tolerance). Impaired glucose tolerance means that your blood sugar (glucose) levels are higher than normal but not high enough to have diabetes. People with impaired glucose tolerance have a high risk of developing diabetes and so impaired glucose tolerance is often called pre-diabetes.
- Having diabetes or pre-diabetes when you were pregnant.