



So You Have Type 2 Diabetes: Now What?

This diagnosis may have come as a shock to you and you are probably worried about what the future holds. It can give rise to many emotions and can be quite overwhelming and confusing. So we have put together this information sheet as a start to your education process to empower you with some basic knowledge about the condition and what you can do to manage it.

What is Type 2 Diabetes?

Put very simply, there is too much glucose (sugar) in the blood stream. So where does all this surplus glucose come from? Think of glucose as petrol and the body as an engine. The natural tendency is to ensure that there is enough glucose available for the engine to run and keeps the "chemistry of life" ticking over. This essential glucose comes largely from the food we eat. Normally, if blood glucose levels exceed a safe threshold, to prevent the engine from being flooded, the pancreas will produce insulin, which acts as a key to allow glucose into the cells to be used as energy.

Without diabetes, glucose and insulin levels are nicely balanced. With diabetes, the tendency is towards raised glucose levels, which can cause problems in both the short and long term. In Type 2 diabetes the pancreas is able to produce insulin but the body becomes resistant to its effect.

Type 2 diabetes and the associated risks

The risks associated with Type 2 diabetes include heart disease, Eye problems (retinopathy), Kidney problems (nephropathy), Foot problems and nerve damage (neuropathy) and erectile dysfunction in men.

It is therefore imperative that we screen and monitor all these risks factors to try and prevent long term damage. We will therefore periodically check your Blood Pressure, Cholesterol, weight, smoking status, urine and kidney function, feet and eyes.

What can you do to minimise these risks?

Reduce your weight, exercise more, stop smoking, attend all your review appointments and follow a low carbohydrate diet. We at Poplar Grove believe passionately that a low carb approach can reduce and even reverse your diagnosis, we have produced a low carb resource pack which should be given to you at diagnosis. Please ask if you have not received this and let us know if you would like to discuss this approach any further or attend a training course which will give you further information. The Low Carb Resource Pack is on the Poplar Grove Website. Just click on the well Being Centre icon on the bottom of the website.

Treatment for type 2 diabetes

We will start you on a tablet called metformin which we will ask you to start by taking ONE tablet for 2 weeks and then gradually increase by ONE tablet every 2 weeks so that you are on the final adult dose of TWO TABLETS TWICE DAILY. Metformin can sometimes cause gastric side effects which is why we ask you to increase the dose gradually. ***If you find you are unable to tolerate it, please contact us promptly and we will look at alternatives.*** There are many other medications used for Diabetes that's now available which has proven to not only help reduce glucose levels but also help to reduce cardiac and kidney risk and help promote weight loss. Information about these options will be given at your diabetic reviews, so its important that you attend these regularly.

Can exercise help?

Exercise is a free drug- use it as much as possible!!

Regular physical activity done for about 30 minutes most days each week can lower blood glucose, help your body better use the insulin your body continues to make, and improve your cholesterol levels. If you already have an activity you love, keep doing it! If you're not very active right now, it's critical not to be intimidated by the thought of getting started. Even something as simple as walking can lower blood glucose and improve your heart.

Parkwalks time and venues???

Are you entitled to free prescriptions?

Yes! If you are started on medication such as metformin you will be entitled to free prescriptions, you just need to complete a medical exemption form.

Further Resource:

Diabetes uk
Low carb resources



Practice contacts with a special interest in Diabetes:

Dr Karen Johnson- GP

Dr Shama Shaid - GP

Leona Eastmead _ Practice Nurse

Jo Payne-Practice nurse

Rachel Ross-Practice Nurse

Alli Kumar – Practice Pharmacist

Christine Parkin – Admin Support

