



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 Diabetes?

Put very simply, there is too much glucose (sugar) in the body. 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 exceeds a safe limit our pancreas produces insulin which will help to prevent the engine from being flooded. In patients without diabetes, glucose and insulin levels are nicely balanced. But in patients with diabetes, the tendency is towards raised glucose levels, which can cause problems in both the short and long term.

What is the difference between Type 1 and Type 2 diabetes?

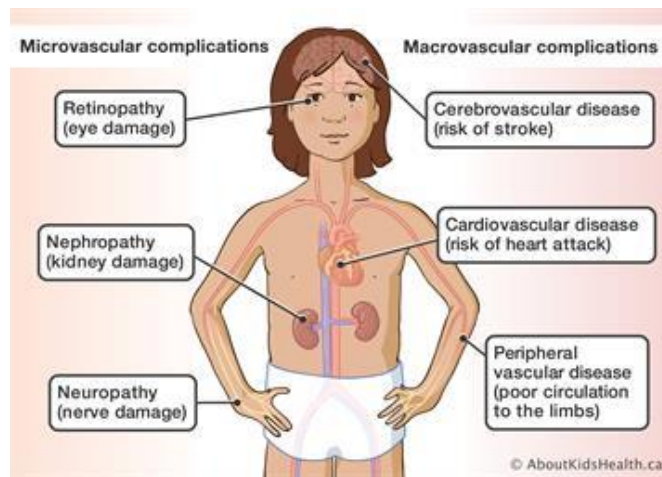
In Type 2 diabetes the pancreas maybe able to produce SOME insulin but not enough for its body's needs. The body also becomes resistant to its effect.

In Type 1 the pancreas is damaged and unable to produce any insulin and so people with type 1 have to take insulin.

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 Lifestyle Club** is an online zoom course that we highly recommend.

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 also 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 it's important that you attend these regularly.

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.

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.



Simply walks

This is a volunteer-led walk which runs all year, with over 700 walkers and 65 walks across the county every week. Volunteer leaders are there to help you walk at your own pace, so there is no need to worry about being left behind, lost or feeling left out.

Most walks are weekly some are held fortnightly and monthly. All new walkers are welcome whether you are fit and active, haven't exercised in a long time, or have been advised to join by a doctor.

Simply Walkers are out in all weathers, smiling, talking and enjoying each others company.

So, why not join and start walking!

Local walks are at Bedgrove and Wendover

<https://www.buckinghamshire.gov.uk/parking-roads-and-transport/walking-cycling-and-wheeling/simply-walk/>

Lifestyle Tips to Reverse Diabetes

Avoid Refined Carbs

Cut back on sugar

Drink Less Alcohol

Get sufficient sleep

Keep an active lifestyle

Reduce Portion size

Practice contacts with a special interest in Diabetes:

Dr Karen Johnson/ Dr Shama Shaid – GP's

Leona Eastmead/ Rachel Ross/ Jo Payne-Practice Nurses

Alli Kumar/ Martin Crook – Practice Pharmacists

Further information is also available on our website under the well-being centre

<https://www.poplar-grove.co.uk>