



WEARING OF MASKS IN THE SURGERY

After Monday, 19 July 2021 masks will still be expected to be worn by all patients entering our Surgery premises. The Partners have taken this decision as the virus is currently prolific and even people who are doubly vaccinated are contracting Covid.

Please do not verbally abuse our staff if they request that you wear a mask. They are only acting on the instructions of the Doctors in order to protect our patients and staff, some of which are extremely vulnerable. Please help us to ensure we all stay safe.

JOSEPH DAVIES – CLINICAL PHARMACIST

We are very pleased to welcome Joseph Davies, a Clinical Pharmacist to our Surgery Team. He will be assisting the Doctors by carrying out telephone consultations with our patients for their medication reviews.

PREDIABETES

Over the last few months nationally there has been a sharp increase in the number of patients with pre-diabetes. Recent lockdowns have meant that more of us have been having sweet treats, larger food portion sizes and drinking more alcohol or sugary drinks. This with reduced exercise or activity levels increases your risk of developing prediabetes.

What is prediabetes?

Prediabetes means that your blood sugars are higher than usual, but not high enough for you to be diagnosed with type 2 diabetes. It also means that you are at **high risk** of developing type 2 diabetes in the future. You may not be experiencing any symptoms with prediabetes which is why it is essential you look after yourself.

Prediabetes can often be reversed

Crucially, prediabetes can often be reversed and the risk of developing Type 2 diabetes reduced by 60 per cent, simply through losing even just a moderate amount of weight, adopting a healthy, balanced diet and increasing physical activity levels. Making these changes are easy, and the health benefits to you are crucial for a healthy future.

Prediabetes risk factors

If you are white and over 40 years old, (sometimes younger), or if you're Black or South Asian and over 25 years old and have one or more of the following risk factors, then you may be at risk of prediabetes:

A close member of your family has Type 2 diabetes (parent or sibling).

You're overweight or your waist is 31.5 inches or over for women; 37 inches or over for men, but 35 inches or over for South Asian men.

You have high blood pressure or you've had a heart attack or a stroke.

You're a woman with polycystic ovary syndrome and you are overweight.

You're a woman and you've had gestational diabetes.

You have severe mental health problems

The more risk factors that apply, the greater the risk of prediabetes.

Know your risk by visiting the website below

<https://preventing-diabetes.co.uk/Know-your-risk-dtc/> By completing this tool, in England you may be eligible for the **Healthier You NHS Diabetes Prevention Programme**.

Surgery Training Afternoon

Along with all other surgeries in the area we will be shut from 12 noon on Thursday, 19 August 2021 for staff training. If patients require urgent care on this afternoon then they can contact 111 for assistance.

Patient Participation Group Meeting

At the time of writing the Newsletter there isn't a Patient Participation Group meeting planned in August 2021.

Sue Mitson – Operations Manager