

ARE YOU AT RISK OF DEVELOPING TYPE 2 DIABETES?



This booklet has been designed to help you understand why you are at high risk of developing Type 2 diabetes and what you can do stay healthy

WHAT IS TYPE 2 DIABETES?

As you may be aware, diabetes is on the increase. In the UK, there are 3 million people who have been diagnosed with diabetes. Type 2 diabetes is a condition in which the body loses its ability to convert glucose (sugar) into energy and keep glucose levels in a healthy range. When your glucose levels are too high, you can develop some of the following symptoms:

- ✓ Thirst / dry mouth
- ✓ Tiredness
- ✓ Passing large amounts of urine
- ✓ Blurred vision
- ✓ Weight loss
- ✓ Itchiness (skin and genitals)
- ✓ Cramps

Some people may not have experienced any symptoms at all.

Over time, if blood glucose levels remain high, this can damage the body and cause complications like retinopathy (eye problems), ischaemia (damage to blood vessels that can cause heart attack, stroke) nephropathy (damage to the kidneys) and neuropathy (damage to the nerve supply)

WHO IS AT RISK OF DEVELOPING DIABETES?

People most at risk of developing diabetes are:

- ✓ People with a family history of diabetes
- ✓ People who are overweight
- ✓ People aged over 40 years
- ✓ From South Asian and black ethnic groups
- ✓ Women who have had gestational diabetes
- ✓ Women with Polycystic Ovarian Syndrome (PCOS)
- ✓ People who take steroids
- ✓ People taking medication for severe mental health issues

People within these groups need to be tested for diabetes on a regular basis. Your Healthcare team will tell you when and how often this test will be done. In most cases an annual check will be carried out.

WHAT IS PRE-DIABETES?

Type 2 diabetes develops over a period of time, but there is a stage where blood glucose levels are higher than normal but not high enough to be classed as diabetes. This stage can also be called pre-diabetes, impaired glucose tolerance or impaired fasting glucose. People who are at this stage have a high risk of going on to develop Type 2 diabetes. In Enfield, your details will be placed on a confidential register which will be held in your GP Surgery computer system. This will enable us to make sure that we keep an eye on any relevant health issues that you may have and to make sure that you are called to have your blood tested regularly.



WHAT SHOULD I DO NOW?

Although being told that you have pre-diabetes can be very alarming, the good news is that at this early stage, this condition is often reversible by making simple lifestyle changes.

If you feel do feel very anxious or worried by being told that you have pre-diabetes please discuss this with your Healthcare Team, who will be happy to help you.

Diabetes can be prevented or delayed in the following

ways:

- ✓ **Increasing activity / being more active**
- ✓ **Losing weight**
- ✓ **Healthy eating**
- ✓ **Stopping smoking**

Making changes like this can help you in other ways too, for example reducing your risk of heart attack or stroke, lowering cholesterol, giving you more energy, relieving stress and helping with depression and much more!



INCREASING PHYSICAL ACTIVITY

Moderate physical activity is good for you.

- ✓ It can improve your circulation
- ✓ It can help you to control your weight
- ✓ It can make you feel good and give you a greater sense of well-being.



Moderate activity refers to any activity that makes you feel breathless and increases your heart rate.

Walking is an excellent way to start exercising, especially if you are older or have other medical problems.

Start by walking short distances and gradually increase the distance and speed until you are exercising for thirty minutes a day, five or more days a week. Housework or gardening can be included in the 30 minutes.

Here are some other tips on how to increase your physical activity levels:

- ✓ Use stairs instead of lifts
- ✓ When using buses or trains, get off one stop before the end of your journey and walk the remaining distance
- ✓ Park your car a little further away from work or the shops

LOSING WEIGHT AND HEALTHY EATING

Everyone over the age of five years should follow healthy eating principles:



- ✓ Cut down on fat
- ✓ Eat foods higher in fibre
- ✓ Eat 5 portions of fruit or vegetables a day
- ✓ Choose sugar free foods
- ✓ Reduce salt intake
- ✓ Keep within the recommended limits of alcohol intake 2 units a day for women and 3 units a day

for men.

If you are overweight, losing weight helps to prevent diabetes and also reduces the risk of heart disease and high blood pressure.

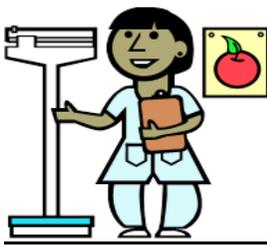
IF YOU REDUCE YOUR WEIGHT BY JUST 10%

- ✓ You will reduce the risk of heart attack, stroke and circulatory problems.
- ✓ You will improve your mobility
- ✓ You will reduce joint damage
- ✓ You will feel less tired
- ✓ You will feel less stressed
- ✓ You will feel better about yourself

Aim to lose weight slowly, for example a weight loss of 1-2 lbs (0.5-1.5 kg) per week.

You may find it helpful to use a smaller plate for your meals.

CONTACT YOUR HEALTHCARE TEAM IF YOU WOULD LIKE TO SEE A DIETITIAN OR ATTEND A GROUP EDUCATION SESSION



STOPPING SMOKING

Smoking not only causes lung cancer. Smoking increases the risk of heart attack and stroke for people who have pre-diabetes.

You should seriously consider stopping smoking



HELP TO STOP SMOKING IN ENFIELD

Enfield & Haringey Stop Smoking Service holds its Specialist Smokers' Clinics at several locations across Enfield and Haringey. We run One-to-One and Drop-In Clinics (see below); we also have a Specialist Turkish Speaking Advisor/Türkçe Konusanlar Servisi and a Pregnancy Specialist.

The Specialist 'One-to-One' Clinics follow a six-week treatment programme and one-to-one support is provided by a Specialist Advisor alongside Nicotine Replacement Therapy. Most clinics are One-to-One so an appointment is necessary. The clinics require an appointment, in which case call the freephone number to book a slot on 0800 652 8405 or 0208 370 1022.

1:1 clinics situated in Enfield are:

Forest Primary Care Centre (N9)
Chase Farm Hospital (EN1)
North Middlesex Hospital (N18)
Evergreen PCC (N9)
Enfield Council (EN1)

ENFIELD HEALTH TRAINERS

Health Trainers provide free confidential one-to-one support and guidance to people over the age of 18 years who want to make a lifestyle change. They are local people who have been extensively trained to help people wanting to improve their general health and to make healthy choices.

Health Trainers can help you to:-

- ✓ give up smoking
- ✓ lose weight
- ✓ increase your physical activity levels
- ✓ eat a healthier diet

The overall aim of the service is to improve the health of the local community.

What will happen when I see a Health Trainer?

Health Trainers will see you for six sessions, which can take place weekly, fortnightly or monthly depending on your need.

The first session lasts for one hour and will involve discussing the things that you could do to improve your health, setting a health goal and developing a personal health plan to assist you in achieving your goal. This is then followed by five half hour sessions to review your goal that you have set for yourself, and to provide you with continued support and guidance.

Your Health Trainer will:

- help you to set a realistic goal
- help you to develop a personal health plan
- help you to achieve your goal with support and guidance

All sessions are confidential and you only need to give information you feel comfortable sharing.

How do I access the Service?

You can call the Health Trainer Service and book an appointment by telephoning 020 8379 5269

You can also ask your Healthcare Team to refer you.

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This leaflet has been prepared for NHS Enfield by Enfield Community Services Diabetes Nursing team as a collaboration with Enfield Diabetes UK Support Group