



**The Wrythe Green Surgery**  
Wrythe Lane, Carshalton, SM5 2RE,  
Carshalton. Tel. 020 8669 3232

April 2017

## PATIENTS PARTICIPATION GROUP NEWS

**At the March meeting of the PPG we heard a talk about Diabetes by Sarah Bell, Nurse Practitioner, Diabetes, Wrythe Green Surgery. A synopsis of Sarah's talk is given below.**

### What is Diabetes?

Sarah explained that Diabetes is a serious but manageable health condition that occurs when the amount of glucose (sugar) in the blood is too high because the body can't use it properly. If left untreated, high blood glucose levels can cause serious health complications.

It affects more than 3.5 million people in the UK. Most of these have Type 2 Diabetes but about 10% have Type 1 Diabetes. Most of the 44,000 children with Diabetes have Type 1 Diabetes. There are now some other less frequent types of Diabetes too, and Gestational Diabetes can sometimes occur during pregnancy

Type 1 Diabetes is an auto-immune condition and the causes are not fully known yet. It usually occurs in childhood or up to 40 years old, but is now sometimes occurring at a later age too.

Type 2 Diabetes often occurs over the age of 40 years but is now occurring in some children too. It is more prevalent in South Asian and Black African ethnic groups and can sometimes be inherited when there is a history of diabetes in families. It can be more likely with obesity, unhealthy eating and lifestyles, high blood-pressure and high cholesterol, and it can be caused by certain drug treatments.

### Diagnosis of Diabetes.

Diabetes can be diagnosed by a fasting or random blood-glucose test (used mostly for children and possible Type 1 Diabetes) or by a HbA1c blood test (used mostly for Type 2 Diabetes.) A glucose tolerance test can be used to find glucose intolerance problems including in pregnancy. Symptoms of Diabetes are not always present for Type 2 Diabetes, but are always present for Type 1 Diabetes and include needing to drink a lot, urinate often, tiredness, sudden loss of weight, blurred vision, thrush, and wounds not healing. These can become life-threatening if not recognised quickly in Type 1 Diabetes.

Prediabetes can be diagnosed with opportunistic testing and research has shown that it can be reversed with diet control and increased exercise. People are now referred to a National Diabetes Prevention Course locally to help them to delay or prevent Type 2 Diabetes.

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## Sarah Bell's talk on Diabetes, continued.

### Treatment.

Lifestyle changes including a healthy diet and regular exercise are beneficial for Types 1 and 2 Diabetes. Type 1 Diabetes requires immediate treatment with insulin injections, but Type 2 can be treated with just the lifestyle changes initially, and by a range of oral medications. Bariatric surgery or some medications can be used to reduce obesity. Islet transplants can be used to improve diabetes management and to restore the lost awareness of very low blood-glucose levels (hypoglycaemia) in some people with Type 1 diabetes who have severe hypos requiring medical help.

### Complications.

Having diabetes for a long time or having poorly controlled diabetes can cause nerve and circulation damage. Complications can include the following:-

**Heart problems** – this risk has reduced to 2x as likely with better medication control now.

**Foot problems** – preventative foot care is essential.

**Eye problems** – yearly retinopathy checks are important for early diagnosis and treatment.

**Nerve pain or numbness** – neuropathy is nerve damage caused by diabetes.

**Kidney problems** – a yearly kidney function test and blood tests every 6 months are essential.

**Sexual problems** – these can affect men and women.

### Cure.

There is no cure yet but there is ongoing work with an “artificial pancreas” computerised system to deliver insulin automatically for Type 1 Diabetes, and other studies to try to develop a vaccine to prevent Type 1 Diabetes. Other research includes the use of low calorie diets to reverse the onset of Type 2 Diabetes and a trial to reduce the fat around the liver and pancreas.

**For more details see:-** [www.diabetes.org.uk](http://www.diabetes.org.uk); or local Diabetes Support

## Sutton GP Services are offering extra GP & Nurse Appointments at Wrythe Green Surgery from 19 April 2017

These will be available, **Monday - Friday: 18.30 hrs to 2000 hrs and on Saturdays and Sundays: 0800 hrs to 2000 hrs.** Please note - appointments must be pre-booked. There is no walk-in service. Patients of the Wrythe Green Practice will need to contact the Surgery to book these extra appointments. Patients from other GP practices in the borough, who are eligible to use the extra hours service, will need to contact their own surgeries to book an appointment. A pool of doctors and nurses from Sutton GP Services will provide the service. Wrythe Green Surgery will act as a hub for the service.



## Exercise Referral Scheme

The London Borough of Sutton is working with Everyone Active to provide a programme of activity with qualified instructors tailored to the needs of a wide range of health conditions such as: obesity, diabetes, osteoarthritis, high blood pressure, depression/anxiety, asthma, physical disabilities and so on.



The 12 week package is being offered at The David Weir Leisure Centre, Middleton Road, Carshalton. Tel. 020 8641 9480. To access the scheme you need to be referred by your GP or other health care professional. Please note: The scheme is not free of charge. The monthly (direct debit) charge is £26.00 or Pay as You Go, (per gym session), is £3.50. There is an administration fee of £6.45 payable at the time of your initial assessment.

### Practice News

- \* Dr Tom Wilson has re-joined the Practice and is available to patients on Tuesdays, Wednesdays and Thursdays.
- \* The Practice is losing Nurse Julie who is taking early retirement. A replacement for Julie is currently being sought.
- \* The Wilson Hospital Surgery has now closed.

**The next meeting of the PPG will be held on:**

**TUESDAY 25 APRIL from 1 – 2.30 pm at the  
Wrythe Green Surgery**

**This meeting will be our brief Annual General Meeting. We will also receive an update on Practice matters from The Practice Manager, Debbie Williams and our Chair, Daphne Norman. All Wrythe Green Surgery patients are welcome to attend. Refreshments will be available.**

If you would like to receive PPG and surgery updates by email and text, please complete this slip and hand it in at Reception.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile Phone No. \_\_\_\_\_