

## **Pre Diabetes/Raised Blood Sugar**

Your recent blood test has shown non diabetic hyperglycemia previously known as pre diabetes. This means your blood sugar is elevated and that you are at risk of becoming diabetic in the future. Please see the attached information leaflet for more advice on preventing this. If you have any questions, please book a telephone appointment with our HCA to discuss this further. If you would like help addressing your weight or any lifestyle advice then please book an appointment with Our Healthy Lifestyle Advisors, these appointments can be booked at reception or through the healthy lifestyle team on 01952 382582.

Please contact us in 6 months time for a further blood test, so we can continue to monitor your health.

Yours sincerely

Wellington Medical Practice.

## **Non-diabetic hyperglycemia or Pre Diabetic.....**

So what does this mean? Well, as your body can't get enough glucose into your cells, a common symptom of Type 2 diabetes is feeling very tired.

Other symptoms include needing to wee a lot, feeling extremely thirsty, cuts and grazes healing slowly, and getting infections like thrush.

A lot of people don't get any symptoms or they don't notice them. Some people don't think the symptoms are important so don't ask for help. This means that some people live with Type 2 diabetes for up to 10 years before being diagnosed.

And, over a long period of time, high glucose levels in your blood can seriously damage your heart, your eyes, your feet and your kidneys. These are known as the complications of diabetes.

But, with the right treatment and care, the effects of diabetes and high glucose levels can be managed. So, if you've got any of these symptoms, see a doctor as soon as possible.

There are different ways of treating or preventing Type 2 diabetes. Some people can manage it by healthier eating, being more active and losing weight. Eventually most people will need medication to bring their blood glucose down to a safe level.

You can reduce your risk of developing Type 2 diabetes by:

- eating well
- moving more
- losing weight, if you're overweight.

Simple, right? We know it's not that simple and we're here to help you get started.

Most people know they need to make changes, but what can be difficult is knowing how to do it – especially long-lasting changes.

Remember, if you enjoy something, you're more likely to stick to it.

Here are some tips to get you inspired:

- Don't forget, you're not alone in this - there's lots of support out there to help you.
- Set goals which are realistic and work for you.
- Change one thing at a time and make the changes part of your everyday.

## Spending less time sitting down and more time being active is key to preventing Type 2 diabetes.

It could be an activity class, a sport, or it could be getting up from your seat and doing more around the house. Even moving a little more makes a big difference.

Moving more each day will help you lose weight and help to maintain a healthy weight. This is so important as being overweight is a key risk factor for Type 2 diabetes.

Moving more will also help you to:

- reduce your waist size
- reduce blood pressure
- manage stress and help you sleep.

## How much activity?

You should aim to do 30 minutes of moderate activity, five days a week. Or 15 minutes of vigorous activity five days a week.

- Moderate activity means your breathing is increased, but you're still able to talk. It's things like walking quickly, cycling on flat ground or a leisurely swim.
- Vigorous activity means your breathing is fast and you have difficulty talking. It's things like running, cycling fast or up hills, or fast swimming.

You should also try to fit in activities that improve your muscle strength two or more days a week. That's things like heavy gardening, carrying the shopping or a bit of yoga.

We know this can be a big challenge. So break the time into smaller chunks and build up to this amount. Walking can be a great way to start and it's something you can build into your everyday routine – it's also free.

Think about taking the stairs instead of the lift, get off the bus a stop earlier, or join a walking group.

**Get up and move** Here's some exercises you can do to get active:

### Get active with moderate exercises



Walk



Cycle



Swim

## Get active with vigorous exercise



Run



Sport



Fitness classes

## Improve muscle strength



Heavy gardening



Carrying groceries



Yoga

## Where to start?

Being more active often conjures up images of gym memberships, long-distance runs and intense aerobics. But the great news is that you can become more active by making small changes to your lifestyle – you can fit it around your daily life, in your budget. Follow our three top tips to help make your life more active:

### 1. Set clear goals to move more

Setting goals can help you break down what you need to do and how to do it. Keep an activity diary to see how active you are at the moment and use it to gradually increase your activity levels. Our action plan can help you set some goals.

### 2. Plan ahead

We all have busy lives, so try to plan what activity you're going to do this week and fit it around your social life. You could fit something in during your lunch hour or go for a walk to catch up with friends.

It's a good idea to think about anything that might stop you from doing what you've planned, like bad weather, and having plan B ready just in case.

### 3. Start by making small changes

It's time to put your plan into action. Start small and do something you enjoy. Doing just a little bit more each day will still make a difference. It also means you're more likely to stick to it and the change won't be such a shock to your daily routine.

Each healthy choice you make is helping you to achieve your goal. If you find it hard, don't give up – start again tomorrow.



**The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in Shropshire, Telford and Wrekin.**

To keep you safe during the Coronavirus pandemic, we will be inviting you to take part in free sessions from the comfort of your own home. You will be able to join sessions using the Internet or by using a landline or mobile telephone. Your Coach will support you to make sure you can access the sessions.

**Places on the programme are limited and we encourage you to accept your invitation as soon as your Coach contacts you.**

#### **About the programme**

This programme aims to help you reduce your risk of progressing to Type 2 Diabetes and complications associated with Type 2 Diabetes; it will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- A healthier diet
- Better exercise
- Emotional wellbeing and ways to manage stress
- Weight management

#### **Support**

We will provide you with interactive and enjoyable materials to support you in making lifestyle changes to avoid diabetes.

You won't be alone, joining a small group of people in your local community who are also at risk of developing diabetes. This will be a great opportunity to socialise with others and support one another.

#### **Alternatives**

If you decide these sessions are not for you, you will have the opportunity to participate in face-to-face sessions set in your local community once it is safe to do so.

If attending group sessions is not right for you, we may be able to offer you a digital alternative.

For more information about Healthier You, please visit our website [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)

For more information about how to reduce your risk of developing type 2 diabetes, please visit [www.diabetes.org.uk/preventing-type-2-diabetes](http://www.diabetes.org.uk/preventing-type-2-diabetes)

