

Are you At Risk of developing Type 2 Diabetes?

Type 2 Diabetes is a demanding disease. The never-ending demands of diabetes care, such as eating carefully, exercising, monitoring blood glucose, and scheduling and planning can greatly affect life as you know it. Diabetes can also make you more at risk of developing certain diseases and conditions.

Listed below are some of the ways that diabetes could impact on your life:

- More GP appointments/ health checks
- Blood tests every three to six months
- Your driving licence could be affected
- Increase in cost of travel insurance
- Loss of/damage to eyesight
- Reduced mobility
- Erectile dysfunction in men
- Increased risk of stroke
- Increased risk of heart disease
- Loss of sensation in feet and limbs, risk of foot ulcers; possibly leading to amputation

Key ways to reduce your risk of Diabetes are:

- Be active. Aim for 30 minutes of activity at least 5 days a week. Try 20 minutes on 3 days per week in the first month. Do something you enjoy!
- Eat healthily. Replace fat (especially saturated fat) with healthier options. Build up to 5 portions of vegetables and fruit over some months.
- Try to stop smoking. Get professional help to quit as smoking can lead to development of other conditions.
- Reduce your alcohol consumption. Everything can be enjoyed in moderation!

Check your risk here: https://riskscore.diabetes.org.uk/start?_ga=2.179057380.1739582920.1521636838-2000609799.1521636838

The NHS Diabetes prevention Programme 'Healthier You' can help if you have Pre Diabetes

The team of expert dieticians can provide personalised support and advice to give you the confidence you need to make long-lasting lifestyle changes and take control of your health. If your HbA1c is between 42 and 47mmol you will have already received a letter from us inviting you to join either the Buddi programme or the Oviva programme. Interested? Then please contact the digital providers and get started. But you need to act fast as places are limited.

But remember.... Just making small changes CAN make a big difference

Reception: 444666
Prescriptions: 446006
www.eastquaymedicalcentre.com

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

Somerset Community Connect

Talking Café

Multi Agency information café providing free advice and support

- Providing a place for the community to access several agencies in one location, in an informal, relaxed environment
- Come along for advice and support with professionals and volunteers you can trust-from health to finance-support is here for you
- Pop in for a cuppa and a chat-open to all adults 18+

**Every Thursday Free Advice
10am to 1pm**

Bridgwater Arts Centre

Call 01823 331222 if you need more advice or just pop in

www.carersvoicesomerset.co.uk

Working together to improve the lives of unpaid carers in Somerset

Do you spend a lot of time looking after someone else?

Do you ever find yourself thinking or saying things like?

**“If only I could but I can’t because....
I feel so alone.**

I don’t think anyone is listening to me.

Is there anyone who could help?

If there is, where can I go to find out about it?”

If so, why not join us at this event

**Wednesday 11th April
Victoria Park Community Centre,
Victoria Drive, TA6 7AS
10.30am to 2.30pm**

Admission Free

Find out about new and improved services for carers

Share your thoughts with people who understand

Exchange ideas and tips you’ve found useful

Have fun and make new friends

**For more information please contact
Debbie on 07866 785438**

Somerset Prostate Support Association

www.somersetprostatecancer.org.uk

Contact

support@somersetprostatecancer.org.uk for more information

Did you know you don’t need to see the doctor for hayfever symptoms

You do not need a prescription for hayfever medicines. Community pharmacists can offer advice on how to avoid triggers and how to treat your hayfever

Many treatments are available for little cost from a pharmacy or supermarket

Please help us save NHS resources which could be invested in improving local healthcare services

Do you need local, private, health treatments?

At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps

We provide full pre and post-operative information so you know exactly what to expect

We also offer Private Counselling at East Quay

For more details please contact Karen on 01278 440409 or look at our website

www.eastquayhealth.co.uk