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**THE HEDON GROUP PRACTICE**

***Further help and  
information:***

**Diabetes UK**  
10 Parkway  
London  
NW1 7AA

***Diabetes Helpline:***

020 7424 1000

***Web:***

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**

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*At*

*Market Hill House  
Hedon  
HU12 8JD*

*Tel: (01482) 899111*

*And*

*Chapel Lane  
Keyingham  
HU12 9RA*

*Tel: (01964) 622706*

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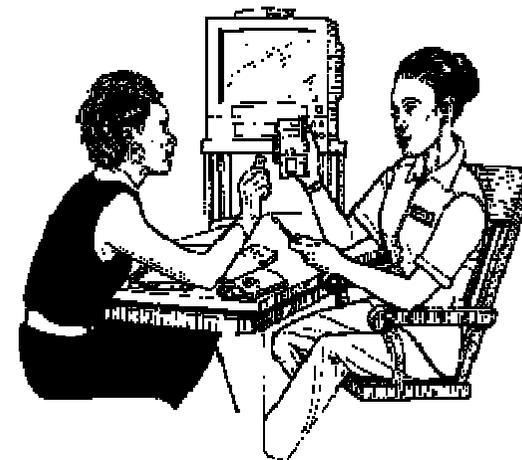


THE HEDON GROUP PRACTICE

*A BRIEF GUIDE TO*

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**DIABETES**



*This leaflet has been produced  
for the patients of The Hedon  
Group Practice*

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Your check up for your Diabetes is to enable you to lead a normal healthy life.

The following should be checked at least once a year:

### LABORATORY TESTS AND INVESTIGATIONS

- **Blood glucose control:** an HbA1c blood test will measure your long term control. The range to aim for should be 60 or below.
- **Kidney Function:** urine and blood tests show how your kidneys are functioning. There should not be any protein in your urine.
- **Blood fats (lipids, cholesterol and triglyceride levels):** a blood test measures blood fat levels. This is usually a fasting sample.

### PHYSICAL EXAMINATIONS

- **Weight:** this is calculated as Body Mass index (BMI) which shows adult weight in relation to height. From this you will be advised if you need to lose weight to control your diabetes better.
- **Legs and Feet:** examined to check your skin, circulation and nerve supply. If necessary you may be referred to a podiatrist.
- **Blood Pressure:** you should aim for 130/80 or less. Keeping your blood pressure down has been proven to be beneficial for people with diabetes.



- **Eyes:** should be regularly examined to detect early changes at the back of the eye (retinopathy). This usually involves drops to dilate the pupils and taking a photograph of the appearance of the back of the eye.



- **Injection sites:** if you are on insulin

### LIFESTYLE ISSUES

There should be time to discuss:

- Your current treatment
- Your diabetes control: including home monitoring results and hypos
- Any problems you may be having
- Your wellbeing: how you are coping with your diabetes at home, work, college.

It should include discussion about smoking, alcohol consumption, physical activity, healthy eating issues and sexual problems. You should feel able to raise any of these issues at your review.

### YOUR RESPONSIBILITIES

Effective diabetes care is achieved by team work between you and your diabetes care team. Looking after your diabetes and changing your lifestyle to fit in with demands of diabetes is hard work. The diabetes team is there to support you.

The following list of responsibilities is given to help you play your part in your own diabetes care:

### It is your responsibility:

- To take as much control of your diabetes day to day as you can. The more you know about your own diabetes the easier this will become
- To learn about and practice self-care which should include dietary education, exercise and monitoring blood or urine glucose levels.
- To take regular care of your feet
- To know how to manage your diabetes and when to ask for help if you are ill.
- To know how when and where to contact your diabetes care team
- To build the diabetes advice discussed with you into your daily life
- To attend your scheduled appointments and inform the care team if you are unable to do so
- You should have an influenza immunisation (flu jab) every Autumn.



### YOUR DIABETES CARE TEAM

At The Hedon Group Practice we have a dedicated Diabetes Clinic. There are three GPs, Drs Green, Rhodes and Walster, and Practice Nurses Joanna Warrington & Ruth Chandler who all have special interest and training in managing diabetes, as well as Dietician, Jane Guest.