

# Dr Sarah Sierens' slides from our Full of Life day on 5<sup>th</sup> October 2023

## Andover and District Older Peoples Forum "Full of Life Day" Spotlight on DIABETES

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## Objectives

- What is Type 2 Diabetes
- Who is at risk
- How do we detect it?
- Primary Care Management
- Preventative Care



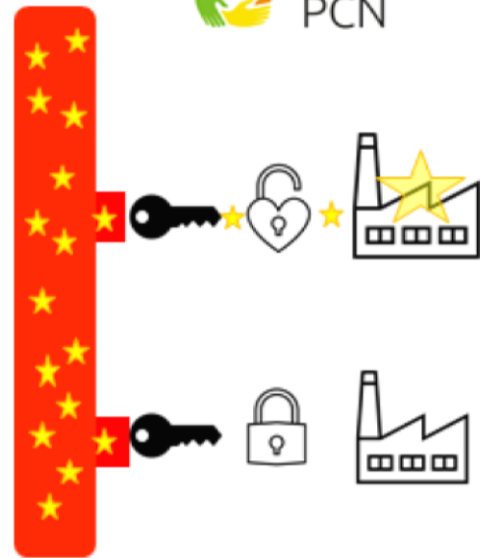
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## What is Type 2 DM

- Most Common type Diabetes
- Mainly Insulin resistance
- Some reduction in insulin

### Problems

- Symptoms – fatigue, thirsty, weeing a lot, losing weight, problems with healing, problems with fungal infections
- Damage to blood vessels – increased risk of stroke, heart attacks, kidney failure, diabetic foot ulceration, loss of vision



## Who is at risk? How do we detect?



- Genetics – Black African, African Caribbean, South Asian
- Lifestyle Overweight or obese
- Family History – if parents have/ had it



### Detection

#### Routine Health screens

- Diagnosis
  - 1 blood test + symptoms
  - 2 blood tests > 2 weeks apart if no symptoms

## Primary Care Perspective

- Diagnosis of Type 2DM
- Initiation of Treatment
  - Medication
  - Annual review – monitor all areas of body that are at risk of complications
    - Kidneys
    - Eyes
    - Nerves in feet and hands
    - Check Cholesterol
- Advice on Lifestyle Management



## Preventative Medicine

- Prevention of Type 2DM
  - Weight loss
    - No added sugar
    - High Fibre Carbs
    - Cut down on red and processed meats
    - Fruit & Veg, Nuts & Seeds
  - Regular exercise
    - In simple terms move more
    - Make it enjoyable – will also improve mood!
  - Get Support if you need it
- Once you have diabetes it cannot be cured only put into remission – so prevention is better than cure



## Where to get support

- Diabetes UK [Diabetes UK LINK](#)
- Xyla – PREVENT [Healthier You T2DM Prevention](#)
- Overweight – Tier 2 referral for 12 weeks support from Gloji
  - Slimming/ Exercise – your choice – GP referral
  - GP referral to Andover Leisure Centre
- PCN
  - In talks with having the Healthier You Prevent Course at the Chantry Centre
  - Social prescriber can refer you to Andover Leisure Centre
- What support would you like to receive?