

Am I at risk?

You are more at risk of getting Type 2 diabetes if you:

- are overweight, especially if you have a large tummy
- are over 40 (or over 25 if you are South Asian)
- are South Asian, Black African or Caribbean
- have a parent, brother or sister with diabetes
- have ever had high blood pressure, a heart attack or a stroke
- have a diagnosed mental illness for which you take medication
- are a woman who has had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds.

Does any of this sound familiar? If so, there's lots you can do to lower your risk. Make sure you are active, eat a balanced diet and maintain a healthy weight.

What are the signs?

The signs of Type 2 diabetes can appear very slowly, and might not seem important. You might not even realise you have one or more of the signs. Do you:

- need to pass urine more than usual, especially at night
- often feel thirsty
- think you have lost weight without trying to
- often feel very tired
- have blurred eyesight
- often feel itchy around your genitals, or get regular infections like thrush
- take a long time to heal when you have a cut.

If you have any of these signs, contact your doctor's surgery about a diabetes test. They will then discuss and agree with you the best treatment for you. Don't ignore the signs – the earlier you take action, the sooner you can get the right care that will reduce your risk of serious ill health.



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What are we doing for you?

We know that a lot of people in Bradford already have diabetes or are at risk of developing it. Because of this we want to:

- find out if you are at risk of developing diabetes in the future and work with you to help prevent or delay it;
- support you if you already have diabetes to manage your condition and reduce the risk of you getting other health problems related to diabetes.

Why are we doing it?

Even if you have a high risk of developing the most common form of diabetes (called Type 2) we can support you to reduce that risk and at least delay or prevent you from developing it. By doing this you can improve your quality of life – being more likely to stay well and healthy for longer.

If you already have diabetes, we believe it is really important that you know about diabetes – how your GP surgery will help you manage it, and especially how you can take good care of yourself so you live healthier for longer.

Bradford Beating Diabetes ... together, supporting you to:

- **Be aware...** know how to reduce your risk of developing diabetes. Recognise the signs of diabetes, know how it is controlled and how complications can be avoided
- **Be active...** achieve a good level of physical activity
- **Be healthy...** what you eat and what you weigh makes a difference
- **Be in control...** make choices to reduce your risk of developing diabetes

What do you need to do?

If you have received a letter from your doctor inviting you to make an appointment then please get in touch with the surgery.



What will happen at your appointment?

Your appointment will take about 20-30 minutes, you will be asked some questions about your health, some measurements will be taken and you may be offered a finger prick blood test. All this information will help us know if you are at risk of developing diabetes.

If you are found to be at risk, the good news is that you can reduce your risk of developing diabetes significantly, or delay its onset for many years. When you come to your appointment we will discuss this with you.

- If you are found to have a moderate risk of developing diabetes we will offer you advice to help reduce that risk by having a healthy lifestyle.
- If you are found to have a high risk of developing diabetes we will offer you a chance to attend a local group led by a Bradford Beating Diabetes champion. The champion will support you to make lifestyle changes – such as achieving and maintaining a healthy weight, taking more exercise and eating a healthy diet. This is the first time such a programme has been made available to Bradford people at risk of developing diabetes.

What happens if I'm found to have diabetes?

If your blood test shows you may have diabetes you will be given a follow-up appointment with the practice nurse or the doctor to help you with the management of your diabetes.

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What is diabetes?

Diabetes is a condition where your body cannot produce insulin or does not produce enough insulin or where the insulin produced does not work properly.

There are two main types of diabetes:

Type 1

About one in 10 people with diabetes have Type 1. No one knows what causes it, but it's not to do with being overweight. It usually affects children or young adults, starting suddenly and getting worse quickly.

Type 2

Most people with diabetes have Type 2. This type usually starts later in life. You might not notice anything to start with and it can be years before you realise you have diabetes. Combining regular physical activity with a balanced diet and managing your weight can help you reduce your risk of developing Type 2 diabetes.

Why does diabetes matter?

Diabetes is the number one threat to health in the UK. Around 3.8 million people have it, and seven million have a high risk of developing it. Many people don't even know they've got it. Type 2 diabetes can cause blindness, kidney failure, heart disease, stroke and can lead to premature death. So it's important that you recognise the signs and know how to lower your risk of developing it.