

We aim to:

- Provide a named contact for patients at risk of or diagnosed with any form of diabetes within the five GP practices of the Coast & Country PCN
- Encourage and support patients to actively manage this long-term condition for long-term health benefits
- Signpost diabetes-related education and support programmes, available online, digital, locally and nationally
- Promote diabetes awareness, prevention and day-to-day management to minimise long-term complications
- Meet national healthcare targets for diabetes and provide comprehensive care for our patients

Contact: via reception at Bradworthy, Neetside, Hatherleigh, Stratton or Holsworthy Medical Centres

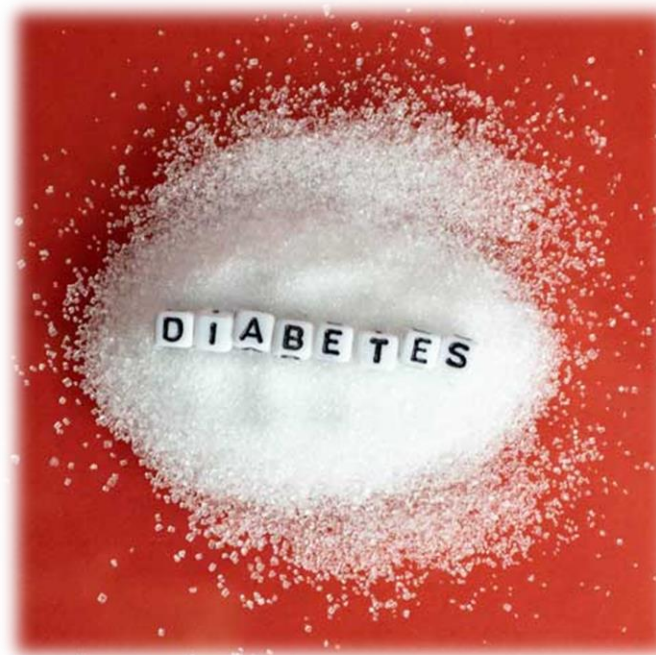
USEFUL LINKS

www.preventing-diabetes.co.uk

www.diabetes.org.uk

www.healthieryou.org.uk

Diabetes Care Coordinator



Diabetes wellbeing

- **1 in 10 adults in the UK are expected to be living with diabetes by 2030**
- **A further 1 in 3 adults are likely to be at risk of developing Type 2 diabetes by 2030**
- **1 in 4 people who follow a structured education programme can reverse their diabetes entirely**
- **Many more people can lower their blood glucose levels to improve their long-term health outlook**

(Data sources: Diabetes UK and NHS Diabetes Support Programme)

What we provide

We offer one-to-one clinics for patients with raised blood glucose levels to help them manage their condition, improve glucose control, choose healthier foods and build the new habits that create a healthier, happier lifestyle.

Who we are

Diabetes care is delivered by a multidisciplinary team, so you may see one of our phlebotomists, healthcare assistants, practice nurses, diabetes specialist nurses or GPs. Your named contact is Rowena Hoseason, our Diabetes Care Coordinator. Rowena uses her expertise in Clinical Nutrition through lifestyle interventions to lower the risk and harms of diabetes and cardiovascular disease.

Who we can see

Anyone at risk from developing diabetes, with pre-diabetes, recently diagnosed or already living with diabetes.

Diabetes and you



Know your risk



We offer a quick risk assessment - no blood test needed - to anyone over 40 (or over 25 depending on ethnicity). This is suitable for anyone with a family history of diabetes or associated conditions like high blood pressure, obesity, or a history of gestational diabetes.

Reversing pre-diabetes



The progression of Type 2 diabetes can be prevented or delayed with targeted lifestyle changes to reduce your risk of serious long-term complications. If you've had a recent blood test that shows you have pre-diabetes, we can refer you to the most appropriate programme to suit your situation.

Living with diabetes



Would you appreciate evidence-based healthy lifestyle advice to help you understand and manage diabetes? As well as our one-to-one clinics, we can advise about digital and online options suitable for people with a recent diagnosis, or for people who've been living with diabetes for some time.