



THE THREE SHIRES MEDICAL PRACTICE

Coleme, Marshfield, Pucklechurch and Wick Surgeries

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Yearly Diabetes Review

If you have diabetes, you need a yearly review. This takes place around your birth month. You will need two appointments:

- 1) Health Care Assistant for tests
- 2) Diabetes Nurse for review

What is diabetes?

Your body makes a hormone called insulin. Insulin helps to move sugar out of your blood. Your body then breaks down the sugar to make energy. If you have diabetes, your body cannot do this on its own. This means you will have too much or too little sugar in your blood. This can make you unwell. It can lead to serious problems with your eyes, heart, and nerves.

Why have an annual review?

When you have diabetes, you need certain tests. These tests spot any problems early and helps to keep you well.

What tests are completed?

- Blood test to check: blood sugar levels (hbA1c)
level of fats in your blood (Cholesterol)
kidney function
- Urine test to check how well your kidneys are working.
Please bring an early morning urine sample to your first appointment.
- Blood pressure check
- Review of your height and weight
- Ask if you smoke
- A foot check so your blood flow is working well

You should also have a yearly eye screening. People with diabetes have more chance of having problems with their eyes. You will get a separate letter for this. This is not done at your GP surgery.

It is also a chance to speak to someone about:

- how you are controlling your diabetes
- how you are feeling about it
- raise if you need any support

Finally

We hope you have found this information helpful. Please ask us about anything you don't understand.