



## **THE THREE SHIRES MEDICAL PRACTICE**

Colerne, Marshfield, Pucklechurch and Wick Surgeries

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# ANNUAL DIABETIC REVIEW

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Anyone with diabetes should have an annual review of their diabetes around the month of their birthday. This usually takes place over two appointments – the first with one of our HCAs and then a follow up appointment with the Diabetes Nurse

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## **What is diabetes?**

Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective. Or, when your body can't produce any insulin at all.

## **Why have an annual review?**

When you have diabetes, you're entitled to certain checks, tests, and services to help you get the care you need – like your HbA1c blood test. These checks help to prevent serious diabetes complications.

## **What is completed in an annual diabetic review?**



- A blood test to look at your **HbA1c**, which checks your average blood sugar levels over the last three months, a **cholesterol test** to check your blood fats, and **blood** and **urine** test to check how well your kidneys are working. **Please bring an early morning urine sample to your first appointment.**
- A **blood pressure check**, a review of your **height, weight, BMI**, and **smoking status**.
- A **foot check** to make sure you don't have problems with nerves or circulation in your feet.
- **Eye screening** to check for signs of diabetic retinopathy, which is a complication of diabetes. This is not completed at your GP surgery, and you will receive a separate invitation for this.

It is also an opportunity to speak to a health care professional about how you are managing your diabetes, how you are feeling about it and raise if you need any support.

**If you need more support around your diabetes or have any questions, please book an appointment with a clinician at your surgery**