

What can I do to improve my health?

	Why improve it?	You can help by
Weight	Being overweight increases risk of heart disease, arthritis and premature death	Exercising more Eating more healthily
Smoking	People with diabetes are 9 times more at risk of a heart attack if they smoke	Attending a smoking cessation clinic
Hba1c (Diabetes/glucose control)	Lowering HbA1c reduces the risk of e.g. kidney, nerve and eye damage. The SOONER levels are reduced the better	Losing weight if BMI >20 Having less sugar and carbohydrates Being active Taking medication
Blood pressure (BP)	Lowering BP reduces the risk of strokes, heart attacks and kidney damage	Less salt and alcohol Being more active/Losing weight Taking medication
Cholesterol	Lowering cholesterol reduces the risk of strokes and heart attacks. (Most cholesterol is produced by your liver so lifestyle changes may not be enough)	Taking statin medication Eating less saturated fat but more oily fish, fruit and vegetables Being more active
10 year risk of Stroke/MI		Taking statin medication Stopping smoking Reducing your BP and HbA1c
Urine protein	Kidneys are damaged by high glucose levels and high blood pressure	Reducing your HbA1c and BP Taking protective medications
Kidney blood test		
Diabetic eye test	To prevent damage to your eyesight	Reducing your HbA1c, BP and cholesterol
Feet	To prevent damage to your feet	Check your feet daily Reducing your HbA1c and cholesterol

Where can I get help?

Managing diabetes (Free)	Self-referral	https://www.oxfordhealth.nhs.uk/community-diabetes/education/ Email: diabetes.education@nhs.net Tel: 01869 604091	Yearly information + support session Diabetes 2gether - for patients newly diagnosed with diabetes Diabetes 4ward – for updates
	Website	https://www.diabetes.org.uk	General diabetes information
Weight loss (Free)	Self-referral	Achieve Oxfordshire https://achieveoxfordshire.org.uk Tel: 01865 338119	- 6 month programme or 12 weeks Slimming World/Weight Watchers - Man V Fat Football
	Patients taking gliclazide or insulin should see the diabetic nurse or GP for referral		
Exercise	Self-referral	https://www.getoxfordshireactive.org	Money vouchers for taking part (telephone advice and support)
	Diabetic nurse or GP refers	Oxfordshire 'Exercise on referral'	Free assessment, exercise programme design and induction 12 weeks of <u>reduced</u> rates for gym/swim/fitness classes
Smoking cessation	Self-referral	www.smokefreelifeoxfordshire.co.uk Tel: 0800 246 1072 or 01865 238 036	Smoking cessation clinics offer FREE support and medication/patches
Anxiety/low mood	Self-referral	Talking space plus	Free counselling or cognitive behavioural therapy (CBT)
	Website	Living life to the full www.lttf.com/	Free online CBT
	Books	'Mind over Mood' by Greenberger & Padesky 'Manage your mind' by Butler & Hope	CBT self-help books