

Local services

Stop smoking services

<https://livewirewarrington.co.uk/lifestyle/stop-smoking>

Alcohol services

<https://www.changegrowlive.org/content/pathways-recovery-warrington>

Physical activity

<https://livewirewarrington.co.uk/lifestyle/get-back-into-exercise>

Useful Information

One you

www.nhs.uk/oneyou/

NHS Choices

www.nhs.uk/conditions/diabetes-type2

Type 2 Diabetes: Know YOUR risk

www.diabetes.org.uk/knowyourrisk

Diabetes UK

www.diabetes.org.uk

Helpline: 0345 123 2399

Monday to Friday 9am—5pm

Email: helpline@diabetes.org.uk



Pre-Diabetic Patient Information Leaflet



Dr A.K. Patiniott & Partners
Birchwood Medical Centre
Benson Road
Warrington WA3 7PJ

What is Diabetes

- Diabetes comes in two types (Type 1 and 2)
- Type 2 is more common and is likely to develop as one gets older. Approx 1 in 17 people have type 2 (Diabetes.org.uk)
- People with type 2 diabetes have something called 'insulin resistance'. This means that their body does not respond normally to a hormone called insulin that is produced by the pancreas. Insulin controls the level of sugar (glucose) in your body. Over time a raised blood sugar can cause damage to your blood vessels and heart.
- Diabetes becomes harder to control as time goes on and often requires tablets and can later lead to insulin.

What is Pre-Diabetes?

- Pre-Diabetes is a serious condition with a high risk of progressing to Diabetes and heart disease.
- The good news is that these risks are preventable!
- To prevent progression, simple lifestyle changes, such as healthier eating, increasing physical activity and losing some weight are effective.
- Research shows us that, within the next 10 years up to half of people 'at risk' will go on to develop Type 2 Diabetes. (NHS choices)

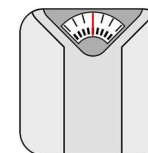
Key ways to reduce your risk are.....

Being more Active



Aim for 30 minutes of exercise 5 days out of 7. This should be something that makes you breathe faster or makes your heart beat faster. In the first month start at 20 minutes 3 days out of 5.

Losing Weight



Aim for a 5% weight loss over several months. Try to lose 5lb/2.5kg in 23 months at first. Be realistic about your target weight loss, and do it in gradual steps.

Healthy Eating



Replace fat, especially saturated fat with healthier options. Build up to 5 portions of vegetables and fruit each day over a number of months.

Stop Smoking



Start by seeking professional support and make a clear plan before setting a firm date to stop.

Drink Wisely

Both men and women should not consume more than 14 units of alcohol per week, having at least two alcohol-free days per week.

