



PONT NEWYDD
Medical Centre

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Dear Patient

If you have been informed that the result of one of your blood tests has indicated your blood glucose (sugar) is slightly raised. This means you are not diabetic but this puts you at risk of developing type 2 diabetes.

There are various risk factors that may be involved in your raised glucose and they are the same factors connected with type 2 diabetes.

- being overweight or obese.
- having close family history of diabetes (mother/father/sibling)
- doing little or no physical activity.
- having other risk factors such as high blood pressure or high cholesterol.
- women who have polycystic ovary syndrome and are overweight
- a past history of diabetes during pregnancy.

With this high blood glucose you usually have no symptoms. Very rarely you can develop a new symptom of extreme thirst and a continual need to pass lots of urine. If this happens you need to make an appointment with the nurse. The raised blood glucose will be rechecked if you develop these symptoms. It will also be rechecked annually by the surgery.

Evidence shows that progression to diabetes may be prevented by lifestyle changes and we advise you to initiate these changes to reduce your risk of developing diabetes.

- eat regular meals and a healthy balanced diet. Low in fat, high in fibre, some carbohydrates and fruit and vegetables.
- lose weight if you are overweight.
- do some physical activity regularly. A minimum of 30 minutes at least 5 times a week is recommended. Walking ,cycling, swimming and dancing are excellent forms of exercise.
- stopping smoking and sticking to the recommended alcohol intake are also sensible practice.

Please use the following link for a list of services that can help you
<https://www.pontnewyddmedicalcentre.co.uk/healthy-living>



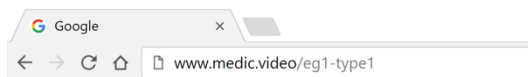
Dear Patient

We invite you to watch a short series of films as part of your treatment plan.

Each film has been created by NHS healthcare professionals and people living with diabetes to help you to understand and manage your condition.

To watch the films please follow this link or type this web address into your browser and click enter:

Diabetes <http://www.medic.video/t-type2>



Please ensure that you type the link into the address bar at the top of your browser - NOT the search box in the middle of the screen.

This link is unique to your surgery or clinic, for you to watch with your family and carers.

The films have been made as part of a national plan to support the many people in Wales living with a long-term condition.

If you have any difficulties accessing the films or have any feedback or comments please email the team at PocketMedic: patient@pocketmedic.org

If you have any problems you wish to discuss or need more information please make an appointment for the Practice Nurse.

Yours sincerely

General Practitioner