



Wilson Practice Patient
Participation Group

TYPE 2 DIABETES and YES, YOU ARE WHAT YOU EAT

A presentation by Dr Ben Turner, diabetes specialist and
consultant physician, Hampshire Hospitals NHS Foundation Trust
and patient Vernon Burford: 9 November 2016

A few fascinating facts

- ◆ **700 new cases** of diabetes diagnosed in the UK EVERY DAY
- ◆ **3.8million people** in England (9%) have diabetes – twice as many as 20yrs ago
- ◆ In 1992 North Hants Hospital cared for **2,000** diabetic patients; in 2016 it has **10,000**
- ◆ In the UK, the cost of treating diabetes and its complications is **£1million per hour** – that's **almost £10billion per year** ; 10% of the NHS budget

Who is at risk?

People with:

- ◆ Family **history** of diabetes
- ◆ **Obesity**/body mass index (**BMI**) 30+
- ◆ Large **waistline** ('apple'-shaped, rather than pear shaped) – fat around liver and other organs is a particular issue
- ◆ **Inactive** lifestyle
- ◆ Social **deprivation**/lower level of education
- ◆ **South Asian** background

What are the complications?

- ◆ Poor circulation leading to swollen limbs, ulcers and potentially **amputations**
- ◆ Diabetic retinopathy - compromised eyesight /potential **blindness**
- ◆ **Heart disease** ◆ Risk of **stroke** increased by 60% ◆ **Kidney failure**
- ◆ **Depression** ◆ **Dementia**
- ◆ **Reduced life expectancy** (6 years less if diagnosed at 50) and **reduced quality of life**

What can we do?

- ◆ There are a variety of **MEDICATIONS** available to treat Type 2 diabetes; they work in a number of different ways.
- ◆ Type 2 diabetes is **LINKED** to low levels of testosterone and erectile dysfunction – this can be treated
- ◆ Type 2 diabetes **IS REVERSIBLE** – by weight loss or bariatric surgery
- ◆ Vernon Burford told his personal story of weight loss and reversal of his 'at risk of diabetes' status using the 5:2 diet: *"I have chosen to live longer and feel better. Nothing tastes as good as feeling better feels"*
- ◆ Low calorie, low carbohydrate and the Mediterranean diet have all been shown to be effective in helping those with and at risk of Type 2 diabetes reverse the trend
- ◆ The Wilson Practice Patient Participation Group runs a 'Men Only' weight loss group: for more details contact Ken Jones on 01420 542784

More information from www.diabetes.org.uk/guide-to-diabetes