

Skeltons Chemists

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Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for September 2024

1. How many diabetics are there in the UK?
2. How many people have diabetes but have not been diagnosed?
3. How much does diabetes complications cost the UK healthcare system a year?
4. How many amputations happen every week due to diabetes?
5. How much does the NHS spend on diabetes?
6. What percentage of the UK health budget is this?
7. How many strokes due to diabetes are there?
8. What is the estimate for the cost of diabetes to the NHS by 2035?
9. Whose more at risk?
10. What can be done to minimise the chance of complications?

Answers on the bottom of P2

Diabetes

The estimate for the number of diabetics in the UK is 4.4 million and roughly 1.2 million that may have diabetes but have not yet been diagnosed. These patients need to have regular annual check ups to make sure they do not suffer from the complications that diabetes can cause. For example, there are more than 184 amputations and 770 strokes due to diabetes in the UK every week but many of these are preventable with the right care. These complications cost the NHS £6.2 billion per year from an overall spend on

diabetes of £10.7 billion which is about 6% of the whole UK health budget. There are estimates for the cost of diabetes rising to £18 billion by 2035. Much of this money could be saved if patients with diabetes followed the instructions of their doctors and nurses gave them. In many cases, you don't even have to lose weight, just alter your eating habits so you reduce the amount of carbohydrates you eat and exercise a bit more. Again, not necessarily going to the gym but going upstairs more often, having a walk at lunch time, walking to the local shops rather than driving.



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Diabetes Risk Factors

About 90% of people with diabetes have type 2 diabetes. The signs may not be obvious, or there may be no signs at all. Some people can live with it for up to 10 years before being diagnosed. That's why it's very important to know your diabetes risk factors. As you get older you are more likely to get diabetes, also if you are male, belong to a non-white ethnic group, have close relatives with

diabetes, have a waist measurement more than half your height, a BMI of more than 25 and high blood pressure. Now obviously there is nothing you can do about age, sex and ethnicity but you can adjust your weight so that your waist measurement and BMI is more in line with recommended measurements. This will also help reduce your blood pressure.

Do daily check-ups of your feet

Diabetes means you have too much sugar in your blood, which can damage your nerves, especially in your extremities. This is why it is important you have regular check-ups on your feet and eyes. It is a good idea to sit down and have a proper look at your feet every day. If you spot any of the following changes you need to see your GP

- Tingling sensation or pins and needles
- Pain
- A dull ache
- Shiny, smooth skin on your feet
- Hair loss on your legs and feet
- Loss of feeling in your feet or legs
- Swollen feet
- Your feet don't sweat
- Wounds or sores that don't heal
- Cramp in your calves when resting or walking.

And if you notice any of these changes, see your local foot team urgently:



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- ◆ Changes in the colour and shape of your feet
 - ◆ Cold or hot feet
 - ◆ Blisters and cuts that you can see but don't feel
 - ◆ Foul smell coming from an open wound.
- One of the things that you can do to reduce the chance of getting ulcers on your lower legs and feet, is to moisturise below your knees and feet every day with something like

Nivea cream but not between your toes. This will keep your skin soft and supple so if you do knock it, a break in the skin is less likely to happen which means an ulcer is less likely to develop and the healing process will be quicker.

Reducing your risk of a stroke

If your cholesterol is too high, then the extra fat in your blood sticks to the walls of your blood vessels. Over time this fat hardens to form a plaque blocking your blood vessels, making the space narrower and the blood flow slower. This can cause some of the blood cells to form a clot, which could travel through your blood vessels till it reaches a space too narrow and causes a blockage. This will starve the brain of oxygen leading to a stroke.

To avoid this happening:

- * Get your HbA1C, blood pressure and cholesterol measured as part of your annual diabetes review
- * Don't smoke
- * Eat a healthy balanced diet
- * Be physically active

Take your medication as prescribed. Some medicines help to protect your body by reducing high blood pressure and you may take these even if you don't have any blood pressure problems.

Answers: Q1, 4.4 million. Q2, 1.2 million. Q3, 6.2 million. Q4, 184. Q5, £10.7 billion. Q6, 6%. Q7, 770 per week. Q8, £18 billion. Q9, People who are white and over 40 or people from African-Caribbean, Black African, Chinese or South Asian origin and a BMI over 25. Q10, Make sure you attend your regular checkups on your eyes, urine and feet, your HbA1 and cholesterol levels, your BMI and BP.