Diabetes Care Coordinator

We aim to:

- Provide a named contact for **patients at risk of or diagnosed with any form of diabetes registered at Stratton medical Centre & Neetside Surgery.**
- **Encourage and support patients** to actively manage this long term condition for long-term health benefits
- **Signpost diabetes-related education and support programmes,** available online, digital, locally and nationally
- **Promote diabetes awareness,** prevention and day-to-day management to minimise long-term complications
- Meet **national healthcare targets** for diabetes and provide comprehensive care for our patients

Contact: via reception at **Stratton medical Centre and Neetside Surgery**



USEFUL LINKS

www.diabetes.org.uk
www.healthyliving.nhs.uk
www.healthieryou.org.uk

Diabetes wellbeing

Diabetes and you



- 1 in 10 adults in the UK are expected to be living with diabetes by 2030
- A further 1 in 3 adults are likely to be at risk of developing Type 2 diabetes by 2030
- 1 in 4 people who follow a structured education programme can reverse their diabetes entirely
- Many more people can lower their blood glucose levels to improve their long-term health outlook

What we provide

We offer one-to-one clinics for patients with raised blood glucose levels to help them manage their condition, improve glucose control, choose healthier foods and build the new habits that create a healthier, happier lifestyle.

Rowena Hoseason is our Diabetes Care Coordinator. Rowena has over **20 years' hands-on experience of living with diabetes, and is qualified in Health Science and Clinical Nutrition,** focusing on lifestyle interventions to lower the risk and harms of diabetes and cardiovascular disease.

We will see anyone at risk of developing diabetes, with pre-diabetes, recently diagnosed or already living with diabetes.



Know you risk:
We offer a quick risk assessment - no blood test needed - to anyone over 40 (or over 25 depending on ethnicity). This is suitable for anyone with a family history of diabetes or associated conditions like high blood pressure, obesity, or a history of gestational diabetes



Reversing pre-diabetes:
The progression of Type 2 diabetes can be prevented or delayed with targeted lifestyle changes to reduce your risk of serious long-term complications. If you've had a recent blood test that shows you have pre diabetes, we can refer you to the most appropriate programme to suit your situation.



Living with diabetes:
Would you appreciate evidence-based healthy lifestyle advice to help you understand and manage diabetes? As well as our one-to-one clinics, we can advise about digital and online options suitable for people with a recent diagnosis, or for people who've been living with diabetes for some time