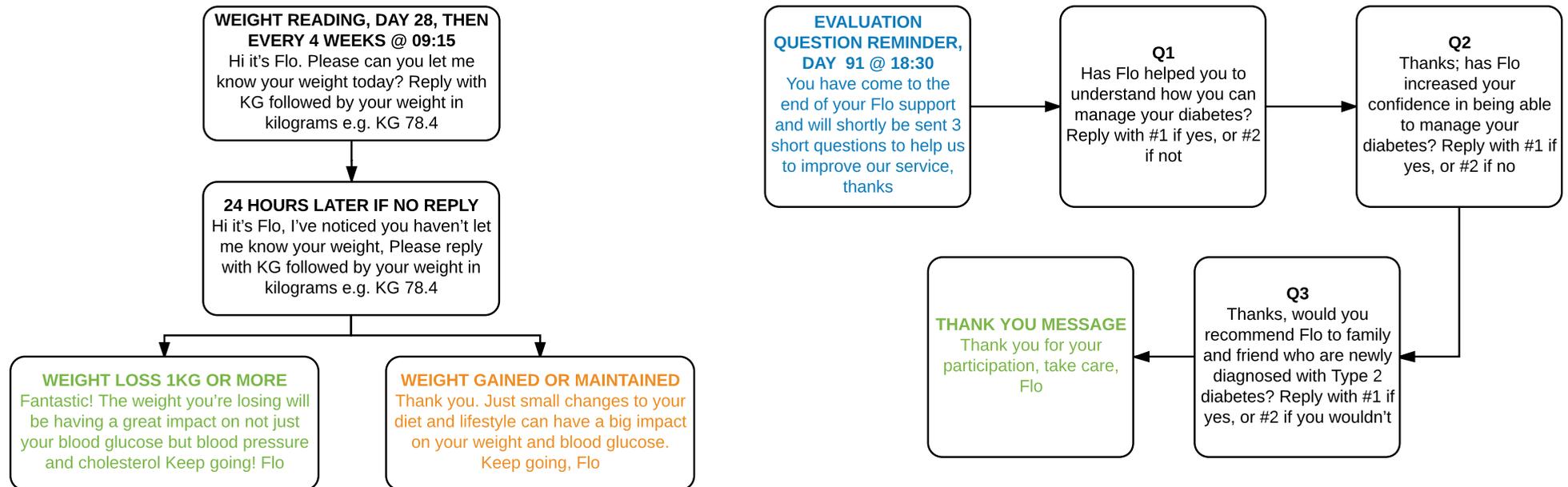
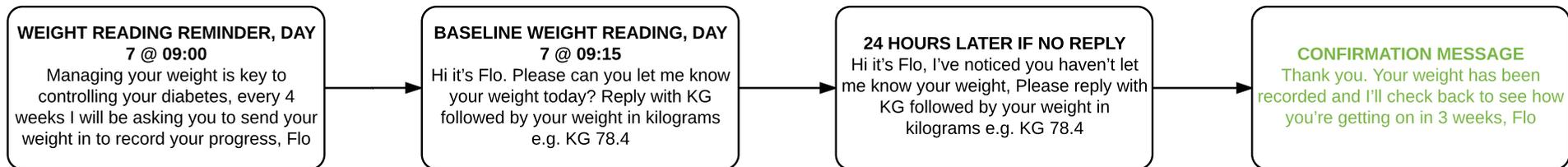
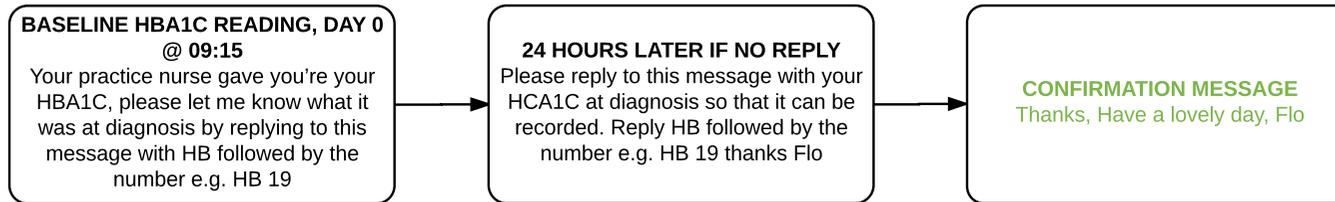


NHS POW T2DM Newly Diagnosed (Non-Metformin)



SUPPORT MESSAGES @ 09:00 ON THESE DAYS

Day 0
Hi its Flo! Welcome to your 12-week diabetes support programme. I'm here to help you control your diabetes and not let it control you!

Day 2
Diabetes UK www.diabetes.org.uk has lots of useful lifestyle changes to help you manage your Type 2 diabetes. Just small changes can make a big impact, Flo

Day 5
There's lots of evidence that being a healthy weight will benefit your diabetes. Perhaps set a target for your BMI to be within the healthy weight range, Flo

Day 9
Of all people with diabetes, Type 2 accounts for 85-95% and is usually treated with a healthy diet & increased physical activity which you have control of, Flo

Day 26
Good morning. To help control your blood glucose remember to eat regular meals, plenty of fruit & vegetables & less saturated fat, sugar and salt, Flo

Day 23
Just reducing your overall portion sizes will help you lose weight. Losing excess weight can help manage your blood glucose, blood pressure and cholesterol, Flo

Day 18
All kinds of food are ok to eat with Type 2 diabetes as long as they're part of a healthy, balanced diet - you don't need to deprive yourself, Flo

Day 15
Good morning, it's Flo. Wondering about your diet? Take a look here for ideas <https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/>

Day 11
Perhaps try to fit in a little more activity each day. This can increase the glucose used by your muscles for energy & may lower your blood glucose, Flo

Day 31
Watch sugary drinks & fruit juices, they increase blood glucose very quickly. Instead drink water, sugar free / diet drinks. Tea & coffee are ok too, Flo

Day 36
If your portion sizes aren't right, weight & blood glucose control will be harder to manage, here's a guide to help <https://www.diabetes.org.uk/portion-sizes> Flo

Day 39
Alcohol is high in calories but safe for most people with diabetes in moderation (within government guidelines) while eating a balanced diet & being active, Flo

Day 44
Diagnosis & living with diabetes can feel overwhelming, but with some adjustment you'll become more confident to cope with everyday activities overtime, Flo

Day 52
All people respond differently to being diagnosed with diabetes, letting people know can mean that you receive more support, understanding & not feel alone, Flo

Day 79
If you haven't already, the newly diagnosed diabetic course is a great way to learn more and meet others. Contact 01686 617273 for more info, Flo

Day 71
By now you may have heard lots of opinions about diabetes, find out the truth <https://www.diabetes.org.uk/Guide-to-diabetes/What-is-diabetes/Myths-and-FAQs/> Flo

Day 68
Everyone needs snacks occasionally but try small snacks, low in fat & sugar to satisfy your hunger that won't have a big effect on your blood glucose level, Flo

Day 64
Cooking from scratch gives you control. These recipes have the exact carbs, sugar, fat & calories in your food www.diabetes.org.uk/Guide-to-diabetes/Recipes/

Day 60
There's no such thing as a diabetic diet. A healthy balanced diet helps you to manage your weight, blood glucose & reduce the risk of further complications, Flo

Day 85 Your blood test is due around now (you'll receive an appointment letter) Remember your early morning urine sample in a bottle available from the surgery, Flo

Day 90
Your diabetic retinopathy screening is due around now. If you have not received an appointment, please call 01443 844244.