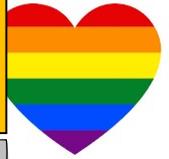


June 2022



The Elms Medical Practice



Sexuality, Life, Healing, Sunlight,
Nature, Art, Harmony Spirit

PRIDE is a movement that celebrates sexual diversity. For lesbian, gay, bisexual and transgender (LGBT) people it is a way of protesting about discrimination and violence. It promotes their dignity, equal rights, self-affirmation and is a way of increasing society's awareness of the issues they face.

At the Elms Medical Practice, we are proud to be an inclusive practice for all genders and sexualities. <https://lgbt.foundation/>

This is your
DIABETES WEEK
13-19 June 2022

We review all our patients with **Diabetes** at The Elms Medical Practice, so that we can monitor and support you. We also empower you to take charge of your condition. Further information can be found at

<https://www.nhs.uk/conditions/diabetes/><https://www.nhs.uk/conditions/diabetes/>

Type 1 diabetes causes the level of glucose (sugar) in your blood to become too high. It happens when your body cannot produce enough of a hormone called insulin, which controls blood glucose. You need to take insulin every day to keep your blood glucose levels under control.

Type 2 diabetes is a serious condition where the insulin your pancreas makes cannot work properly, or your pancreas can't make enough insulin. This means your blood glucose (sugar) levels keep rising.

A healthy diet is a key part of the treatment for diabetes.

Have a look at this leaflet on how it can help you.

<https://www.drwf.org.uk/media/c01dntvp/a-healthy-diet-and-diabetes-by-drwf.pdf>

Download the NHS App for ease with ordering repeat Prescriptions

<https://www.nhs.uk/nhs-app/>

I use the NHS App to order repeat prescriptions

Your NHS, your way

Download the NHS App 😊



If you take medicine regularly, you will usually have a repeat prescription. This means you can order your medicine when you need it without having to see a GP until your next medicine review. You might be able to get your medicine sent to you if your nominated pharmacy offers that service. Go on give it a try down the App now.



Long Term Conditions Review

If you have a Long-Term Condition (LTC) you may have already received your invitation these are sent out in your birthday month, when you receive your invite, it is important that you book in for your review with one of our Practice Nurses. We want to give our patients with LTC, the best outcomes and guidance that we can. To do this we need to have an organised process of reviewing our patients on at least an annual basis. If you have more than one Long Term Condition they can be done together, but with a longer appointment, you may also have to have a blood test as part of this review.

A Long-term condition includes illnesses such as:

- Respiratory disease,
- Heart disease,
- Stroke,
- Diabetes,
- Kidney disease,
- High blood pressure,
- Rheumatoid arthritis,
- Epilepsy,
- Mental health,
- Other long term health issues that affect the health or lifestyle of a patient.



You can find the Friends & Family test on our website. Let us know how we are doing.

<https://www.elmsmedicalcentre.co.uk/>



Practice News

We would like welcome Registrar Ingrid Romero de Jager and HCA Karen Ward who has joined the Practice.



Please remember if you cannot attend your appointment to cancel ASAP, please. Your appointment could go to someone else. Appointment slots are valuable.

We are closed for Training on:
22nd June 2022
1pm to 5pm
During this time if you need medical advice please use NHS 111

