

## **Advice for Diabetes Screening test result - HbA1c**

### **Reducing your risk of Diabetes**

You have recently had a screening test (HbA1c) for Diabetes. The test has been returned and suggests that you do not have Diabetes.

However, the result is not entirely normal and suggests that you may be at risk of developing Diabetes sometime in the future.

If you have symptoms of Diabetes, such as excessive thirst, weight loss, passing more urine than normal, recurrent fungal infection etc. we advise that you make a telephone or surgery appointment to discuss this matter further with one of the practice nurses or a GP.

If you have no relevant symptoms we advise that you make arrangements to repeat the screening test (HbA1c) in 1 year or earlier if symptoms as described above appear.

We encourage you to consider the following lifestyle advice that may reduce your risk of developing Diabetes in the future:

#### Healthy Eating and Weight Management

Aim for a weight that is in the ideal weight range. If you are unsure of the ideal weight for your height, you can make enquiries with our practice nurses, health care assistants or any of the doctors. For patients who are overweight, loss of 10% of body weight is said to reduce the risk of developing Diabetes by up to 80%.

Aim to reduce your consumption of sugary foods and aim to eat a balanced diet – including fruit and vegetables.

Take care with alcohol consumption aiming to consume less than 21 units per week for a man, and less than 14 units per week for a woman.

If you feel you would benefit from more specific advice about your weight or diet, please contact one of the GPs or practice nurses who may, if appropriate, make a referral to a dietician.

#### Exercise

Take regular exercise. Many patients at risk of diabetes would benefit from referral to the National Exercise Referral Scheme that is based in local leisure centres. If you would like to be referred please speak to one of the practice nurses.

If you wish to discuss any of this in more detail please make an appointment with any of the practice nurses.