

TALBOT GREEN GROUP PRACTICE

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Please reply to Talbot Green ☐ Beddau ☐

Dear Patient,

Pre-diabetes

We have written this to help explain your recent blood test results and what we mean by pre-diabetes.

When we are checking the sugar levels in the blood we usually do a blood test called hba1c. This gives us the average levels of the sugar in your blood over the previous 2-3 months. Normal levels are 41 or less. A level of 48 or higher meets the level of a diagnosis of diabetes. A level of 42-47 is pre-diabetes which is what your results show.

We call it pre-diabetes as if things carry on as they are with you and nothing changes then there is a **high likelihood** (about 70% or 7 in 10) that you will go on to develop type 2 diabetes and all the problems/risks associated with that.

This is a warning shot! This is a chance to make a change!

We know that there is a genetic element related to your chance of developing type 2 diabetes (perhaps if parents have had it or brothers/sisters) but research shows that it is our **own lifestyle choices** that play the biggest risk – mainly our **weight**.

For example a person with a BMI (which is your weight in relation to your height) of greater than 35 is **40 times more likely** to get type 2 diabetes than a person with a BMI in the normal range (20-25)! This really is the most important factor.

We used to think that too much fat was the worst problem. We now know that although excessive amounts of fat in our diet are bad, some fats (particularly fats/oils in nuts and seeds and some oily fish) are good for us and the BIG VILLAIN is sugar and carbohydrate (which is groups of sugar clustered together).

When we have lots of carbohydrate in our diet unless we burn off all that energy with exercise, our body is very good at changing it into fat. More fat = more chance of diabetes but also a whole array of other illnesses.

The website links below give a really helpful overview of some of the important lifestyle changes you can make:

<https://www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes>

<https://www.diabetes.co.uk/lifestyle-changes-for-type2-diabetes.html>

If you're currently inactive and you'd like to get active, we can refer you to the National Exercise Referral scheme. (*Availability of this may have been affected by coronavirus*) so if you're interested in this again let us know via e-mail and we can refer you directly:

<https://www.wlga.wales/national-exercise-referral-scheme-ners>

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The responsibility of lifestyle change is very much on your shoulders to take charge of things and we will support you in that. Research shows that people who learn about their condition and understand their condition will do much better so we would encourage you to become experts in positive lifestyle changes and the right foods to eat.

Good luck, you can do it!

Dr R Parfitt and the whole team at Newpark Surgery.