

## West Hampshire Community Diabetes Service Southern Health NHS Foundation Trust

### Who are we?

The West Hampshire Community Diabetes Service offers diabetes care to patients throughout West Hampshire at a variety of community hospitals and GP surgeries.

### Would you like to learn more?

**Type 1 diabetes** (an intensive course lasting 4 sessions over 4 weeks)

**Type 2 diabetes** (2 sessions over 2 weeks)

[www.southernhealth.nhs.uk/services/community-health-services/diabetes/](http://www.southernhealth.nhs.uk/services/community-health-services/diabetes/)

### Would you like to speak to us?

Specially trained diabetes nurses are available to discuss your treatment during working hours Monday to Friday 9-5pm 02380 286401

### What diabetes care should I expect?

All patients with diabetes should have an **annual review** with their surgery even if you are currently attending community clinics.

- Get your blood glucose measured
- Have your blood pressure measured
- Have your blood fats (cholesterol) measured
- Have your feet checked
- Have your kidney function measured with a urine test
- Have your weight checked
- Get support to stop smoking if you are a smoker

### Blood tests and Urine tests

Paper forms are no longer required. The request sits in the computer system until you attend for your blood test when it suits you, usually before your next appointment.

### Anything else?

Have your **eyes** screened every year tel: 0300 1233937

Talk to us about **planning pregnancy** because tight blood glucose control is important even before you are pregnant

**Foot problems?** - Don't delay seek podiatry attention via your GP today!

**Smoker?** - Quit4Life: Hampshire Stop Smoking Service – 0845 6024663



INVESTOR IN PEOPLE



**My personal plan**

**Healthcare professional**

**Date**

**Notes**

**We write to your GP after every appointment and you will be sent a copy of this letter automatically, we aim to do this within ten working days.**

**Your feedback is important to us – Please return our freepost questionnaire, which is enclosed with your copy clinic letter.**