HASTINGS HOUSE MEDICAL CENTRE

SURGERY NEWSLETTER

June 2025

DIABETES WEEK
9–15 June 2025

Life with diabetes can feel like number, check and test overload. You might feel fine, or feel like you don't have the time. Or maybe you're not sure what checks you should be getting. But these regular diabetes health checks are vital to keep you healthy, so you can continue living life to the full.

When you receive your letter or text for your yearly review, make sure you telephone to book in. You should be having a blood test and foot check, followed by a phone call with the nurse to ensure you are on the right Medication dose to control your diabetes..

Spotlight on Type-2 Diabetes—Know Your Risk!

Around 200 thousand people are diagnosed with type 2 diabetes every year, it can lead to serious health complications if left untreated.

Diabetes is a leading cause of vision loss in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation (other than accidents), and people with diabetes are up to five times more likely to develop heart disease or have a stroke than those without diabetes.

There are many risk factors which can increase your likelihood of Type –2 diabetes

- If you carry excess weight or are obese then you are at a higher risk
- Over 40— hitting the big four zero increases your risk
- High blood pressure
- Your Ethnicity impacts your risk
- Did you have gestational diabetes? Up to 50% of women who had gestational diabetes develop type 2 diabetes
- Family history—If you have a blood relative with Type-2 diabetes you are more likely to develop it yourself



Scan me

Find out your risk score, it might be the most important thing you do today!

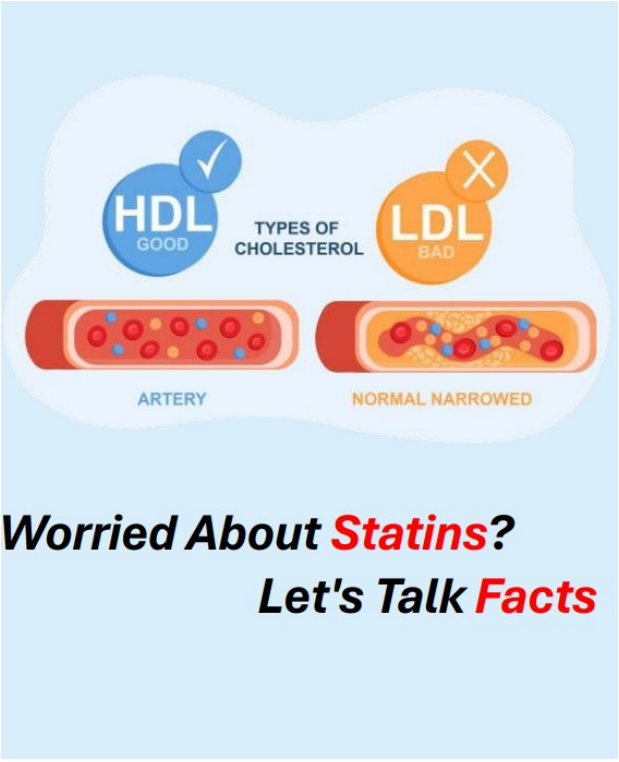
HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

Type 2 diabetes can be prevented by:

- **Managing your weight**
- **Eating healthily**
- **Being more active**

Anyone can develop type 2 diabetes, but certain factors can increase your risk. You can significantly reduce your risk by making small lifestyle changes with support from your local Healthier You programme. Participants can choose between face-to-face groups and a digital service.

HASTINGS HOUSE MEDICAL CENTRE



Knowing The Facts Could Help You Live Longer

MYTH	FACT
'Statins cause muscle pain'	*Less than 5%* of people on statins will develop muscle aches. Serious muscle damage is rare - less than one out of 1,000.
'Statins cause liver damage'	Serious liver problems in people taking statins are *rare*.
'Statins cause dementia'	There is *no link* between statins and memory loss, in fact some studies show protective effects.
'Statins cause diabetes'	There's a 1 in 500 chance of developing diabetes while taking a statin. If you have diabetes, statins might cause a 0.2% increase in HbA1c, the benefits of taking a statin therefore outweigh the risks.
'Statins do not work'	There are many scientific studies which support the use of statins in *protecting against diseases* of the heart and blood vessels (cardiovascular disease). For every *1mmol/L drop in LDL cholesterol*, importantly, there is also a drop in patients' *5-year risk of cardiovascular disease.* One study showed the risk of all major events such as heart attacks and strokes *fell by 21%.*

NHS HASTINGS HOUSE MEDICAL CENTRE

Staff Training dates 2025

Please be aware that practices across South Warwickshire will be closed from 12.30pm on the following dates (until 8am the following day) for staff training:

- Thursday 12th June
- Wednesday 17th September

Out of hours info will be available on our phone system.

Appointment cancellations

Due to increased contacts creating less availability, cancelling your appointment is essential. Using the phone number that you have registered with us you can cancel your appointment on our automated system. You **Do Not** need to say anything! Please just press option 1 to cancel the appointment and then put the phone down. It's super clever and it will then cancel it automatically. If you speak, it becomes not so super clever because it gets confused easily.. *like all technology*.. so we have to go in and check the system and cancel them manually, which means anything you try to cancel at short notice could be missed.

To download the NHS App, scan here

HASTINGS HOUSE MEDICAL CENTRE

Useful Contact Numbers

Hastings House	01789 840245
Out of hours service	111
NHS Direct 24/7	111
Mental Health Helpline	0800 616 171
Warwick Hospital	01926 495321
UHCW	02476 964000
Ambulance Transport	01926 310312
VASA	01789 262889
District Nurse	01926 600818

Contact us online

There are many ways of contacting the surgery without having to call or visit in person, saving travel and time.

Complete an eConsult/on line consultation on our website.

Repeat medication can be ordered on our website, or via the NHS App direct to your choice of pharmacy.

The NHS App will also allow you to view your immunisations and test results.

For admin queries please email: swg-tr.admin.hastings@nhs.net