

Tyntesfield Medical group

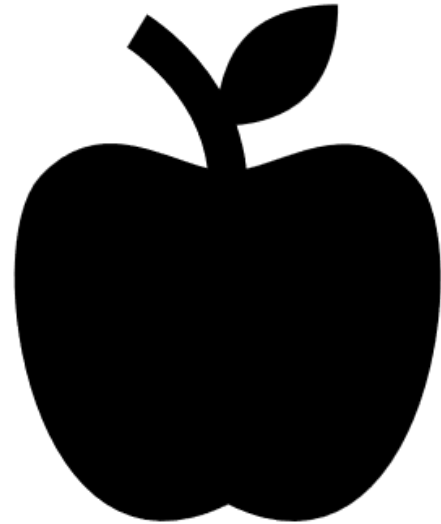
Tower House, Brockway, Long
Asthon, Backwell

Jamie Swistun – Dietitian
Amy Disley - Nurse



TYNTESFIELD
MEDICAL GROUP

Healthy eating



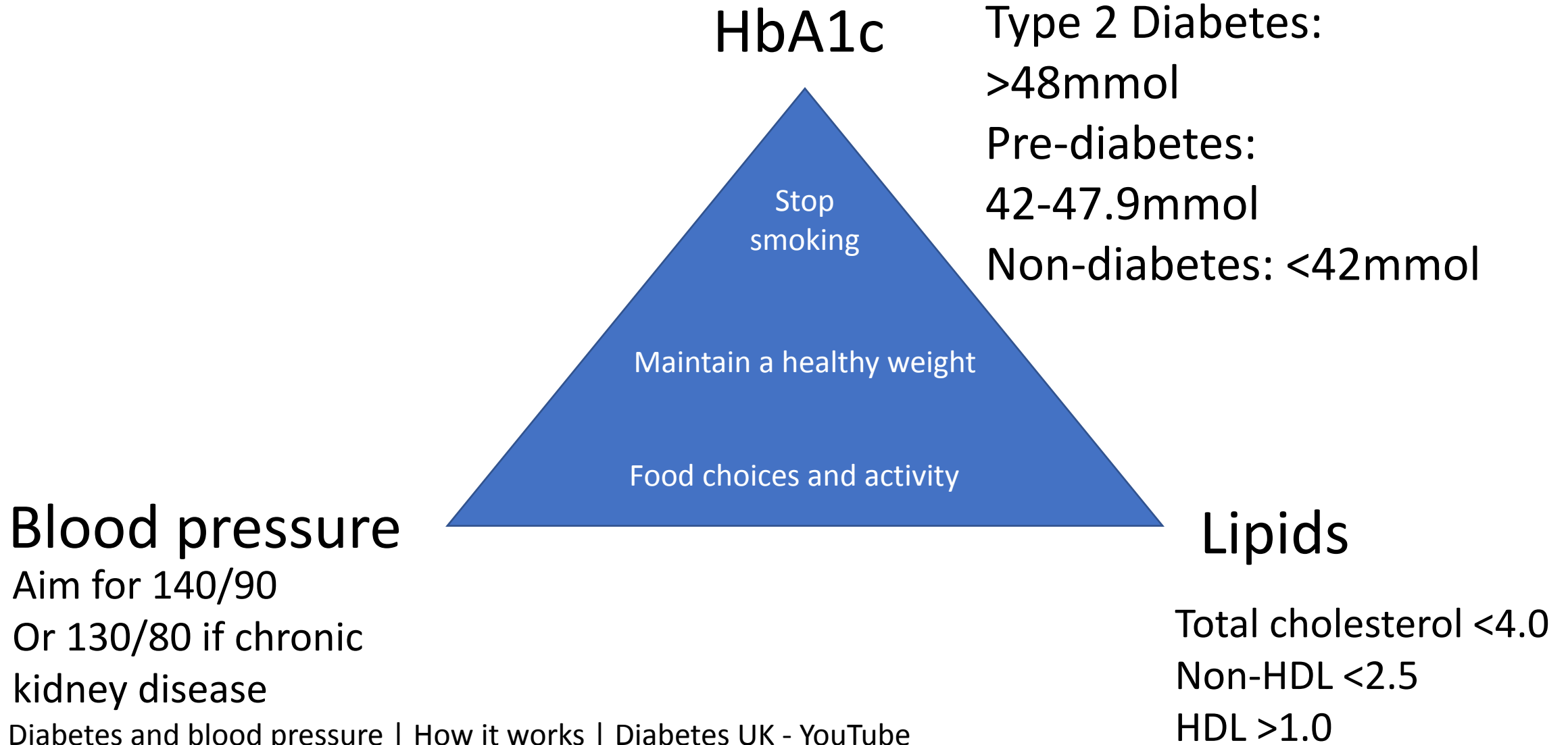
Be Active



Monitoring



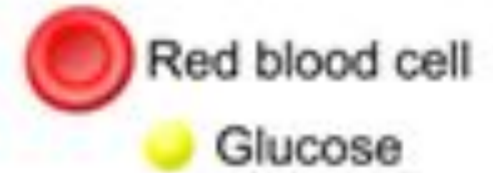
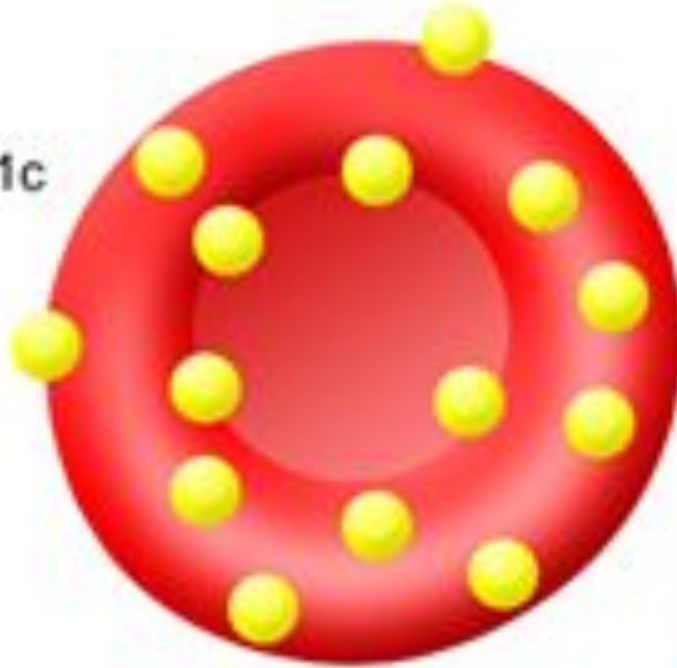
Monitoring



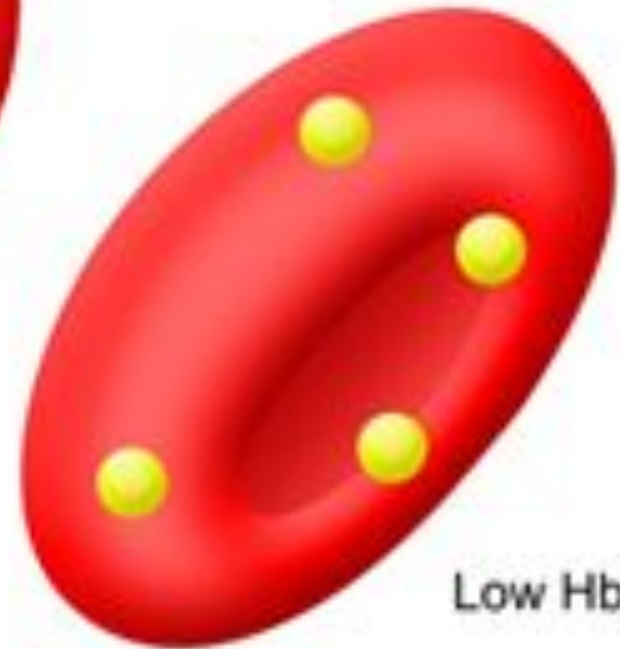
What do the numbers mean?

- HbA1c
 - Measures how much glucose is attached to your red blood cells.

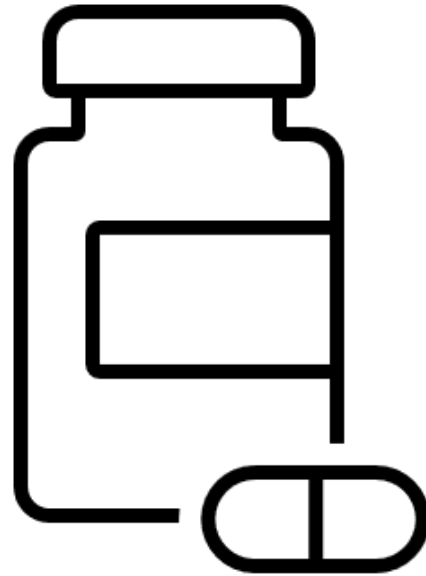
High HbA1c



Low HbA1c



Taking medications



Some common diabetes medications

- Metformin
- Gliclazide
- GLP1's
- SGLT2's
- Insulin
- + more

Problem solve



Reduce risk



Cope well



True or false

- You must follow a diabetic diet and eat diabetic foods



True or false

- People with diabetes can eat grapes and bananas.



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True or false

- People with diabetes must cut out all carbohydrates from their diet



True or false



- Using honey in tea and coffee will raise blood sugars just like sugar would.



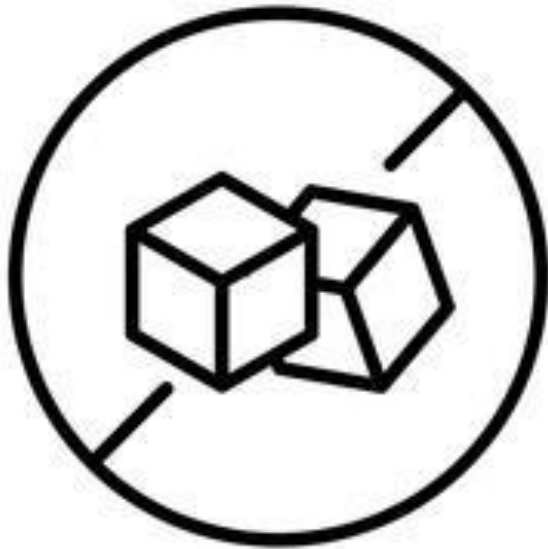
True or false

- Fat is fat, it's all the same



True or false

- Reduced sugar / fat foods are good for diabetes



True or false

- You can drink alcohol when you have diabetes





Utilising technology to help manage diabetes

- Freestyle Libre 2
- Dexcom One
- GlucoRX Aidex



The FreeStyle Libre 2 sensor

The sensor sends real time glucose readings to your smartphone.[†] It updates the reading every minute and stores up to 8 hours of glucose readings in 15 minute intervals. Designed to be water-resistant, it can be worn for up to 14 days, even during activities like swimming, showering, and exercising.[†]

£ 48.29

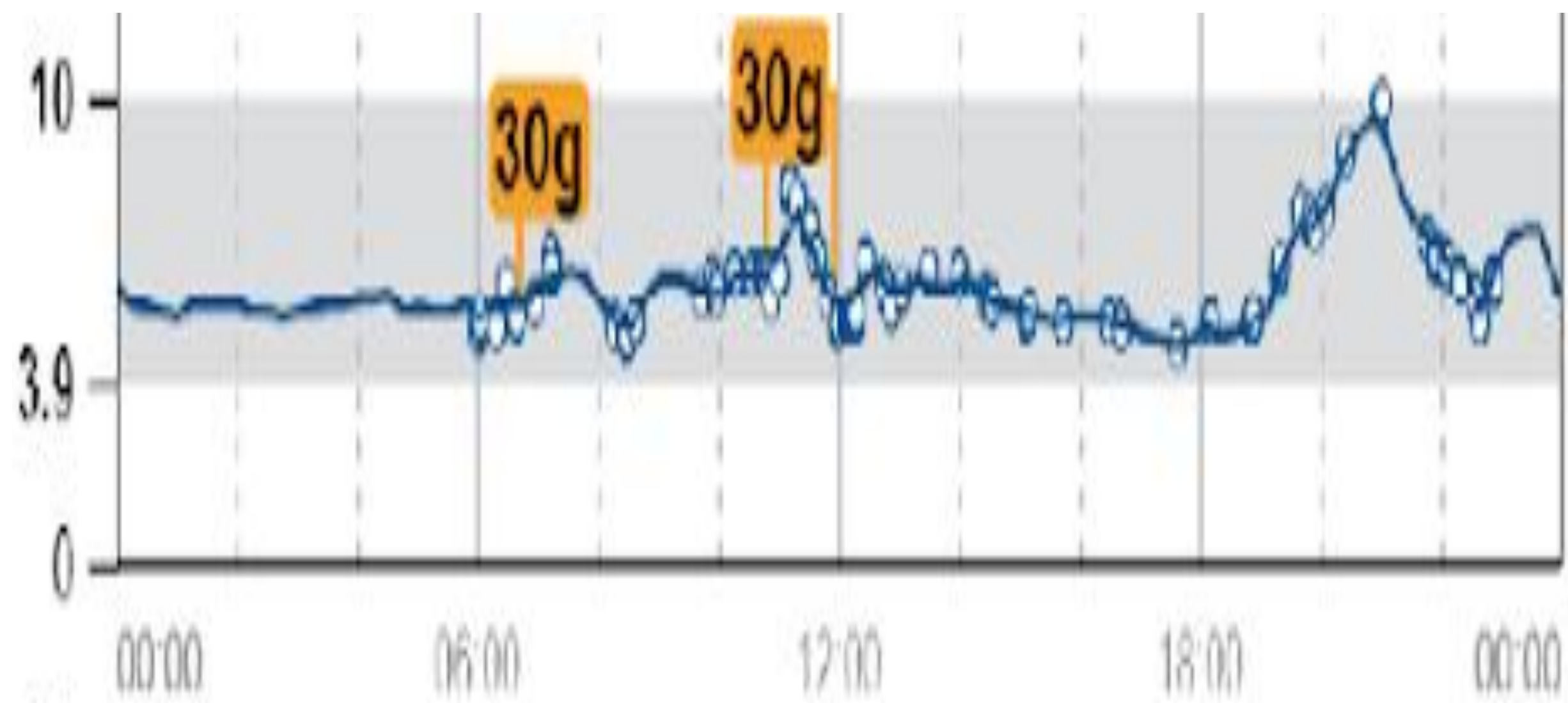
(Exc. VAT)

- 1 +

ADD TO CART

[†]Please read the Terms & Conditions of Sale before purchasing.

IMPORTANT: The FreeStyle Libre 2 Flash Glucose Monitoring System is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with diabetes mellitus, including pregnant women. The FreeStyle Libre 2 is not used for the FreeStyle Libre 2.



CARBOHYDRATES

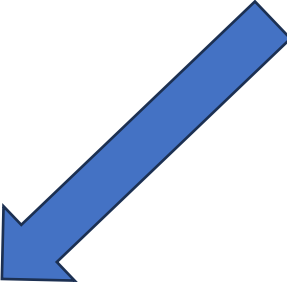
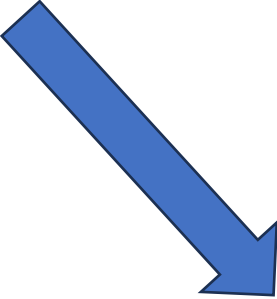
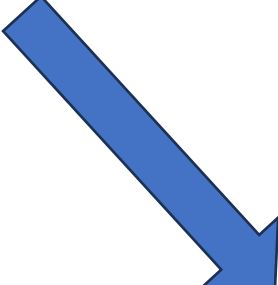
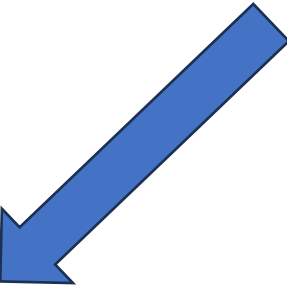


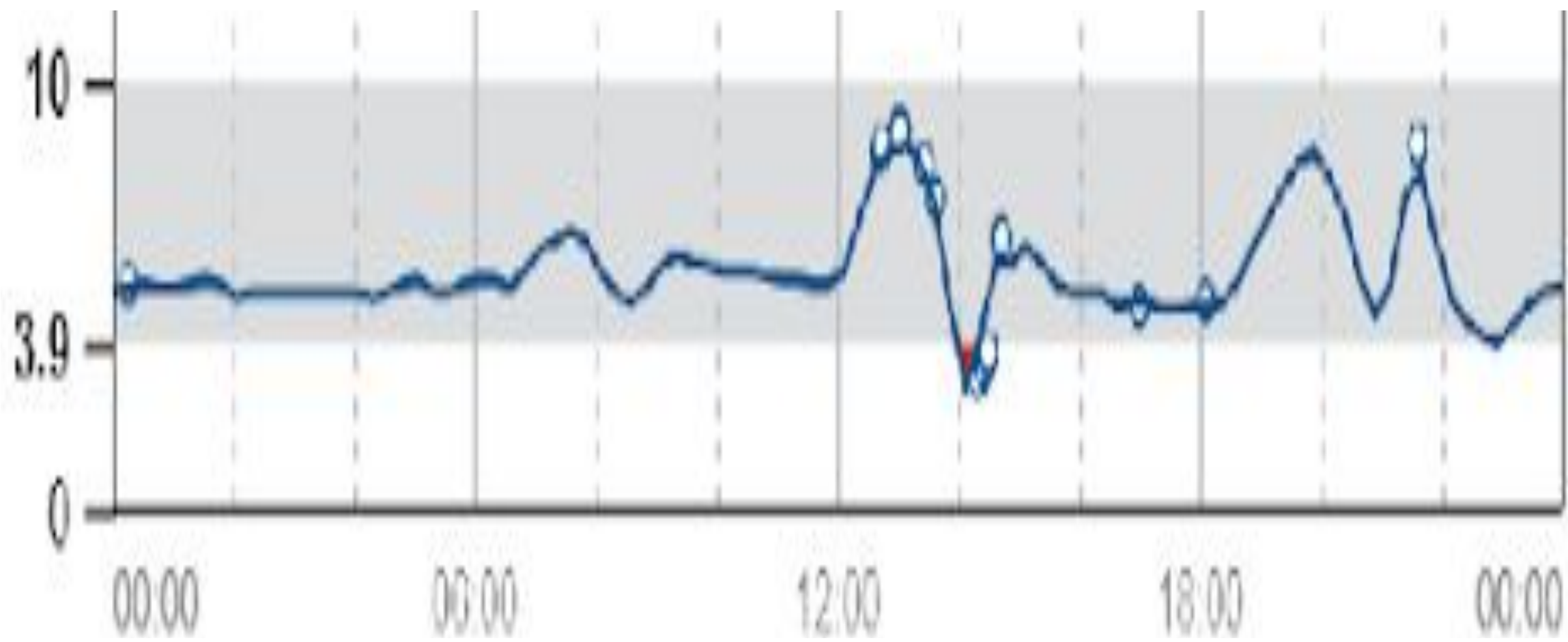
STARCH



SUGAR

GLUCOSE





TYPE 2 DIABETES REMISSION



You're in **remission** when your long-term blood sugar levels remain **below 48mmol/mol** or **6.5%** for 3 months or more, without diabetes medication.

You're in the **diabetes range** when your blood sugar levels are **above 48mmol/mol** or **6.5%**.