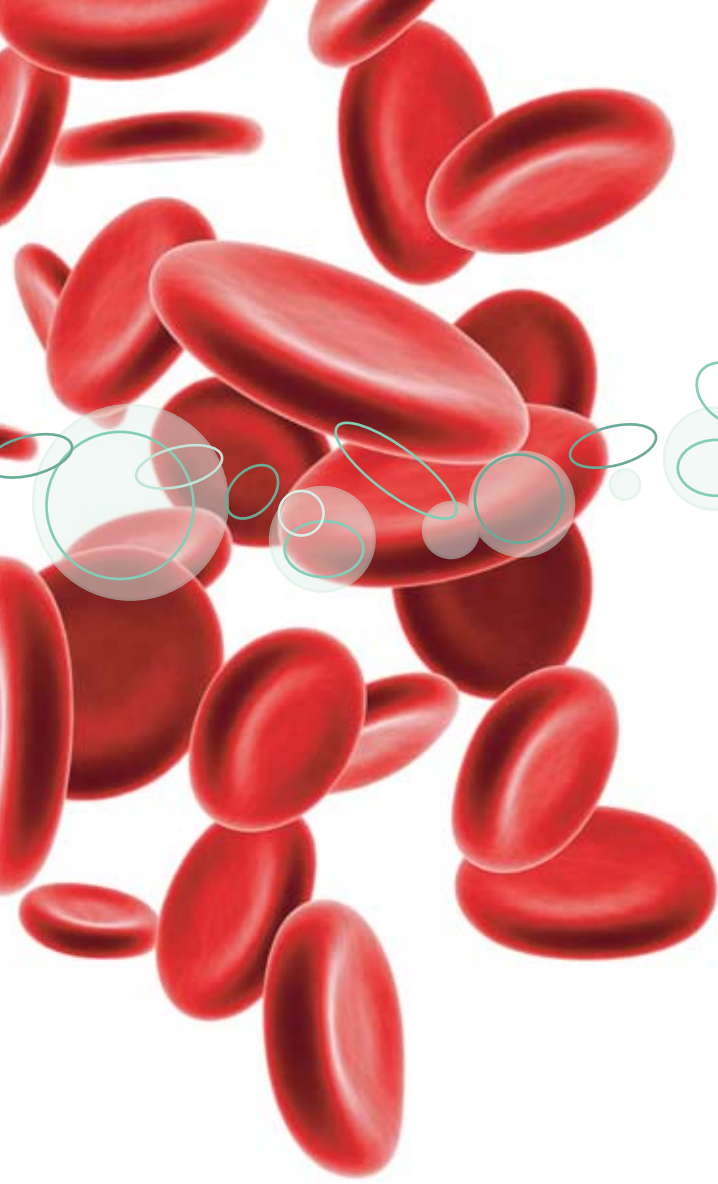




london medical
diabetes



living well with diabetes



london medical
diabetes

Welcome to London Diabetes

Diabetes is a complex and demanding life-long condition but it should not prevent you from living a normal, healthy life.

Blood glucose levels are profoundly influenced by food, exercise, stress, illness, the duration of diabetes and the treatment used. Achieving normal blood glucose levels can be difficult to achieve without daily self care and management from you as well as from your families or carers. The more you learn about your diabetes, the easier it will be for you to control.

The London Diabetes Team will help you to succeed with all your routine diabetes care, weight management, your cholesterol and blood pressure control, and the monitoring for the progression of arterial thickening – the underlying cause of strokes and heart attacks.

the more you
learn the easier
to control

individualised treatment plan and education programme



London Diabetes provides you with an individualised treatment plan and education programme based on your lifestyle and expectations.

You can turn your diabetes into a positive new start instead of a series of frustrations and guilt-ridden failures. Good care and knowledge will give you confidence, freedom from catastrophic failure in important organs and an increased life expectancy.

You can opt to have a diabetes review with a London Medical Diabetologist of your choice, or for full peace of mind and on-going diabetes care, become a London Diabetes Patient.

Who Should Become a London Diabetes Patient?

A London Diabetes Patient is one who attends the clinic at least once a year and whose total diabetes care, from investigations to medications, is overseen by one of the Diabetologists.

Our patients range from children and teenagers to seniors and include newly-diagnosed Type 1 and 2 diabetes patients as well as those who have had diabetes for many years but wish to improve their diabetes control and prevent future complications.



Diabetes Care Standards for a London Diabetes Patient

Once you choose to become a London Diabetes Patient, you will have the entire Diabetes Team to support you on your diabetes journey.

There is now considerable evidence that the best care is provided by a Diabetes Care Team with comprehensive, state-of-the-art facilities and a specialist skill mix. This has been the rationale in the development and growth of London Diabetes since its inception in 1991.

The **Diabetes Team** consists of Consultant Diabetologists, Diabetes Specialist Nurses and Educators, a Clinical Nutritionist, Clinic Nurses, a Podiatrist (Foot Specialist), an Orthotist (Footwear Specialist), Cardiologists, a Clinical Psychologist, Ophthalmologists, Vascular Technicians and a Pharmacist.

Diabetes Consultants are specialists in a whole range of internal medicine and will pay careful attention to your risk of heart disease, kidney and nerve complications, osteoporosis (more common in diabetes), eye disease, and other general medical complaints.

helping you
every step of
the way



London Diabetes Patients receive:

- **A personal service** – your care plan is **personal** to you and not dictated by Government Guidelines.
- **A holistic approach** which takes into account your beliefs and culture and includes you in choosing treatment strategies to help you live with diabetes.
- **Dietary education and advice** in weight management.
- **Up-to-date advice and facilities** (including continuous glucose monitoring sensors and insulin pumps) to help you achieve normal blood glucose control.
- **Routine screening**, investigation and treatment of the risk of premature coronary artery disease, stroke or other complications, including eye disease, kidney impairment, neuropathy, erectile dysfunction and foot complications.

- **All supplies**, available at our **in-house Pharmacy**, including insulin pumps, continuous glucose monitoring sensors, pens, insulin, medication, meters, test strips, and useful books.
- **Automatic reminders** for appointments and health checks.
- Administrative letters, including **Travel Letters for Airport Security**.

- **Early referrals** to other specialists to prevent/delay the progression of future complications.
- Access to an **ongoing diabetes education programme**.
- **Diabetes Connect email or phone follow-up support** enabling you to get fast feedback when you need it most.



dietary
education
and advice

Before Your First Appointment

- Before your first appointment, you will be sent a short **questionnaire** which you are required to fill in. This will help us document important details of your medical history, family and social history before your arrival.
- Take time and care in documenting **your current medication** and if you have trouble doing this, bring your medications with you.
- Bring your **glucose meter** (or glucose diary) so that we have a record of your home blood glucose readings.



do you
have a family
history of...

Your First Appointment

- Following registration you will have your **baseline measurements** taken by one of our clinic nurses. These include: your body weight and body compositional analysis, height, waist circumference, immediate HbA1c result and random glucose from your fingertip sample, and urinalysis.
- You will then **see your Consultant**, who will go through your medical history, asking you about your expectations and concerns regarding your diabetes. After your examination, an agreed strategy of **investigations, education and treatment** plan will be formulated. Your current medications will be reviewed and changes may be made to them. If some of the recommended drugs are not available to you through your local NHS GP, they can be supplied to you privately directly from our Pharmacy so that your treatment is not compromised.
- The next part of your initial consultation will be with **the Diabetes Specialist Nurse Educator**. She will give you the opportunity to find out answers to queries you may have about your diabetes or treatment options, explain how to use any new devices in your treatment, and make it easier for you to understand what roles and responsibilities you and your family have in your daily living with diabetes.

- If you have the time, any further **tests** requested by your Consultant (for example, your eye examination) can be done immediately or an alternative time will be arranged.
- Allow **at least 2 hours for your first visit**. Follow-up visits for nutrition and diabetes education will then be arranged.

Your Follow-Up

Your initial progress will be monitored **a few months later with a follow-up visit**, after which the frequency of follow-up visits will vary depending on your individual circumstances. We believe that most patients should attend every six months unless understanding and control are exemplary. The opportunity to obtain help by e-mail or phone during this period is available, for a small additional charge, and you are encouraged to learn – through the evening group sessions and reading materials from the clinic.

monitoring your
progression and
success



Diabetes Learning Programme

As a London Diabetes Patient, we expect you to learn more about how to self manage your condition. Your continuing education can happen in three ways:

1. One-to-one sessions with our Senior Diabetes Specialist Nurse Educator:

In these sessions, you will learn how your diabetes care fits into your day-to-day lifestyle, how treatments affect you, what options you have, and how to cope with the complexities of this condition. You should be honest about your concerns and worries and confident that problems can be solved. It would be helpful to bring a family member with you in order that you can learn the importance of your diabetes care and treatment plan together.

2. Diabetes Nutrition and Weight Management education with our Senior Clinical Nutritionist:

Good diabetes care depends on understanding how what you eat affects your diabetes control. Your first appointment will cover lifestyle assessment - dietary habits, physical activity, smoking and alcohol status, frequency of eating out, type of work and whether regular business entertaining and/or business travel is a feature. You will be given tailor-made advice relating to your particular requirements and situation – including personalised weight targets and a meal plan.

Following your first appointment, you are encouraged to attend **regular** follow-up sessions. For **Type 2** patients these will focus on weight loss, healthy eating, portion control, lower GI (glycaemic index) eating, fat reduction and beneficial types of fats, as well as increasing physical activity levels.

For **Type 1** patients, sessions will include different types and sources of carbohydrates, lower GI principles, suitable snacks, the treatments of hypoglycaemia and carbohydrate counting.

lifestyle, dietary habits, physical activity





3. 'Share and Learn Diabetes Together' Groups:

These **monthly evening sessions** take place after work and cover a wide variety of diabetes and nutrition related topics. You and your family members will have the opportunity to meet with other patients, share experiences and help solve issues linked with your diabetes. The up to date programme can be found on our website and e-mail reminders are sent out regularly.

Examples of topics covered include:

- How to recognise and treat low/high blood glucose
- Using your blood glucose monitoring results to adjust your medication and insulin
- How to use insulin pumps and other new technology
- Eating out - Making positive choices
- Physical activity – an important tool in blood glucose regulation
- Insulin – When and how in Type 2 Diabetes?
- Your diabetes medications explained

wide variety of
diabetes and
nutrition related
topics



How Do You Become a London Diabetes Patient?

If you feel that our standards and approach to diabetes care are something you would prefer, you are most welcome to join us! In exchange to your whole-hearted commitment to us, we guarantee you a service, support and expert care, second to none.

Patients with private medical insurance:

London Medical is recognized by all the major private medical insurance companies in the UK. If you are covered by private health insurance, you will need a referral letter from your GP or consultant. Insurance companies will generally only reimburse patients with a specific recent problem connected with their health and not for "routine" diabetes reviews. Hence, please contact your insurance company before your appointment in order to confirm that you have approval for payment. Your Consultant will complete any forms required by your insurer without charge, if presented on the day.

Self-funding/referred patients: Some Diabetes Consultants accept self-referred patients under certain circumstances. Please contact us to discuss your individual requirements.

Contact Us

London Medical

49 Marylebone High Street

London

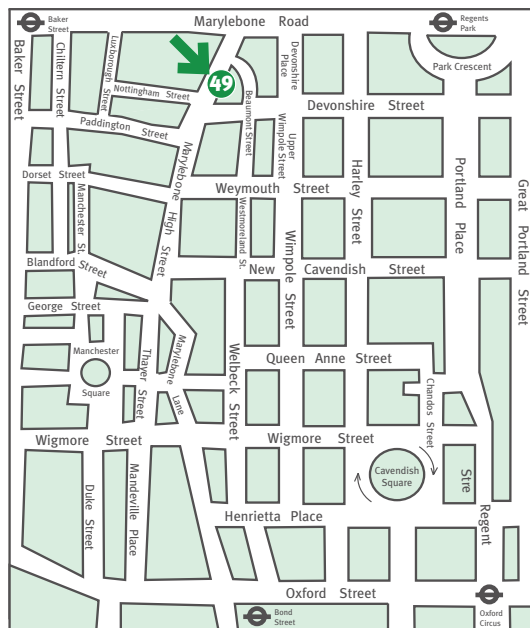
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