

Monitoring Diabetes Health

With effect from April 2021, annual health reviews will ideally take place during a patient's birthday month. This is to help patients remember when their reviews are due, as well as ensure we have an efficient recall process in place to capture all patients. Due to the Covid 19 pandemic we have many patients to recall and review. We would like to reassure you that you will be recalled as close to your birthday month as possible with the aim that in 2022 your invite will be in line with your birthday month.

During this review all routine checks you need will be done to monitor your overall health.

Until then to avoid problems with your feet please check your feet daily:

1) Temperature

- Is it the same in both feet
- Are they hot or cold

2) Skin

- Is there thick hard skin
- Are there blisters
- Are there scabs
- Is there a change in colour

3) Other areas

- Are there any open areas between toes
- Are your Toenails too long or digging in to your skin

Signs of serious feet problems:

- Tingling sensations or numbness
- Burning pain
- A dull ache
- Smooth shiny skin on your feet
- Hair loss on your legs and feet
- Loss of feeling in your legs and feet
- Swollen feet
- Your feet aren't sweating
- Wounds and sores that don't heal
- Cramp in calves when resting or walking

Speak to your GP urgently if you notice any of these problems

Please do not ignore it these foot issues can lead to foot ulcers and amputations

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Blood Sugar Levels

Understanding blood glucose level ranges can be a key part of diabetes self-management. Please view the attached links for further information to identify symptoms of Hyperglycaemia and Hypoglycaemia:

<https://www.nhs.uk/conditions/high-blood-sugar-hyperglycaemia/>

<https://www.nhs.uk/conditions/low-blood-sugar-hypoglycaemia/>

If you have any questions or concerns prior to your annual review, please call Oakley Health Group and ask to speak to our Diabetes Specialist Nurses, Sister Penny Childs or Sister Vanessa Middleton.

Thankyou for your patience during these challenging times.

The Oakley Health Group