

Rookery Medical Centre – Diabetes Clinic

Who we are:

Dr Mamtha Kumar MBBS, MRCGP, DRCOG, DFFP

Nurse Cher Hall NMC

Caroline Tallack SRCh (podiatrist)

Samantha Meredith (community dietician)

Annual review:

There are two aspects to good care helping you to feel as well as possible, and looking out for early warning signs of complications. Many of these important checks are carried out at your annual review or MOT. You should expect the following, at least annually:

1. Weight and if needed, diet review
2. Blood pressure check
3. HbA1C measurement (for overall control of your diabetes)
4. Discussion of your own blood or urine tests and how you might improve your control if necessary
5. Eye screening examination visual acuity and examination of the back of your eyes with the pupils dilated by means of eye drops
6. Examination of your feet with referral to the chiropodist if necessary
7. Urine test (for protein and signs of infection that may not be causing symptoms. We will ask you to do a special test for microalbumin (very small amounts of protein) in your urine
8. Review of your cholesterol level and treatment if necessary

What we expect of you:

Managing your diabetes must be a partnership between patient and health professionals. It is our job to give you good advice and to check you over. We cannot control your diabetes for you. After all, it is you that have to live with your condition all day, every day. We will try to give you the information that you need to make your own day-to-day decisions on your care. In other words you must take responsibility for yourself.

Together we can work to help you achieve the best quality of life with the least risk of serious complications!

Important facts:

Diabetes remains an important disorder, but good management can reduce risks. The outlook has never been better!

1. Better blood sugar control reduces the risks of complications

2. Treating high blood pressure rigorously can prevent kidney disease, stroke and heart problems which are major risks for people with diabetes
3. Modifying lifestyle (such as increasing physical activity, stopping smoking, reducing alcohol and fat intake) can substantially reduce the risk of stroke and heart attack
4. Good foot care can reduce the risk of complications by 50%
5. Regular eye examinations and treatment with laser can prevent blindness
6. New, more sophisticated tests for diabetic kidney disease (nephropathy) can prevent kidney failure