



KINGSBURY HEALTH AND WELLBEING

NEWSLETTER - ISSUE 4

MARCH 2017



245 Stag Lane
Kingsbury
NW9 0EF

Tel: 020 8204 0777

Fax: 020 8206 0602

Web: www.kingsburyhealthandwellbeing.com

INTRODUCTION

Welcome to our Newsletter

Contents:

1. Prediabetes
2. Appointments
3. Easter opening hours
4. Local Useful Numbers
5. PPG - Patient Participation Group
6. Reduce Medicine Wastage

PREDIABETES - (Borderline Diabetes)



The number of adults with prediabetes is growing - 1 in 3 adults in England has prediabetes

- ♦ Prediabetes, also commonly referred to as borderline diabetes, is a metabolic condition and growing global problem that is closely tied to **obesity or being overweight**.
- ♦ If undiagnosed or untreated, prediabetes can develop into type 2 diabetes

WHAT IS PREDIABETES?

- ♦ Prediabetes is characterised by the presence of blood glucose levels that are higher than normal but not yet high enough to be classed as diabetes.

For this reason, prediabetes is often described as the "grey area" between normal blood sugar and diabetic levels. In the UK, around 7 million people are estimated to have prediabetes and thus have a high risk for developing type 2 diabetes.

RISK FACTORS are patients who:

- are overweight or obese;
- have a close relative (parent or sibling) who currently has or has had diabetes;
- have high blood pressure, low HDL ('good' cholesterol) or high triglycerides;
- are over the age of 40;
- have given birth to a baby who weighed over 9 pounds (4.082 kilograms).

Patients from the following racial groups:

- Afro-Caribbean
- South Asian

CAN I STOP PREDIABETES DEVELOPING INTO TYPE 2 DIABETES?

The good news is that cases of prediabetes that are identified early on can be reversed, preventing them from progressing into full-blown type 2 diabetes.

Each year in the UK, 5% to 10% of people diagnosed with prediabetes go on to develop type 2 diabetes.

The two principal factors for consideration are:

Making changes to your diet and **Appropriate physical exercise to your lifestyle**



Find out more at Diabetes.co.uk



Appointments

Surgery Opening Times:

	am	pm
Monday	8.00	6.30
Tuesday	8.00	6.30
Wednesday	8.00	6.30
Thursday	8.00	6.30
Friday	8.00	6.30

We offer appointments during our opening hours with GPs, Nurses and Health Care Assistants.

In addition to this:

- We offer extended hours appointments on a **Saturday** with the **Practice Nurse 9-12am**.
- Also, on **Monday and Wednesday** evenings we run a GP extended hours Hub for overflow patients for local practices including our own from **6-9pm** by appointment and also on **Saturday mornings**.
- This is a popular service and you can access these appointments by speaking to a GP in the week OR if you call **111** out of hours they may offer you our Hub or other local GP access hubs.
- The waiting times are shorter than Walk in Centres and A&E and we have access to your GP records.



OPENING HOURS OVER EASTER

Easter Friday 14 April	Practice Closed
Saturday 15 April	9am-12pm and Hub will be open
Sunday 16 April	Practice Closed
Monday 17 April	Practice Closed
Tuesday 18 April	normal opening hours



Useful Telephone numbers

Northwick Park Hospital

020 8864 3232

Edgware Community Hospital

020 8952 2381

020 8732 6459 Walk in Centre

Social Services Brent

020 8937 4421

Brent Council

020 8937 1234

Harrow Council

020 8422 7850

(In emergency 020 8863 5611)

Drugs support and Alcohol Brent (Addaction)

020 8459 9510

Alcoholics Anonymous 10am to 10pm

020 7833 0022

020 7407 0700

Gum Clinic NPH

020 8869 3142 / 020 8869 3239

Health Visitor

020 8736 7115

District Nurse Brent

020 8736 7067

Church Lane Children's Centre Kingsbury

020 8937 3890

Friends of Eton Grove Park

020 8963 298

Police

101

Emergency 999

PPG MEETING

THURSDAY 1st June - 7.00-800pm

Meetings held at the surgery every 3 months include doctors, staff and patients.

**We listen and have a say
Please be proactive and join us.**

REASONS YOU SHOULD ONLY ORDER THE MEDICINES YOU NEED - WASTED MEDICINES MEANS WASTED MILLIONS

 NHS
Brent
Clinical Commissioning Group



An estimated £300 million of NHS prescribed medicines are wasted each year

Need it?

Only order what you need - check your stock at home before ordering your repeat prescription.

Order it.

Your GP practice or local pharmacy can help you to order all the medicines you take regularly, together at the same time.

USE IT!

Unwanted medication cannot be reused, it has to be destroyed even if it is sealed. If you want to dispose of unwanted medication, you can do so safely at your local pharmacy.



Remember only order what you need

With special thanks to the Medicines Management Team at Eastern Cheshire CCG, South Cheshire CCG and Vale Royal CCG who have kindly agreed to Brent CCG adapting promotional material for use in this local waste management campaign.

NHS Brent Health App is your one stop guide to a range of local health and wellbeing services, at the touch of a button. This is a free app you can download from Apps Stores.

Key features include:

- Book a GP appointment via the app
- Order repeat prescriptions via the app
- NHS symptoms checker
- Find local NHS services in Brent close to your home
- Links to self-care information
- News & information about your local NHS

NHS Brent Health App is your one stop guide to a range of local health and wellbeing services, at the touch of a button



NHS Brent Health App

The image displays two screenshots of the NHS Brent Health App. The top screenshot shows the home screen with a blue header and a grid of service icons: GP Appointments & Prescriptions, Health Advice, Find Local Health Services, and Plan Your Journey. A search bar and a 'Check your symptoms and get advice' section are also visible. The bottom screenshot shows a 'How To Look After Myself' page with a list of self-care topics such as Men's Health, Lifestyle, CBT for Mental Wellbeing, Mental Health, Surgery & Procedures Info, and Bereavement.