



Welcome to the summer newsletter for The Highlands Practice. Along with our latest surgery news, we will be looking the types of appointments available at the “Hub”, and the online consulting services available. We will also be talking about the way we use your information in view of the new GDPR legislation and about types of diabetes, causes and treatment.

### **Appointments Available at The Hub**

Many of you will now be familiar with our new system at the Hub, which is based at Fareham Community Hospital. This system enables us to offer more same day appointments and additional evening/weekend appointments, to be seen by a locally-based healthcare professional – the service is led by GPs but also includes other staff such as nurses, advanced nurse practitioners, and healthcare assistants. We can also offer appointments to assess musculoskeletal (MSK) problems with direct access to a specialist MSK practitioner.

### **CONSULT YOUR DOCTOR ONLINE (Over 18's)**

Visit the surgery website to get treatment and feedback from your own GP. **How does this work?**

1. Visit the surgery website and click on **“Consult Online”**.
2. Find your health condition and fill out a simple online questionnaire.
3. Your GP will get back to you with feedback and treatment options.

### **SICK NOTE EXTENSIONS ONLINE**

If you require an extension to your sick note in the future, please request it online (no log-in or password required).

<https://highlandsmedicalcentre.webgp.com/>

Click **“I want administrative help”** and submit your request.

## **DATA PROTECTION**

### **How we use your information**

- We collect and hold data about you for the purposes of providing safe and effective healthcare
- Your information may be shared with our partner organisations to audit services and help provide you with better care
- Information sharing is subject to strict agreements on how it is used
- We will only share your information outside of our partner organisations with your consent\*
- If you are happy with how we use your information you do not need to do anything
- If you do not want your information to be used for any purpose beyond providing your care please let us know so we can code your record appropriately
- You can object to sharing information with other health care providers but if this limits your treatment options we will tell you
- Our guiding principle is that we are holding your information in the strictest confidence
- For more information about who are partner organisations and how your data is used please see the privacy notice on our website or ask at reception.

\*Unless the health & safety of others is at risk, the law requires it or it is required to carry out a statutory function.

**Please contact the surgery to update your records should you have recently changed your name, address or telephone number.**

# DIABETES

**Diabetes** is a lifelong condition that causes a person's blood sugar level to become too high. There are two main types of diabetes:

**Type 1 diabetes** – where the body's immune system attacks and destroys the cells that produce insulin

**Type 2 diabetes** – where the body doesn't produce enough insulin, or the body's cells don't react to insulin

Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2. During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as **gestational diabetes**.

**Pre-diabetes** - Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased. It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

**When to see a doctor** - Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include: feeling very thirsty, urinating more frequently than usual, particularly at night, feeling very tired, weight loss and loss of muscle bulk, , frequent episodes of thrush, cuts or wounds that heal slowly, blurred vision.

Type 1 diabetes can develop quickly over weeks or even days. Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.

## **Causes of diabetes**

The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).

When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy.

However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced doesn't work properly. Although there are no lifestyle changes you can make to lower your risk of type 1 diabetes, type 2 diabetes is often linked to being overweight.

## **Living with diabetes**

If you're diagnosed with diabetes, you'll need to **eat healthily**, take **regular exercise**, and **maintain a healthy weight** and carry out regular blood tests to ensure your blood glucose levels stay balanced. People diagnosed with type 1 diabetes also require regular insulin injections for the rest of their life.

## **Diabetic eye screening**

Everyone with diabetes aged 12 or over should be invited to have their eyes screened once a year.

If you have diabetes, your eyes are at risk from diabetic retinopathy, a condition that can lead to sight loss if it's not treated.

Screening, which involves a half-hour check to examine the back of the eyes, is a way of detecting the condition early so it can be treated more effectively.

*Source – NHS Choices*

*Page last reviewed: 12/07/2016*

*Next review due: 12/07/2019*

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### ***Beat the Heat***

*Place a bowl of ice in front of a blower to cool a room.*

*Have plenty of cold drinks and avoid excess alcohol and caffeine.*

*Place your feet in a bowl of cool water, especially before bedtime.*

*Keep curtains & blinds closed in sunny rooms.*

*Walk in the shade, apply sunscreen and wear a hat and light clothing.*

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### **Solent Diabetes Association**

has purchased a caravan (mobile home) for diabetic patients use. The criteria for this is that someone in the family/party is a diabetic. There will be a small fee to hire this fully equipped caravan which is based at Pagham, near Chichester and all site facilities can be used. If you would like further details please email [anndick@live.co.uk](mailto:anndick@live.co.uk)

### **FUN FACTS**

The largest muscle in your body is located in your rear end.

The human neck has the same number of vertebrae as a giraffe's neck.

There are 22 bones in the human skull.

The human skull is 80% water.

The average human head weighs about 8 pounds.

## **The Electronic Prescription Service (EPS)**



If you get regular prescriptions, the Electronic Prescription Service (EPS) may be able to save you time by avoiding unnecessary trips to your GP. EPS makes it possible for your prescriptions to be sent electronically to the pharmacy or dispenser of your choice. Choosing a pharmacy or dispensing appliance contractor to process your EPS prescription is called nomination.

This means you'll no longer have to collect a paper repeat prescription from your GP practice – instead, you can go straight to the nominated pharmacy or dispensing appliance contractor to pick up your medicines or medical appliances.

Contact the surgery to nominate the place you would like your prescription medicines or appliances to go to in the future.

If you have any comments or suggestions for the next newsletter, please put in writing and address it to:  
Louise English, The Highlands Practice.