

# HEALTHIER YOU

## NHS DIABETES PREVENTION PROGRAMME

Frank Dickens was a self-confessed “pudding man”. He loved lots of food, particularly sugary treats. However that all changed when he was diagnosed with Type 2 diabetes.

Frank, aged 73, from Matlock was diagnosed in February 2004 and this impacted on his lifestyle in a big way.

A routine test at the GPs revealed that his blood sugar levels were high and a follow up test confirmed that he was diabetic.

Frank said: “My diagnosis was a real wakeup call because in my family there has been blindness and amputation caused by diabetes. It really made me think.”

Frank’s GP recommended that he made big changes to his diet and lifestyle in order to manage his condition.

He joined a gym, lost two stone and has had to say goodbye to some of his favourite treats.

He said: “I was a pudding, beer and pie man, but no more.”

Frank added: “It was a real learning curve for me as I was overweight and had an unhealthy lifestyle. It was all about learning that diet and exercise is really important to managing the condition.



“Little changes add up to a big difference. For example when we go shopping I park the car further away so I have to walk or I use the stairs not the lift.”

Even a new hip in 2011 hasn't stopped Frank from his healthy ways and his hard work has payed off as he is currently managing his condition purely on diet and exercise.

He's not on medication or insulin and his blood sugar levels have lowered to normal levels. However Type 2 is progressive and this could change in the future.

Type 2 diabetes is preventable in the majority of cases and lifestyle changes can play a big part in stopping the condition from developing.

Patients at high risk of Type 2 diabetes in Derby and Derbyshire are benefitting from a new programme to help them avoid developing the condition.

The Healthier You: Derby and Derbyshire Diabetes Prevention Programme aims to help patients at risk of developing Type 2 Diabetes to make changes to their lifestyles.

GPs invite people they know to be at high risk to enrol on the programme for tailored help.

The nine month programme, delivered by ICS Healthcare, includes education on healthy eating and lifestyle changes as well as bespoke physical exercise sessions, all of which have been proven to reduce the risk of developing the disease.

He said “I would heartily encourage people to take part in the new Derby and Derbyshire Diabetes Prevention Programme if they are invited onto it.

“Diabetes can cause an awful lot of damage if you ignore it and prevention plays a big part in avoiding diabetes to begin with.

“If you are concerned that you might be at risk then go to your GP, get tested and make the changes now before it is too late.”

For information and support around diabetes visit [www.derbyshire.gov.uk/diabetes](http://www.derbyshire.gov.uk/diabetes)

To learn more about the Derby and Derbyshire Diabetes Prevention Programme visit [www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)