



MIDDLESTOWN PATIENT PARTICIPATION GROUP



ARE YOU AT RISK OF DIABETES?

Diabetes is becoming an increasing problem for many of us with more new patients being identified every year. Because it can be a cause of many other serious problems such as kidney disease, stroke, heart disease, eye disease and nerve and circulatory damage to the foot we feel you should be aware of how much risk you have of this condition.

Diabetes is usually classified as type I and type II.

Type I diabetes is caused by an immune reaction causing loss of insulin production. It usually causes severe thirst and frequent urination. Treatment is usually by replacing the lost insulin. This is much less common than type II diabetes.

Type II diabetes is less straightforward. It appears to be caused by a combination of lifestyle and some genetic factors. The symptoms are much less well defined. It is quite common for people to be diagnosed without any symptoms. Type II diabetes affects how the body responds to insulin, and so usually treatment in the early stages involves lifestyle changes and medication rather than insulin.

You are more at risk of diabetes if you have a larger waist or are overweight, have parents brothers or sisters with diabetes or if you have had high blood pressure, heart disease or stroke. It is more common in people of African Caribbean, Black African, Chinese or South Asian descent, particularly over the age of 40. It is also more common in people with major mental health problems. For women a history of polycystic ovaries, diabetes in pregnancy or having a baby over 4.5 kg in weight also increases your risk.

You can assess your own risk online at <http://riskscore.diabetes.org.uk/start> or ask us to do this for you.

The best way to reduce your risk of diabetes is to manage your weight, eat well and be active. We recommend Diabetes UK (www.diabetes.org.uk) as a very useful source of information. Why not ask for a health check if you are concerned about your own personal risk?

WestWakefield 
health and wellbeing

The West Wakefield Directory is here to help you find services and information in the area, as well as support your health and wellbeing. You can find out about council, health and voluntary sector services using this site.

The Directory has been specifically designed to look for information from Facebook, Meetup and many other sources on the web, and it pulls all of this together into one place for you.

www.directory.westwakefield.org.uk

All comments about the Directory gratefully received at info@westwakefield.org.uk

Come along to the Middlestown surgery on Thursday 23 July for our next **One Day** event. Look at what is on offer concerning diabetes and stroke. Diabetes UK and the Stroke Association will be in the surgery from 9 - 11am.

We shall also have leaflets from other groups for you to take away.



Tip for a healthy lifestyle:

Limit alcohol. Regularly exceeding 3 to 4 units a day for men (less than 2 pints of 4% alcohol beer) or 2 to 3 units for women (less than 1 large glass of 13% alcohol wine) can increase your risk of health problems, including damage to your heart and certain cancers.

Look out for the West Wakefield Health Pod at Emley Show on 1 August





SIGNS OF STROKE

You can e-mail your thoughts and ideas to us at:

Middlestown.ppgroup@wakefieldccg.nhs.uk

Please be aware that we cannot enter into any discussion regarding your own health, the treatment you receive from the surgery, handle any complaints or deal with any other confidential issues arising from your own personal circumstances.



**Got an appointment?
Please - keep it or cancel it.
Thank you**

DISPENSARY INFORMATION

Middlestown Medical Centre dispensary deals with requests for repeat and acute medications. Repeat medication requests should be made in writing, wherever possible, by fax or e-mail, or by telephone. You can also order medication via systmonline. To do this you must be over 12 years old. Please ask for your login on details and password from reception; you will need proof of identity and address.

Acute medication: Prescriptions given when you have seen a clinician or a request from you over the phone e.g. painkillers, antibiotics. If it was a request over the phone patients are asked to ring dispensary to ensure that the medication has been authorised and that the item is ready before collection.

Demand Repeat: Requests for items from your repeat screen that have been authorised by the GP/Nurse already. Requests for this type of repeat take up to 2 working days to process. Ideal for patients who don't need all items every month.

Automatic Repeat: When collecting monthly prescriptions/medication, items are ticked on repeat slip ready for collection 28 days later. Patients will be informed of the date when future issue is due.

Practice policy is 28 days' supply only of repeat medication. **If you don't need an item you must inform dispensary at the time of ordering.**

Non Dispensing patients. The Royal Pharmaceutical Society Law states that patients living within a mile radius (as the crow flies) of a community pharmacy have their prescriptions dispensed there via one of these ways.

Paper prescriptions: Collected from the surgery. Patients can take these to a pharmacy of their choice.

Electronic/paper: Patients nominate a pharmacy to collect their paper or receive electronic prescriptions; they can also order medication. Patients need to discuss this with their chosen pharmacy.

For patients living outside the mile radius (Emley, Flockton, Grange Moor, West Bretton) the dispensary at MMC will dispense acute/repeat medication. These can be collected from Middlestown or from Emley/Flockton during opening times.

Delivery can be arranged for housebound patients.

Middlestown Dispensary contact information

Direct dial telephone: 01924 237106

Direct fax: 01924 237110

Email: middlestown.dispensary@wakefieldccg.nhs.uk

Or on the web via systmonline



You can also view this Newsletter on our PPG webpage at www.middlestownmedicalcentre.nhs.uk
Please pass this Newsletter on to family or friends after you have finished with it.

Our next Newsletter is due 19 October - the next One Day event Thursday 29 October