



Diabetes Self-Help Group©

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# SPRING NEWSLETTER

## YOUR HEALTH THROUGH NATURE



### Eye Screening NHS

Jennie Birkins is a Team Leader of the service 'Diabetes Eye Screening Patient'. She visited the neighbourhood centre this month, providing detailed information about the importance of eye-screening, in relation to Diabetic patients.

The eye-screening detects the condition of 'Diabetic Retinopathy'. This is one of the most common causes of sight loss among people of working age. It happens when diabetes affects the small blood vessels, damaging the part of the eye called the Retina. Diabetic relied upon for other conditions.

#### Why eye-screening is needed?

Screening is a way of detecting the condition early before you notice any changes to your vision. Diabetic retinopathy doesn't usually cause any noticeable symptoms in the early stages. According to the NHS, if retinopathy is detected early, treatment can stop it getting worse. Once the symptoms become noticeable, it can be much more difficult to treat. This is the main reason for why the NHS Diabetic eye-screening was introduced.

#### When is it offered?

Everyone with diabetes who is 12 years of age or over, should be invited to have their eyes screened once a year. You would receive a letter from your local diabetic eye screening service.

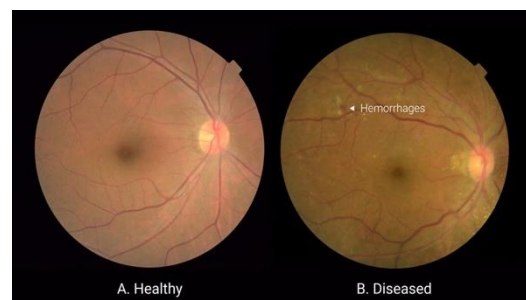
#### What happens during the diabetic eye-screening?

When you arrive, the procedure will be explained to you and it will last 30 minutes in total. You will be given eye drops to enlarge your pupils, which takes 15-20 minutes. There are also photographs taken of the eye (as shown below in image 1).

### Did you know...



The beginning of May 2011 saw the introduction of the new OCT (Optical Coherence Tomography) machine, which is shown on the left.



The above picture shows the eye. The left image (A) shows a healthy eye, whereas the right image (B) shows a diseased eye of Diabetes.

## WHATS NEW...



## NATIONAL YOGA DAY – 21<sup>st</sup> June

International Day of Yoga, or commonly and unofficially referred to as Yoga day. It has been celebrated annually on 21<sup>st</sup> June 2015 because it was declared unanimously by the United Nations.

**What is Yoga?** Physical, mental and spiritual practice originated in India

**Origin of international day of Yoga?** The idea was proposed by the current prime minister of India, Mr Narendra Modi during his speech in 2014 at UNGA.

**Did you know?** On Wednesdays at the Neighbourhood centre in Belgrave (Leicester), the diabetes self-help group does many activities. From speaking and learning from professional speakers, to fun games! We also fit in 10-15 minutes of exercise before or after the session. Come and join to find out!

### BBC RADIO LEICESTER VISIT (25<sup>th</sup> June)

On 25<sup>th</sup> June 2018, Dr Sonal Bhavsar visited BBC radio Leicester to talk about the Diabetes Self-Help Group and general health and well-being for Diabetic patients. She spoke about several aspects:

- How to properly carry out self-management
- Being aware of the personal lifestyle: what is being consumed because diet is of main concern for diabetic patients.
- Importance of the types of foods that should be consumed.



➤ If you would like more information about Diabetes, please visit the website or contact the group

### BRITISH SOUTH ASIAN NARRATIVES OF DIABETES (27<sup>th</sup> June) a knowledge exchange workshop for patients, public and health professionals at the Leicester General Hospital

A programme was held at the Leicester General Hospital, where professionals from University of Oxford, Leicester and Edinburgh, spoke about the current research into British Asian experiences.

Some professionals spoke about the research findings from Leicester and supporting self-management for better health in type 2 diabetes.

Another spoke about developing a culturally appropriate healthy lifestyle involvement for women of Pakistani origin in Scotland.

There were also members of the public who spoke about their personal experiences.

The final talk was given by Dr Sonal Bhavsar, who spoke about her own experience. She also talked about the Diabetes Self-help group, which is based in Leicester, aiming at South Asians.

### Volunteers Needed!

Are you interested in Diabetes or Health and Well-being? Do you want to make a difference in the community? Look no further and contact the Diabetes Self-Help Group to make a change!

Recently, two graduates have joined the Diabetes Self-Help Group. They have come from De Montfort University and their aim is to support the group and help with administrative tasks and the websites.

Last week, Omer carried out a talk about technology (as seen in the picture below) If you would like more information on that, please go on to the website to access the Spring Newsletter.

