Type 2 Diabetes Meeting

26 June 2024

Mortimer Surgery Patient Participation Group held a public meeting on the topic ‘Type 2 Diabettes, Health Promotion. Avoidance and Control’ at St John’s Hall and welcomed speakers from the Royal Berkshire Hospital and from Everyone Active. An interested and involved audience heard first from Dr El Saeed about the nature of diabetes, causes and treatments, and the stigma which some people experience when diagnosed. ‘Keep Calm and Prepare for a Tsunami’ was his concluding message. Dr Theingi Aung followed up with a discussion of the condition of Diabesity, which is diabetes as a result of obesity, and how this can be avoided with attention to diet and exercise. The vicious circle of development of obesity resulting in reduced ability to process sugars and increased blood sugar levels (which can result in serious harm) can be stopped and reversed with these measures. Her colleague, Jackie, a dietician, described how to achieve a balanced diet and assess a sensible portion size, plus ways of avoiding snacking or over eating at home or when eating out. The modern trend for using extra large plates is one to resist! Finally Steph Irfan from Everyone Active described the many options for people in West Berkshire of any age to achieve higher physical activity levels. The Exercise Referral Scheme can be a route to increasing exercise frequency and effectiveness through enjoyable and sociable activities, bringing many health benefits including reduced risk of T2D development or exacerbation.

John Bagshaw, Vice Chair Mortimer Surgery PPG