

To: Swindon GPs, Practice Diabetes Nurses,
Practice Managers

Great Western Hospitals 
NHS Foundation Trust

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Dear Colleagues,

Re: Swindon Guidelines on Managing at High Risk of Developing Type2 Diabetes

As you are already aware, the number of people diagnosed with diabetes has more than doubled over the last 10 years. That means around 700 are newly diagnosed every day. This crisis shows no sign of stopping. Whilst Type1 diabetes can't be prevented, a major risk factor for developing Type2 diabetes is being overweight or obese. About 2 in 3 people in the UK are overweight or obese and there are now 11.9 million people at an increased risk of developing Type2 diabetes.

We know that if we are able to reduce the nation's weight issues, we could prevent the large majority of Type2 diabetes cases. It is also vital that we identify those who have Type2 diabetes as early as possible to help people control their condition and reduce their risk of complications.

Together with Fiona Dickins, our Public Health Manager, we have prepared for you the local guidance on "Managing People at High Risk of Developing Type2 Diabetes", summarising recent NICE recommendations and local resources. I attach the guidance with this letter and they are also available via <http://www.swindondiabetes.co.uk/PROFESSIONALS/swindon-diabetes-guidelines/>. I really hope it may help you in everyday practice and would appreciate your comments.

I am delighted to inform you of an introduction of the **Live Well Swindon Hub** by Swindon Borough Council, which provides one point of access to all of the services delivered by the Community Health and Wellbeing Team in Swindon.

If you are working with a patient who would benefit from information, advice and support on key behaviour changes, such as weight management, stop smoking, physical activity you can make a referral to Live Well Swindon. The Hub offers an information and triage system helping to signpost patients to the best service to meet their needs. Having this one point of contact means that you don't necessarily need to know the name of the project or service; you can simply refer to Live Well Swindon and they can do the rest. The Hub will confirm receipt of the referral and will make contact with the client within 5 working days. This initial conversation will help identify the available options for the patient. **Individuals can self-referral to Live Well Swindon by contacting the Hub by 01793 465513.**

For further information please contact the Hub by calling 01793 465513 or email livewell@swindon.gov.uk or livewellswindon@nhs.net.

I also encourage you to use diabetes information prescriptions “Eat Well: Reduce Your Risk of Type 2 Diabetes” and “Be Active: Reduce Your Risk of Type 2 Diabetes”, recently developed by Diabetes UK (attached). You can also print out these prescriptions from <http://www.swindondiabetes.co.uk/PROFESSIONALS/publications-reports-resources/information-prescriptions>.

For instructions on how to get information prescriptions in your IT system, please go to <https://www.diabetes.org.uk/Professionals/Resources/Resources-to-improve-your-clinical-practice/Information-Prescriptions-QA/>.

With kind regards

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