

CROSS DEEP SURGERY



Bulletin

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Every 2 minutes somebody finds out that they have Type 2 diabetes. There is no cure for this chronic medical condition which can lead to major health problems. The NHS Diabetes Prevention Programme offers free support to those who have been told they are at risk of developing Type 2 diabetes. The Prevention Programme will help you to take control of your health, supporting you to make changes to your diet, weight and the amount of exercise you do.

If you have been told you are at risk of developing Type 2 diabetes and haven't already been referred to the service, please speak to your doctor.

Here at Cross Deep, under the auspices of Dr Faisal Islam, we offer weekly dedicated diabetic review appointments. Once a month Dr Islam and a diabetic specialist nurse from Hounslow and Richmond Community Healthcare (HRCH) run a joint



clinic for patients with Type 1 diabetes and complex Type 2 diabetes. Dr Islam has recently joined the Kingston and Richmond steering group as the Richmond clinical lead. With the help of a specialist dietician from HRCH we are carrying out a low carbohydrate trial for a group of patients with Type 2 diabetes to see if we can improve their diabetes control and reduce the number of

medications they are on. We are three months into the trial and initial results are encouraging. If the trial is successful we hope to set up a patient-run support group.

Incidentally, the HRCH Diabetic Clinical Team have won a Clinical Team of the Year Award so it's congratulations to them as well as thanks from both staff and patients for the advice and support the team provides.

WANT TO LOSE WEIGHT? Forget the fad diets

After the Christmas and New Year celebrations, a lot of us are finding that our waistbands are straining rather more than somewhat and that the time has come to shed a few pounds.

Newspapers and magazines are full of celebrity-recommended quick-fixes which make amazing claims and it's very tempting to go for one of these fad diets. We've seen the grapefruit diet, the blood type diet, the cabbage soup diet and, one of the latest, the mono diet which limits food intake to just one individual food a day — all promise rapid weight loss.

Fad diets such as these promote weight loss by cutting out food groups or severely restricting calorie intake - initially you might lose weight simply because you are eating less but you will be doing your overall health no good at all. Follow a fad diet for very long and the chances are you will begin to suffer from fatigue, constipation, dehydration and a weakened immune system.

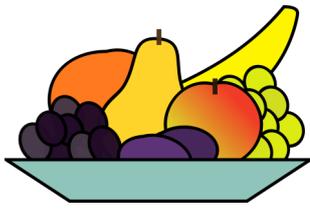
The problems don't end there. A fad diet is unsustainable in the long term— if sheer hunger doesn't intervene and you manage to achieve your target weight, as soon as you come off your extreme diet and go back to your old ways of eating, the pounds will pile back on and you'll probably end up weighing more than you did in the first place. There is evidence to suggest that this pattern of yo-yoing weight loss/weight gain is associated with longer-term weight gain and eating disorders.

In short, there is no "quick fix". However, there are tried and tested ways of losing weight gradually and healthily. Forget the word "diet" and concentrate instead on adopting a healthy, balanced eating regime.

The key to eating healthily is to aim to have at least five servings of fruit and vegetables daily, as well as moderate amounts of carbs, proteins and fats—moderation in all things and portion control will take you a long way towards your goal. If you need some help, organisations such as Weight Watchers and Slimming World can put you on the right track and provide encouragement and support. There are several groups run by Slimming World or Weight Watchers in the area. If you want to have a go by yourself, you might find the healthy eating guide on the following page helpful.

GUIDELINES FOR HEALTHY EATING

1 Fruit, vegetables and salads



Fruit, vegetables and salads are a good source of vitamins, minerals and fibre, essential for our health, but most of us still don't eat enough of them. They should make up

over a third of the food we eat each day – fresh, frozen, tinned, dried or juiced are all fine. Aim to eat at least five portions a day.

2 Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy foods are a good source of energy and the source of a range of nutrients – foods such as potatoes, bread, rice and pasta should make up about a third of the food we eat (but go easy on the chips and roasties – while the potatoes are good for you, the fat or oil in which they are cooked is less so!).

3 Fibre

Eating plenty of fibre is essential to good health. Fruit and vegetables provide fibre—try leaving skins on potatoes— and wholewheat bread and pasta are also higher in fibre than the white varieties. Try adding beans, lentils or chickpeas to stews and curries—they are higher in fibre and protein and lower in fat.

4 Dairy foods

Milk, cheese, yoghurt and fromage frais are an important source of calcium which helps to keep bones healthy. Choose lower-fat and lower-sugar options where possible.

5 Protein

Protein is a component of every cell in your body and is essential in the diet. Without it your body cannot repair or build tissue. Protein is found in fish, eggs, meat, poultry, beans and pulses. Aim for two portions of fish every week, one of which should be oily such as salmon or mackerel. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages – chicken and turkey are healthier options. Pulses such as beans, peas and lentils are good alternatives to meat because they are lower in fat and higher in fibre and protein.

6 Oils, fats and spreads

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. They should be used in moderation. The jury is still out with regard to butter – one school of thought is that it is healthier than margarine or low-fat spreads while another school of thought says exactly the opposite. Whichever school you belong to the answer is moderation – small amounts of butter or margarine are fine.

7 Cakes, biscuits, sugary soft drinks, chocolate, ice creams etc

Such foods have a high fat, salt and sugar content – tempting they might be but they are not needed in a healthy diet so should be eaten less often and in smaller amounts. Regard them as a treat. **Remember too that some ready meals and takeaways often have a very high fat, salt and sugar content** – that's what makes them taste so good – so try to cut down on the amounts you eat.

8 Drink plenty of fluids

The recommended intake is 6-8 cups/glasses a day – water, lower-fat milks, tea, coffee and sugar-free drinks all count.

Fruit juice and smoothies also count towards your fluid consumption but remember that some of them have a high sugar content.



9 Portion control

It is not just the type of food you are eating that's important in a healthy diet, it's the amount and it can be difficult to know how much is too much. A tip is to use your hands as a guide -

- ◆ A portion of protein should be the size of your palm—aim for three portions of protein a day.
- ◆ A portion of fruit or vegetables is your cupped hand—aim for at least five portions of fruit or vegetables a day.
- ◆ A portion of carbohydrate is roughly your clenched fist—aim for one portion at each meal.