



**W**elcome to the seventh edition of the Patient Newsletter. Each month we hope to include a short item by a member of the Patient Reference Group. This month's article was written by Mr. Philip Rawlings regarding diabetic care.

### DIABETES – DIET OR NO DIET?

*"The purpose of the following article is to suggest that it is possible to control diabetes by dietary methods alone.*

*About three years ago a member of my close family was diagnosed with type 2 Diabetes. She was devastated by this, saying that it felt like a life sentence. Metformin was prescribed, to be taken immediately, and a few sheets of information and dietary guidance were issued. The metformin information sheet made such grim reading that she decided to change her diet before taking the drug. The Doctor agreed to this but said it could only be for a short while. The Practice Nurse issued a blood glucose monitor to help "get her head round the problem".*

*After extensive research we developed a low glycaemic vegan diet that we could try. It worked much more quickly than expected, the blood glucose levels normalised within a few weeks. All the six monthly checks gave results within the target zones. Importantly, no metformin was needed! We do not believe that we have "cured" the diabetes, rather we believe it has been reversed and that given we stay on the special diet it will no longer have any impact on our lives.*

*In passing I must thank all the staff involved at the Medical Centre for their help, patience and kindness.*

*Finally, and this is why I have written this article, I am very concerned that no serious dietary help seems to be available from the NHS. Clearly if dietary help was given, especially in the early stages, then medication could be avoided or at the very least reduced."*

Dr Ashworth's comment:

"We thank Mr Rawlings for his frank account of treatment and are pleased that he has found a lifestyle choice that is providing great benefit"

### Carer Support

If you are a Carer who helps and supports someone who cannot manage on their own, we want to ensure you get all the support you need. You could look after a relative, partner, friend or neighbour who has a physical or mental illness.



We offer a one-to-one support service for carers at Mundesley Medical Centre. Appointments are available on a quarterly basis with Kathryn Ackroyd who is a Carer Support Worker. In these sessions carers are offered information, advice, guidance and emotional support. Support at other times is also available. If you would like to make an appointment with Kathryn please contact the Reception Team.

### Dementia Awareness Week

During the week of 18th to the 24th of May Alzheimer's Society will be



promoting Dementia Awareness Week. Throughout the week there will be national and regional press coverage, awareness-raising and fundraising events across England, Wales and Northern Ireland, and a national advertising campaign

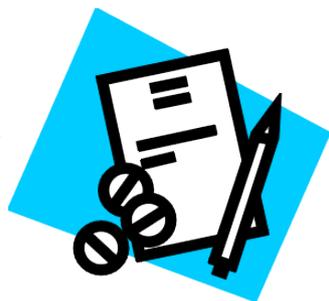
If you are worried that you or someone close to you has dementia, it can be difficult to talk about. If you have concerns regarding memory please see or talk to a clinician about being screened for dementia.

## 4 Ways to Request Your Repeat Prescriptions

A repeat prescription takes 48 hours (two working days) to be processed. You can request your prescription in multiple ways;

1. By using the online service via our website. This is the quickest and most efficient way of ordering your medication. We can supply you with your access details once we have seen some photo identification of you
2. By using our managed repeat service (dispensing patients only). We set a date each month when your regular medication will be ready for you to collect without the need to request it.
3. By telephone voicemail service (01263 724506) giving your name, date of birth, address and the medications you require.
4. By written requests either by post or by putting your request in the box at the Medical Centre.

If you are interested in knowing more about using our online service or managed repeat then please contact the medical centre.



## Are you struggling to manage your medication?

If you are struggling with any aspect of taking your medication then please contact our dispensary (dispensing patients only) to arrange an appointment to talk to one of our dispensers about how we can make this easier for you. This appointment is called a DRUM – Dispensing Review of Use of Medication. If you collect your medication from a pharmacy you can ask for a MUR – medicines usage review. We may be able to alter the packaging of your medication or the way it is taken to make compliance easier.



## Did you know?

### We are a research practice

(Please see the article below)



## Research Practice

Mundesley Medical Centre is actively involved in research. Since 2011 we have been recruiting participants to a variety of studies across Norfolk. In February this year we were ranked 4<sup>th</sup> in Norfolk for our participant recruitment. We currently have 8 studies running including - **SNIFS: Steam Inhalation and Nasal Irrigation For Recurrent Sinusitis**, **WRAP: Weight Loss Referrals for Adults in Primary Care** and **Norfolk Diabetes Prevention Study** to name a few.

The month of May brings the celebration of **National Clinical Trials Day** which is held on **20<sup>th</sup> May** each year to commemorate the day that James Lind began his trials into the causes of scurvy. Thanks to his work carefully regulated clinical trials are currently the most effective way to establish new treatments and care plans to benefit human health.

As you will see in our waiting area a display has been put together to inform all of the patients of the work being done in research, not only at Mundesley Medical Centre but across Norfolk and England. In **2013/14** alone **641,289** people in England took part in over 4000 different research studies

If you would like to be involved in a research study at the surgery please leave your details with a member of the reception team and our research lead will contact you.

## New Doctor

We are pleased to announce that Dr Joseph Kemp, who has been working here as a locum GP, will be joining the practice from the beginning of July as a salaried GP. He will be each Wednesday, Thursday and Friday.

