**Park View Surgery Newsletter March 2024**

Diabetes and Ramadan

### Ramadan in 2024 will run from on or around Sunday 10 March for 29 or 30 days, ending with Eid al-Fitr, a religious holiday celebrated by Muslims worldwide. Factsheets about diabetes and Ramadan, which includes information about fasting and managing your diabetes during this time. The factsheet has been developed in partnership with BIMA.

These are available from reception or by ordering or downloading: https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan#risks

Risks of fasting

It is important to discuss with your healthcare team how living with diabetes and following Ramadan could put your health at risk. Understanding your risk will depend on:

The type of diabetes you are living with.

If you are currently keeping your average blood sugar level (HbA1c) in a healthy range for you

The type of medication you use to manage your diabetes

If you take medications that put you at risk of [**hypoglycaemia**](https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos), such as sulphonylureas and insulin

If you're living with [**diabetes complications**](https://www.diabetes.org.uk/guide-to-diabetes/complications) such as poor vision, nerve damage, heart or kidney disease. There is a high risk that fasting could make these health conditions worse.

Pharmacy First

Pharmacists can give you advice on a range of conditions and suggest medicines that can help.

They may also be able to offer treatment and some prescription medicine for some conditions, without you needing to see a GP (this is called Pharmacy First). Conditions they can treat as part of Pharmacy First are:

* earache (aged 1 to 17 years)
* impetigo (aged 1 year and over)
* infected insect bites (aged 1 year and over)
* shingles (aged 18 years and over)
* sinusitis (aged 12 years and over)
* sore throat (aged 5 years and over)
* urinary tract infections or UTIs (women aged 16 to 64 years)

If you go to a pharmacy with one of these conditions, the pharmacist will offer you advice and or treatment.

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| Social Prescribing Link Workers  Social prescribing link workers help with non-medical issues that maybe causing worries that affect your health and wellbeing. Social prescribers look at social, emotional, and practical support. They work on the ethos: ‘What matters to me’.  Social prescribers can help create an action plan for everyone, looking at goal setting and how great outcomes can be achieved.  Social prescribers use health coaching skills, along with knowledge of local statutory and community services to help patients build their confidence, feel empowered and achieve their goals with the aim to improve their quality of life.  A wide range of support is available:  Social Isolation/Loneliness Bereavement Nutrition Gambling  Education/training Mental health Relationship & Families Carer’s support  Employment Finances & Benefits Mobility/transport Veterans  Volunteering Debt advice/money management Learning/Leisure Legal advice  Housing/homelessness Health & Fitness Alcohol/substance misuse And much, much more…….  Please advice a member of reception staff who can create this referral for you. |

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