

# Beacon Medical Practice

## Patient Newsletter



Summer 2017

### Diabetes and Weight Loss

- Type 2 diabetes is very closely associated with weight, with over 90% of newly diagnosed type 2 diabetics above their ideal weight.
- Being overweight can hurt your confidence, and getting back to a healthy weight can seem like a never-ending challenge.
- Losing some weight could both prevent you from developing diabetes, and help you to better manage your condition if you have already been diagnosed with diabetes.

### First things first - Weigh yourself

- First off, work out how overweight you actually are. For many people, weighing yourself is the first step to weighing less.
- Most people will have an intuitive sense of what a healthy weight is for them, but understanding how much you have to lose can make all the difference in having clear goals.
- Talking about weight loss can be tough, particularly if you do not know your doctor or Diabetes specialist very well, but understanding weight loss can make all the

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### Sunscreen & Sun Safety

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

### Sun safety tips

- Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.
- Make sure you:
  - spend time in the shade between 11am and 3pm
  - make sure you never burn
  - cover up with suitable clothing and sunglasses
  - take extra care with children
  - use at least factor 15 sunscreen

### What factor sunscreen should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection

Make sure the sunscreen is not past its expiry date and don't spend any longer in the sun than you would without sunscreen.

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difference.

## Get ready to lose weight and keep motivated

- Getting into the right frame of mind to lose weight can be half the battle for some people. Get your head in good shape and allow the body to follow.

### What can you do?

- Read up as much as you can, including topics such as diabetes and obesity, and diabetes and metabolic syndrome.
- That way you will understand your risks and what you have to do.
- Diabetes prevention starts with losing weight.
- First things first, discuss weight loss and an individual program with your health care team.
- Take things slowly at first, and take one step at a time.

## Which diet will help me to lose weight?

- The diet industry is huge, but how do you pick a sensible diet?
- Many diets involve reducing or restricting certain foods which makes some diets more or less appropriate for certain types of people.
- If you need help choosing which diet to pick, a dietitian will be able to assist you in making a suitable choice.



## Swimming and sunscreen

Water washes sunscreen off! Sunscreen should be reapplied straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.

## Children and sun protection

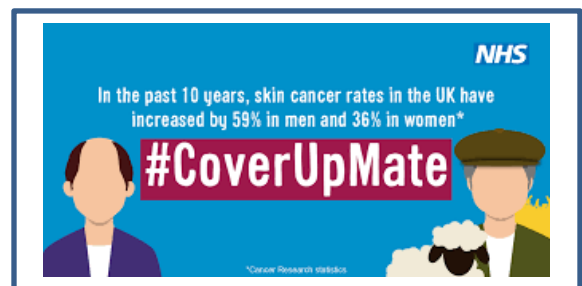
Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life. Children aged less than six months should be kept out of direct strong sunlight. From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade – particularly from 11am to 3pm
- wear at least SPF15 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet, and backs of hands.

**For more information on looking after yourself and your family in the sun, visit:**

[www.nhs.uk/Livewell/skin/Pages/SunSAFE](http://www.nhs.uk/Livewell/skin/Pages/SunSAFE)



## Feedback, Comments or Issues

Your views are important to us. If you have any comments about the Practice, there are suggestion boxes at all 3 sites that are reviewed by our PPG (Patient Participation Group) and at our staff meetings.

