

TESTPATIENT, Jimmy (Master)

145, East Ferry Road, London, E14

08-Jan-2015

Dear Master Testpatient ,

Thank you for coming to the surgery for the first part of your diabetes annual review. We are enclosing the results from the tests that we took on that day with this letter.

### **What you need to do now**

It is important that we discuss these results together so we can help you plan your care to stay healthy in the year ahead. To make sure we are putting your needs at the centre of this process, please complete Your Goals sheet and bring it with you at your next appointment.


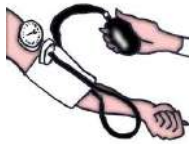




An appointment has been booked for you on **qweqw** at: **qweqw**. If this date does not suit you, to rebook, please call us on: 02073631111.

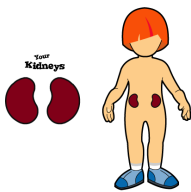




Please try to remember to bring all your medicine with you including any you may take for other health problems, and this letter with the enclosed form. If you have blood glucose meter, please bring it with you, along with your blood sugar result book (if you have one).

Yours sincerely,

## Results for Master Jimmy Testpatient

These are the results of your diabetes tests. We will discuss what the tests mean for you at your next appointment.

	<p><b>Blood Sugar</b>          Keeping your blood glucose levels under control can help lower your risk of future complications. The HbA1C figure gives us an idea how well you are doing. The units have changed recently.</p> <p><b>Better below 58</b></p>	<p>Your HbA1c</p>
	<p><b>Blood Pressure</b>          High blood pressure can put you at greater risk of having a heart attack or stroke</p> <p><b>Better below 140/80 or 130/80 if you have heart or kidney disease</b></p>	<p>Your BP</p> <p><b>21-Mar-2013 : 140/90</b></p> <p><b>14-Mar-2013 : 149/90</b></p>
	<p><b>Cholesterol</b>          Cholesterol is a fat in the blood. Protecting with a statin tablet for all patients with diabetes can limit the risk of heart disease.</p> <p><b>Better below 4</b></p>	<p>Your Cholesterol</p>
	<p><b>Weight and diet</b>          Being overweight increases the risk of many medical conditions including heart disease and arthritis and can make your glucose and BP more difficult to control. The BMI figure is a way of looking at your weight adjusted for your height.</p> <p><b>Better between 19 and 25</b></p>	<p>Your BMI</p> <p><b>10-Oct-2012 : 16.9</b></p> <p><b>17-Sep-2012 : 56.5</b></p>
	<p><b>Smoking</b>          Smoking causes many problems with your health, but is particularly damaging in people with diabetes.</p> <p><b>Stopping smoking is the single most important thing you can do.</b></p>	<p>Your Smoking Status</p> <p><b>02-Apr-2013 Cigarette smoker : 10</b></p>
	<p><b>Exercise</b>          Regular exercise will improve your health.</p>	<p>Your Exercise Rating</p> <p><b>17-Nov-2011 GPPAQ physical activity index: moderately inactive</b></p>

	<p><b>Kidneys</b>          We test your kidneys using a blood test and a urine test. Diabetes can damage the kidneys. We measure how well they are working to identify any problems at an early stage so that we can try to minimise further damage.  <b>eGFR: better above 60</b></p> <p><b>Urine albumin creatinine ratio: better below 2.6</b></p>	<p>Your Latest Kidney Tests</p> <p><b>eGFR</b></p> <p><b>Urine Albumin Creatinine Ratio</b></p>
	<p><b>Eyes</b>          Diabetes is the commonest cause of blindness. Blindness may be prevented if any changes in your eyes are detected early enough. We measure how healthy your eyes are using a simple and painless test called retinal screening, usually once a year. <b>You need to have a yearly digital retinal screen. If your last test was more than a year ago, we will need to contact the screening department</b></p>	<p>Your last Retinal Screening</p> <p>Right eye:  <b>02-Jan-2013 O/E - no right diabetic retinopathy</b></p> <p>Left eye  <b>02-Jan-2013 O/E - no left diabetic retinopathy</b></p>
	<p><b>Feet</b>          Your feet need examining to check the blood flow and that there is no damage to your nerves or skin. We will give you an assessment of your current foot risk and details of how to access care in an emergency.</p>	<p>Your Last Foot Check</p> <p>Left foot:</p> <p>Right foot:</p>
	<p><b>Other Issues</b>          If you have any other issues you would like to talk about at your next appointment, please write it down here. For example how your diabetes affects:          Housing/Travel/Sport/Work/Family</p>	
	<p><b>Erectile Dysfunction</b>          Erectile Dysfunction is a common problem amongst men who have diabetes.</p>	
	<p><b>Low Mood</b>          Some people with diabetes feel low in mood. We'd like to try to help if you're experiencing this.</p>	

## Your Goals

**These are some of the things people often want to talk about related to their diabetes. Circle those which you feel you would like to discuss or have some help with when we meet.**

Medical check-ups	Taking medication	Avoiding sugary foods	
Monitoring glucose levels pregnant	Healthier eating	Thinking of getting	
Low mood, sadness or depression	Sexual function problems	Family concerns	
Feeling tired all the time	Physical activity	Smoking	Weight

**What sort of things would you like to work on?**

**What one thing do you want to achieve?**

**How important is it to you?**

**Not important    1    2    3    4    5    6    7    8    9    10    Important**

**What exactly are you going to do? (How, what, when, where)**

**What could get in your way to stop you achieving this goal?**

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**What could you do to reduce this?**

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