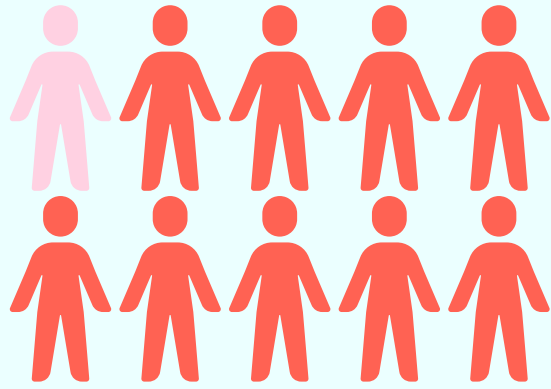


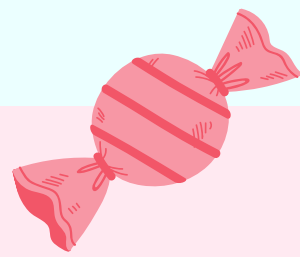
# Diabetes: Annual Review



Of people living with  
Diabetes in the UK have  
Type 2



One in 10 people over 40 are  
now living with Diabetes in  
the UK



## *What happens at the review?*

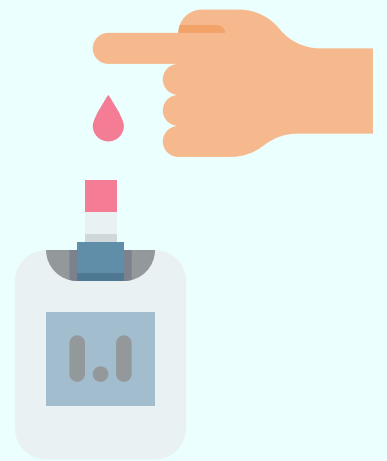
- HbA1c levels (sugar levels)
- Blood pressure
- Screening for complications - eyes, kidneys, feet
- Flu vaccinations
- Sexual wellbeing
- Pregnancy care
- Structured Education

## *HbA1c Levels:*

- Below 42: no concern
- 42-47: diet and lifestyle management
- 48-60: GP appointment within 2 weeks
- >75: same day GP appointment

## *How to monitor:*

- Finger prick blood glucose levels
- HbA1c Blood test



**Sugar is not only found in  
sweets and cakes!**

Learn more at <https://www.diabetes.org.uk/>

Written and Designed by  
Dr Zainab Hussein (2023)

