

## Picking up diabetes

### RFQs

Do you have any symptoms that make you think that you might have diabetes?

- Increase in thirst
- Peeing a lot
- Weight changes
- Feeling more tired

We really should test your urine for sugar....

Provide

Since you have sugar and ketones in your urine I now need a drop of blood from a finger prick to test it for sugar. Ketones can suggest that you are more poorly and that you might need more urgent medical care.

Your blood sugar is high. 11 (or above) mmol/l. I'd like to talk to the diabetes team, and to arrange for you to see them urgently (often today).

Yes I agree, you are above your ideal weight. Technically, this is obesity (class 1 (above 30), class 2 (above 35) or class 3 (above 40)). Obesity carries all sorts of risks. What bothers you about your weight? (Which risks are of a concern to you from this list?) You mentioned that you were worried about developing diabetes like your mum (and that she had a heart attack). We really should test your average blood sugar to see if that is happening.

Risks linked to obesity. These risks can be reduced with regular exercise and dietary changes:

- death
- stroke and heart attack
- diabetes and metabolic syndrome
- hip fracture and osteoarthritis
- colon and breast cancer

### Safety net:

Your blood sugar shows that you don't have diabetes. But since you have such a strong family of type 2 diabetes it's reasonable to test you from time to time if you are still overweight. Would you like us to help you with your weight? Perhaps you would like to listen to the options discussion on [realgeneralpractice.co.uk](http://realgeneralpractice.co.uk) and then come back to my team once you have decided what you are ready to do?

Do let us know if you have symptoms of diabetes: persistent thirst, peeing a lot, losing weight without effort, or unreasonable and persistent tiredness.