



Community diabetes service

Managing diabetes short course

If you live in Waltham forest, have recently been diagnosed with type 2 Diabetes, and are keen to find out how to manage your diabetes, the X-PERT course could be for you.

X-PERT is a 15 hour course run over 6 weeks. The course is delivered by a diabetes specialist nurse or specialist dietitian, with the aim of teaching you more about diabetes and how to manage it. The course is free to anyone recently diagnosed with diabetes who has a GP in Waltham Forest.

Week 1 – What is diabetes? An explanation of blood results and medications

Week 2 – Healthy eating, weight management and exercise

Week 3 – Carbohydrate awareness

Week 4 – Reading and understanding food labels

Week 5 – Short and long term complications, awareness and prevention

Week 6 – Summary and local information

This programme has been proven to reduce blood glucose, blood pressure and cholesterol levels as well as body weight. It has also been shown to improve understanding and quality of life.

If you would like to attend, ask to be referred by your GP or practice nurse.

For further information, please contact the community diabetes service on **020 8430 8243**.