

# Managing your Type 2 Diabetes



## Information leaflet

## Definitions

Explore how diabetes affects your body and how lifestyle changes can help you manage it.

The X-PERT Structured Diabetes Programme offers 15 hours of group education delivered by trained educators from a national award winning NHS Trust. The 15 hours are split into bite-sized chunks of weekly 2½ hour sessions over 6-weeks and covers a different topic each week. Participants have the choice of attending a group in person or online.

If you have type 2 diabetes and use insulin, we provide a course called X-Pert Insulin. This has the same structure as X-Pert (2hr30min session weekly for 6 weeks) but is tailored specifically for people with type 2 diabetes using insulin.

Possible benefits from attending are:

- weight loss
- healthier eating
- improved fitness
- lower blood glucose
- lower blood pressure
- increased energy levels
- lower blood cholesterol
- reduced risk of diabetes complications
- improved wellbeing and quality of life
- make new friends to share ideas and thoughts
- dispelling dietary myths, allowing increased dietary freedom
- reduced risk of heart disease and other long-term conditions

### Week 1: What is Diabetes?

- Digestion, carbohydrate & blood glucose control
- Can I put my diabetes into remission?
- Health indicators
- 5 essential steps to goal setting
- What is pre-diabetes and diabetes
- Hormones and health
- 7 lifestyle factors for optimal health

### Week 2: Nutrition for Health

- Weight management
- Nutrition for health
- Dietary approaches
- Intermittent fasting
- Making food choices
- Fat awareness
- What is a portion?
- Dietary self-assessment
- The power of protein
- Dietary self- assessment

### Week 3: Carbohydrate Awareness

- Carbohydrate awareness
- Glycaemic index
- Carbohydrate awareness for everyday foods
- Fibre and how it protects us
- Gut microbiota
- How many carbs am I having?

### Week 4: Psychology of Eating, Food Shopping and Physical Activity

- Causes of hunger and the psychology of eating
- Reading and understanding food labels
- Top 10 food shopping tips
- Top 10 tips for dining out
- Physical activity

### Week 5: Possible Complications

- Possible complications
- Stress, meditation and sleep
- Setting a goal: reducing risk
- Annual review
- Emotional and psychological support
- Taking care of your feet
- Living with diabetes: work/driving/insurance/travel

### Week 6: Recapping and the Way Forward

- Dealing with challenges
- Top tips for maintenance
- Medication
- Setting a goal: The way forward

More information available at: [xperthealth.org.uk](http://xperthealth.org.uk)

Sessions are Available online or in person

Morning - Afternoon - Evening  
Throughout the Year

2½ hours once a week, for 6 weeks(X-Pert) or X-Pert insulin.

- Get involved as much or as little as you like
- Relaxed and Informal Settings
- Experienced Educators
- Make new friends

If you would like to attend please return form, post or e-mail to the following address:

West Essex Dietitians  
Room 7, Second floor  
Latton Bush Centre  
Southern Way  
Harlow  
Essex  
CM18 7BL

**Contact:**  
**01992 938450**  
**westessex.dietitians@nhs.net**



Please fill in your details in block capital letters

Name:

Date of birth:

Adress:

Home telephone:

Mobile:

Email:

Nationality:

NHS number:

Name of GP:

Surgery address:

Do you consent to your X-PERT medical records to be shared with other organisations within the NHS?

Yes

No

Do you consent to receiving SMS/text reminders?

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Transforming Healthcare



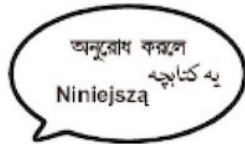
Did you receive great care today? Leave your ratings and review to let us know how we did. Google search: EPUT iwantgreatcare



## Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service on [0800 085 7935](tel:08000857935) or you can email [epunft.pals@nhs.net](mailto:epunft.pals@nhs.net)

This leaflet can be produced in large print, CD, Braille and other languages on request.



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