



Health Ngatea

HEALTH NGATEA NEWSLETTER – NOVEMBER 2023

Diabetes

Diabetes is a disease where your body cannot control its blood sugar levels properly – either because your body doesn't make enough (or any), insulin, or because your cells have become resistant to insulin.

If blood sugar levels aren't kept under control, diabetes can be life threatening. It can lead to other health conditions, including kidney failure, eye disease, foot ulceration and a higher risk of heart disease. Keeping your blood sugar at a safe level, means your less likely to have other health problems.

- . Type 1 diabetes is a lifelong auto immune condition where people must replace insulin to survive.
- . People with type 2 diabetes, may be able to reverse diabetes by lifestyle and weight loss measures and achieve remission.

Pregnant people can also develop diabetes. This is known as gestational diabetes (or ' diabetes in pregnancy '). It usually goes away when the baby is born. Around 50% of people who have gestational diabetes will go on to develop Type 2 diabetes in their lifetime. It is important to be checked regularly after having your baby.

At Health Ngatea , Practice Nurse Sam Horne has a Clinic on a Thursday to focus on diabetic reviews, monitoring and discussing/adjusting of medication as required. She is extremely skilled in this area and a great resource for our Practice.

Diabetes websites: Diabetes New Zealand (<http://www.diabetes.org.nz/>) For support and information for people with diabetes.

Gardener Required

If you have an interest in gardening and a spare hour or two a month, we would be so grateful for the two small gardens we have to get some love!! Please have a chat with Sande if that sounds like you.

Covid-19 Booster Doses

Additional Covid-19 Booster doses continue to be available for those who are eligible. Eligible people can receive an additional Covid-19 booster dose, regardless of how many doses they have already had.

- . People aged 30 and older

. those aged 16 to 29 who are pregnant or are at higher risk of severe illness from Covid-19

There needs to be 6 months between doses and it is recommended that the gap is six months after the last Covid-19 infection.

Team Health Ngatea