

Turn back the clock on your risk of Diabetes

Find out how we can help you slow or even reverse your risk of developing the condition



Don't delay!
Speak to our
**Diabetes
Advisors**
in store now

2.8 million people in the UK are diagnosed as having Diabetes, but it's thought that up to another 1 million people have Diabetes and don't know it. And another 7 million people are at risk of developing the condition'.

That's 8 million people who don't know they're at risk. By the time they're diagnosed they may already have developed serious complications, like high blood pressure, heart disease, kidney failure and nerve damage.

Well here's some good news...

It's not too late to turn back the clock on your risk of Diabetes.

Speak to our pharmacy team and find out:

- If you're at risk
- What you can do to prevent the onset of Diabetes
- Or, if you already have it, how to manage the effects

What is Diabetes?

Glucose provides the body with energy and comes mainly from starchy foods (like bread, rice and potatoes), sugar and other sweet foods. After eating, glucose levels in the blood increase and the body releases a hormone called insulin. This makes sure your glucose level doesn't get too high or too low.

If you have Diabetes you either produce too little insulin or resist its effects. Your body then uses other sources of energy and unused glucose in the blood builds up.



There are two main types of Diabetes; Type 1 & Type 2

The type we're talking about and the one that affects most people is Type 2. It usually develops in people aged over 40 but can affect you at any age. The symptoms develop slowly and some people don't notice anything for many years. It can often be treated successfully with a healthy balanced diet and physical activity, or with the addition of tablets or insulin injections.

Diabetes can lead to a number of serious complications

Including high blood pressure, stroke, eye damage (even blindness), nerve damage, coronary heart disease, high cholesterol, kidney failure, leg ulcers and amputations. Many people have already developed one complication or more by the time they're diagnosed, so finding out early is crucial.

1. Diabetes UK

Who gets Diabetes?

The vast majority of people with Diabetes have Type 2. You're most at risk of Type 2 Diabetes if:

- Your BMI (Body Mass Index) is greater than 30 - this is the single biggest risk factor
- You're white and aged over 40 years
- You belong to an ethnic minority group - South Asian, African Caribbean, Black African or Chinese descent and aged over 25 years
- Your waist measures over 37" for men, 31.5" for women
- You have a family history of Diabetes
- You have high blood pressure, heart disease or have had a heart attack or stroke
- You have high cholesterol
- You have had high blood glucose in the past
- You don't take at least 30 minutes of physical activity daily
- You gave birth to a large baby (over 4kg/9lb)
- You don't regularly eat fruit and vegetables

If any of these apply to you, ask a member of the pharmacy team for a FREE Diabetes Check-up

The Lloydspharmacy Diabetes Check-up is quick and easy

Just pop in and ask the pharmacy team - we can usually carry out the check-up there and then. It's completely confidential and takes just a few minutes.

- If we find out you're at risk of developing Diabetes, we can advise you on how to slow or even reverse your risk of developing Diabetes.
- If we find out you're at high risk of Diabetes, we'll complete a blood glucose test and, if appropriate, refer you to your GP. We'll also give you advice and guidance on how to best manage your condition.



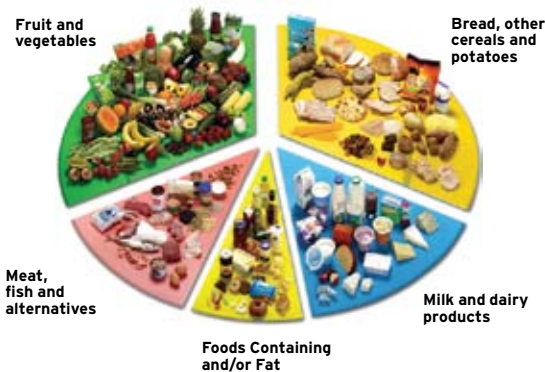
Simple ways to prevent or delay the onset of Diabetes

We'll take you through the ways you can slow or reverse your risk of developing Diabetes as part of your Lloydspharmacy Diabetes Check-up. This will include some of the simple steps you can take to improve your diet and lifestyle.

Eat a healthy, balanced diet

Being overweight will increase your risk of developing Diabetes, so you need to eat the right foods. The idea of a balanced diet is to make sure you get the right portion size and proportions of different foods. The aim is to get all the nutrients your body needs while maintaining a healthy weight. It isn't just a case of having roughly equal measures of everything. There should be a lot of some foods and just a little of others.

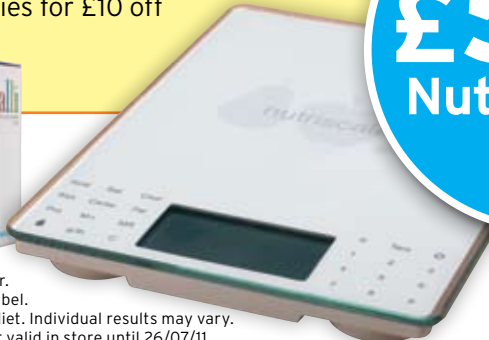
A simple way of understanding what you should be eating on a daily basis and the proportion of different food types is shown in the diagram below.



You can also use **Lloydspharmacy Nutri Scales** to help you manage your diet. This clever device adds together different foods to give you the nutritional value of complete meals. Simply place your food on the scales for weighing and enter the correct code from the pre-programmed list of 400 foods. Then choose the food information you'd like to view, including calories, cholesterol, sodium, fat and saturated fat.

If you need to lose weight, ask our pharmacy team about **alli²**, clinically proven to help you lose more weight than dieting alone.

Don't forget to use the voucher in this booklet to get £5 off Nutri Scales, or visit one of our pharmacies for £10 off alli capsules 84s.



£5 off
Nutriscales

2. For adults with a BMI of 28 or over. Contains orlistat. Always read the label. Follow a reduced calorie, lower-fat diet. Individual results may vary. Ask the pharmacist for advice. Offer valid in store until 26/07/11.

Drink alcohol in moderation

Stick to the recommended limits of two to three units of alcohol a day for women, and three to four for men - and try to have at least two to three alcohol free days a week. A unit of alcohol is one glass (125ml) of wine, half a pint of normal strength beer or one measure (25ml) of spirits.

Become more active

Watching what you eat and drink is just the first step to a healthier lifestyle. It's been shown that the best way to reach and then maintain a healthy weight is to combine regular exercise with a healthy diet.

Regular exercise can help improve your lifestyle in many ways. If you're following a healthy eating plan it can help speed up weight loss. It can also boost your self confidence by helping you to achieve your goals and making you feel better about yourself.

Any extra physical activity will benefit your health and fitness, but a good target is to aim for 30 minutes each day. Of course, you don't have to do your 30 minutes all in one go. Two lots of 15 minutes, or even three lots of 10 minutes, can be just as effective. If you feel you don't have the time, just start off doing what you can and try to build up gradually.

To help you in your new exercise goals, we've a number of products available. The **Lloydspharmacy Stepometer** is a convenient and easy way to keep track of how many steps you take during each day and how many calories you burn. Pop it onto your waistband and aim for at least 10,000 steps per day. The Body Composition Monitor measures your BMI (Body Mass Index), body fat and muscle ratios, and your total daily expenditure - the ideal way to keep track of how you're doing.



FREE
Stepometer
when you buy a
Lloydspharmacy Watch
and Heart Rate Monitor
using the voucher
in this booklet.

Give up smoking

If you smoke, giving up is one of the biggest steps you can take to improving your overall health. Some people can stop smoking successfully using willpower alone, but most find they need a helping hand to deal with their cigarette cravings and the withdrawal symptoms they experience.

There are a range of different treatments available from Lloydspharmacy that can help your chances of quitting. If you use a stop smoking product and support³ to help manage your cravings, you are up to four times more likely to be successful⁴. If you've tried to quit before and want something different to traditional Nicotine Replacement Therapy, our Online Doctor⁵ can prescribe you, if appropriate, with treatment that could triple your chances of success⁴.

Ask a member of the pharmacy team for more information on how we can help you become smoke free.

Keep your blood pressure and cholesterol levels in check

If you have high blood pressure and high cholesterol your risk of Diabetes increases. Checking your cholesterol levels can be a useful gauge of how healthy your diet and lifestyle is. If you eat well and exercise, your levels of bad cholesterol should stay within safe levels.

We have a selection of products to help you monitor your blood pressure and cholesterol levels. Try the **Lloydspharmacy Blood Pressure Monitor and Cuff** for accurate, convenient and easy blood pressure checks at home. The **Lloydspharmacy Blood Pressure Lowering System** is an interactive device that uses breathing exercises to relax muscles and dilate arteries, controlling blood pressure levels. And the **Lloydspharmacy Cholesterol Monitor and Strips** allow you to check cholesterol levels quickly and easily using a finger-prick blood sample.



3. Participating pharmacies only. Service offered on behalf of PCT.

4. Smoke free - Department of Health.

5. Our Online Doctor is registered with the Care Quality Commission (CQC). This registration permits our Online Doctor to manage patients remotely. They adhere to the same guidelines and are governed by the same standards as any regular GP.

Managing your health with our FREE services

If you're taking regular medication, try our FREE services to help you better manage your health.

FREE Express Repeat Prescription Service⁶

If you are taking repeat medication prescribed by your GP, the Lloydspharmacy Express Repeat Prescription Service could make your life a lot easier. It's quick and easy to sign up - and totally FREE.

- We look after your repeat slip for you meaning we have all the details to order and collect your repeat prescription when required
- We'll check which medicines you need and arrange your prescription directly with your GP
- We'll ensure your medicines are ready and waiting for you when you come into the pharmacy



FREE Medicines Check-up⁷

Your chance to have a private face-to-face conversation with your pharmacist about your medicines. By the end of the review you will:

- Know more about your medicines and what they do
- Understand the best way to take your medicines
- Feel confident your medicines are working to benefit your health

To help you on your way to a healthier lifestyle, you'll find a selection of vouchers in this leaflet saving you pounds...

Speak to a member of the team in your local Lloydspharmacy. Your nearest Lloydspharmacy can be found by visiting www.lloydspharmacy.com/storelocator or calling **0800 3892578**.

6. Participating surgeries only. Subject to manufacturer ability to supply. We will notify you if there is a problem with dispensing your medicines.

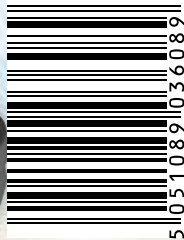
7. Customers must have been using the pharmacy for the dispensing of their prescriptions for last three months or more and taking more than one prescription medicine. Service can only be offered annually. England, Wales and Isle of Man only.

FREE

Lloydspharmacy Stepometer

When you buy a Lloydspharmacy Watch and Heart Rate Monitor (normally £5.99).

Buy online or visit your local Lloydspharmacy
www.lloydspharmacy.com



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Terms and conditions:

Present this voucher in store to receive a FREE Lloydspharmacy Stepometer (normally £5.99) when you buy a Lloydspharmacy Watch and Heart Rate Monitor for the current in store price. Voucher is valid from 25/5/11 to 26/7/11. This voucher cannot be used in conjunction with any other offer. No cash alternative is available. Voucher will be retained by pharmacy staff after use. Photocopied, damaged or defaced vouchers will not be accepted. Voucher must be redeemed at time of transaction. Staff discount cannot be used in conjunction with this offer. Online customers: please add **STEP1** into the promotional code at the checkout.

Pharmacy Staff: Scan barcode to activate discount. Once voucher has been redeemed, cross through and return with other redeemed vouchers.

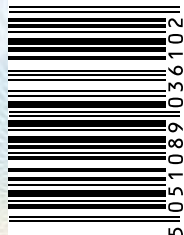
Promoter: Lloyds Pharmacy Limited, Coventry, CV2 2TX

Lloydspharmacy
Healthcare for life



£5 off Nutriscales

Buy online or visit your local Lloydspharmacy
www.lloydspharmacy.com



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Terms and conditions:

Present this voucher in store to receive £5 off the current in store price of Lloydspharmacy Nutritional Scales. Voucher is valid from 25/5/11 to 26/7/11. This voucher cannot be used in conjunction with any other offer. No cash alternative is available. Voucher will be retained by pharmacy staff after use. Photocopied, damaged or defaced vouchers will not be accepted. Voucher must be redeemed at time of transaction. Staff discount cannot be used in conjunction with this offer. Online customers: Please add **NUT1** into the promotional code at the checkout.

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Promoter: Lloyds Pharmacy Limited, Coventry, CV2 2TX

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