

## u3a Monthly Meeting March 2024 – Diabetes Explained

For our March monthly meeting, we welcomed Ann Prest, a Diabetes Specialist Nurse. Ann was introduced by Jane Davis, our outgoing Groups Co-ordinator. The 79 members present at the meeting found the talk informative and useful.

Ann gave a brief summary of the history of diabetes - it was recognised in Ancient Egypt, but our modern knowledge stems from the 1920s with the discovery of insulin.

Ann outlined the various causal factors of diabetes, and the symptoms to watch for, concentrating on type 2 diabetes. The onset of pre-diabetes is an opportunity to make lifestyle changes in diet and exercise - in some cases this can result in remission from full diabetes without recourse to medication.

Ann highlighted the programme Pathway to Remission which is being rolled out in Lincolnshire in 2024. Further details can be found on the NHS England website at <https://www.england.nhs.uk/diabetes/treatment-care/diabetes-remission>.

An excellent resource for further information is the charity Diabetes UK at <https://www.diabetes.org.uk>

Thanks to Ann (right) for an informative presentation and to Jane (left) for arranging it.

