

AIT Medihelp

"medicines training you can trust"

November 2022



@aitmedihelp

hello@aitmedihelp.co.uk

November is here!

The countdown is officially on and we are delighted that all our face to face courses are sold out for the year!

For the first time our books are closed for this year for our classroom appearances. But fear not! Our accredited **E-Learning** is always available and ready to go in a flash!

Of course we are taking bookings for next year already, so if you want those dates **BE QUICK!**

As ever, we are always one email, phone call or message away.

Please get in contact today to see **how, when and where we can help you!**

World Diabetes day

14th November

As we bring awareness this month to Diabetes, here are some facts, general info and tips for living with diabetes

When food is digested & enters the bloodstream, insulin (a hormone released by the pancreas) moves glucose out of the blood & into cells where it is broken down to produce energy. In Diabetes, there is no, or insufficient, insulin to control blood sugar.

Type 1 diabetes: body's immune system attacks/destroys cells producing insulin: usually controlled by insulin injections.

Type 2 diabetes: body does not produce enough insulin or body cells do not react to insulin: can be controlled by diet, tablets or insulin injections.

Pre-diabetes: blood sugar levels above normal range & at increased risk of becoming diabetic

Gestational diabetes: caused by pregnancy

Common symptoms before diagnosis: increased thirst/urination/tiredness, weight loss, blurred vision

Over time, high blood sugar levels can damage heart, eyes, feet & kidneys; many problems can be prevented by managing blood sugar, blood pressure & cholesterol and annual eye & foot checks.

It is important to eat healthily, have regular exercise & attend monitoring appointments.



Charities AIT Medihelp is supporting this Christmas

This year, Martin (our head pharmacist trainer) & Elle will be running a Santa Fun Run! Our aim is to raise £50 for the Essex homelessness charity, Hope House Essex.

We have our sponsorship page set up and will have a sheet on all our face to face courses where you can donate to this wonderful course.

Further info and links will be on all our social media so be sure to follow us!!

