

# Preventing Type 2 Diabetes Starts Today

Type 2 Diabetes Prevention Week is an opportunity to raise awareness of Type 2 Diabetes and the small lifestyle changes that can help reduce your risk.

Type 2 Diabetes can develop gradually and many people may not realise they are at risk. The good news is that healthier eating, regular activity and maintaining a healthy weight can all make a significant difference.

## Who May Be At Risk?

You may be at higher risk of developing Type 2 Diabetes if you:

*Are overweight | Are aged over 40 (or over 25 for South Asian, Black African or Black Caribbean people) | Have a family history of diabetes | Have high blood pressure | Are less physically active | Have previously been told you are at risk of diabetes*

## Symptoms To Be Aware Of:

Type 2 Diabetes symptoms can include:

*Feeling more tired than usual | Going to the toilet more often, especially at night | Feeling very thirsty | Unexplained weight loss | Blurred vision | Cuts or wounds taking longer to heal*

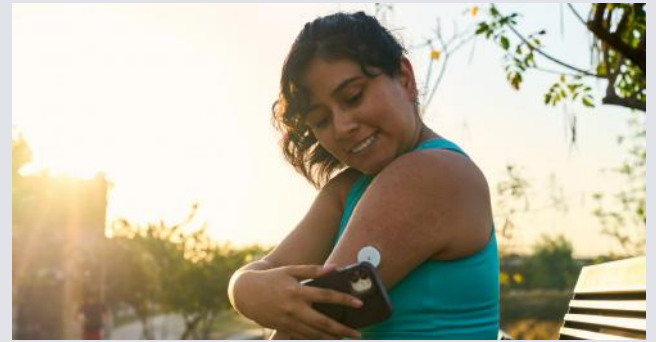
Many people with Type 2 Diabetes may not notice symptoms early on, which is why prevention and regular health checks are important.

## How To Reduce Your Risk:

Small changes can make a big difference, including:  
Eating a balanced diet | Being more physically active | Reducing sugary foods and drinks | Maintaining a healthy weight | Stopping smoking | Attending NHS Health Checks when invited.

## Need Advice or Support?

If you are concerned about your risk of Type 2 Diabetes or would like support with healthier lifestyle choices, please contact your GP practice.



## Not Registered With A GP? Here's How To Register:

Being registered with a GP practice ensures you can access important NHS services including bowel screening, vaccinations, health checks and ongoing medical support.

Registration details and how to register with your local practice can be found on the next page. You do not need proof of address or immigration status to register with a GP.

## More than a GP Practice

## Our Services...

- Face to face appointments
- Experienced Clinical Teams
- Online appointments
- Phlebotomist
- In-house physio
- Non-medical intervention
- Holistic approach
- In-house mental healthcare
- Childhood service (Inc Vac & Imms)
- Long Term Condition Specialists
- Muscular Skeletal services

**Find Out  
More  
SWIPE HERE**



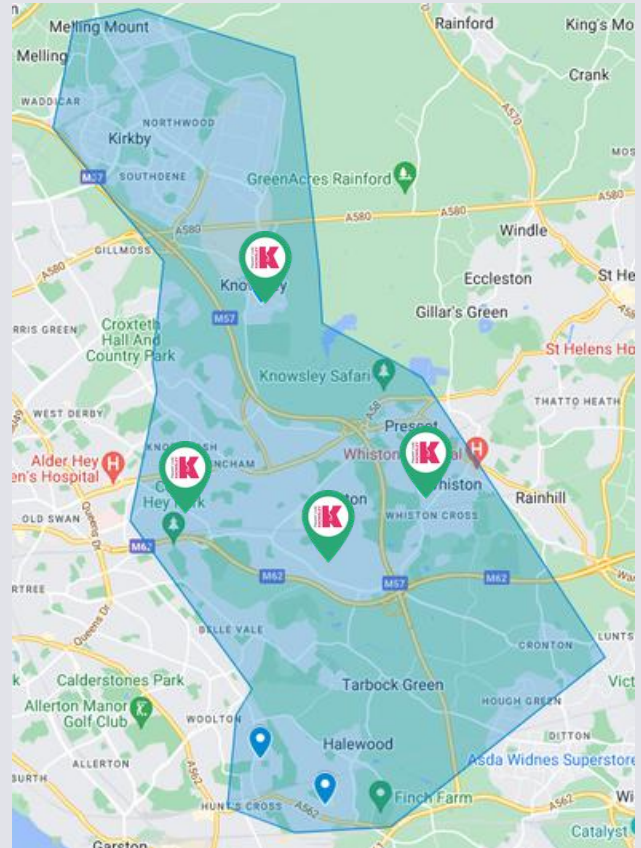
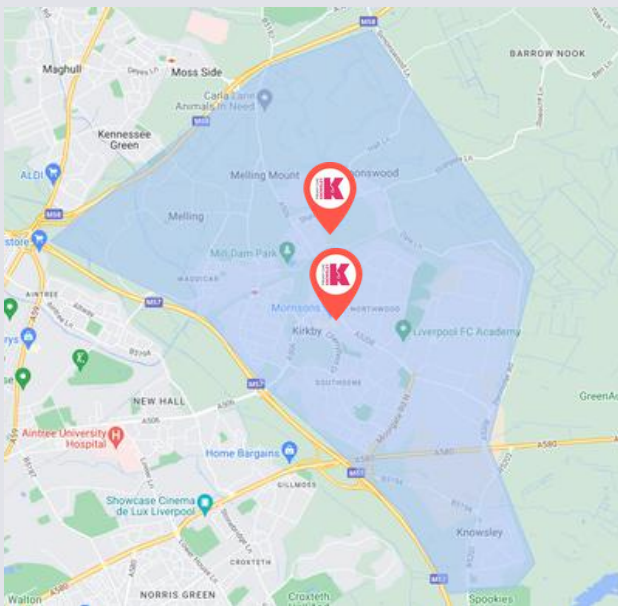
**CENTRAL PRACTICE MAIN LINE: 0151 559 4779**

More Locations: SWIPE HERE



# Practice Information & Patient Boundary Maps

Primary Care Knowsley has **4** GP practices across **9** locations offering the very best health care for you and your family.



**Dr MAASSARANI & Partners**

**REGISTER**



Tower Hill  
Primary Care Resource Centre  
Ebony Way  
Kirkby, Liverpool  
L33 1XT  
**0151 902 0010**



St Chad's Centre,  
St Chad's Drive  
Kirkby, Liverpool  
L32 8RE  
**0151 902 0010**



Gresford Medical Centre  
Pilch Lane  
Huyton, Liverpool  
L14 0JE  
**0151 902 0293**



Knowsley Medical Centre  
Frederick Lunt Avenue  
Knowsley, Liverpool  
L34 0HF  
**0151 902 0294**



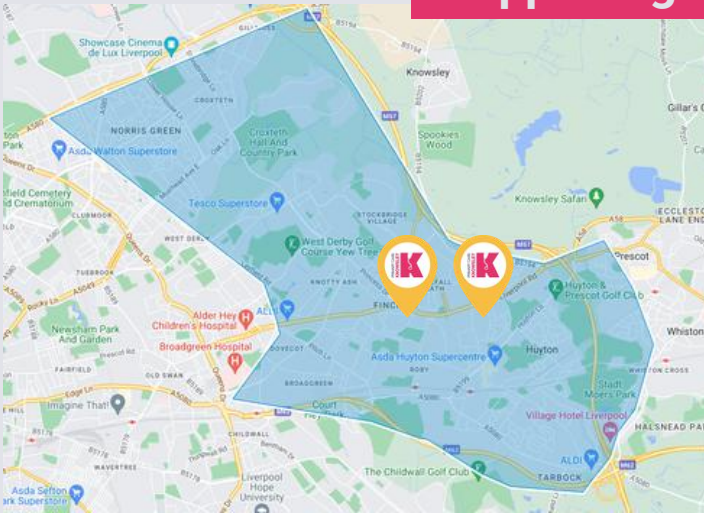
Manor Farm  
Primary Care Resource Centre  
Manor Farm Road  
Huyton, Liverpool  
L36 0UB  
**0151 902 0291**



Whiston  
Primary Care Resource Centre  
Old Colliery Road  
Whiston, Liverpool  
L35 3SX  
**0151 902 0292**

**CENTRAL PRACTICE MAIN LINE: 0151 559 4779**

# Dr Massarani & Partners: Supporting Bowel Cancer Awareness



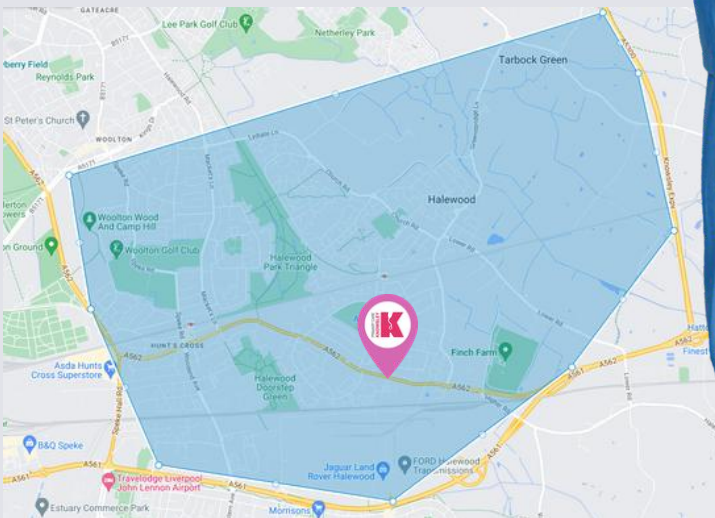
## CORNERWAYS Medical Centre

REGISTER



 North Huyton Primary Care Centre  
Woolfall Heath Avenue  
Huyton, Liverpool  
L36 3TN  
**0151 902 0020**


 The Blue Bell Centre  
Blue Bell Lane  
Huyton, Liverpool  
L36 7XY  
**0151 902 0030**



## ROSEHEATH Surgery

REGISTER



 Roseheath Surgery  
Roseheath drive  
Liverpool  
L26 9UH  
**0151 902 0025**



**CENTRAL PRACTICE MAIN LINE: 0151 559 4779**