14.11.23

**Diabetes educational event**

Agenda:

* Greetings and Introduction
* Exploring Diabetes and Prediabetes: Strategies for Management and Insights into Potential Complications
* Discovering the Support Networks to Assist You in Effectively Managing Your Long-Term Health Condition

Loxford Practice recently had a commendable initiative by organizing an insightful event focused on diabetes awareness for its predominantly diabetic patient population. The event featured engaging interactive sessions where patients actively posed thoughtful questions about lifestyle modifications and dietary choices to enhance their diabetes management. Dr. Nadia, among other presenters, elucidated on the intricacies of diabetes, emphasizing its consequences and fielding open questions from the audience.

The event took a unique turn as healthcare professional and patients shared personal anecdotes of their own journeys with diabetes, fostering a sense of camaraderie and empowerment among attendees. This personal touch served as a source of inspiration, demonstrating that effective diabetes management is not solely reliant on medications but also on individual efforts.

The discussion delved into the heightened risks associated with diabetes, shedding light on the importance of proactive measures. On the other hand in another room Dr. Fletcher and Nyasha provided a practical dimension to the event by demonstrating the MyWay Diabetic app presenting on power point presentation. This application was showcased as a valuable tool for patients to comprehensively monitor and manage their diabetes from the comfort of their homes. Also the patients were enlightened and all questions were answered, It was very interactive.

In essence, the event aimed not only to disseminate crucial information about diabetes but also to empower patients, positioning them as the heroes in their ongoing battle with diabetes. The multifaceted approach, encompassing lifestyle advice, personal narratives, risk awareness, and technological solutions, collectively contributed to making the event a holistic and impactful endeavour for the community served by Loxford Practice.









