HERSCHEL MEDICAL CENTRE

PATIENT HEALTH NEWSLETTER
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AIM FOR THE STARS, KEEP YOUR SUGARS ON TARGET

Why diabetic control matters — a message for our Herschel Surgery patients

A SLOUGH FIRST, TWO CENTURIES AGO

In 1781, right here in Slough, William Herschel pointed his home-built 40-foot telescope at the sky and spotted something nobody had ever seen before: the planet Uranus. He didn't have fancy kit or a research grant — just patience, precision, and thousands of hours of steady, careful observation. That's exactly the mindset we're asking of you with your diabetes: small, consistent daily habits that add up to something extraordinary. Herschel changed the map of the solar system from a back garden in Slough. You can change your own health story from your kitchen table.

WHY GOOD CONTROL IS WORTH FIGHTING FOR

- Slough has one of the highest diabetes rates in the country — **our local South Asian community, in particular, carries a significantly higher risk**, which is exactly why Herschel Surgery takes this so seriously.
- Across the UK, diabetes now affects over 5 million people and costs the NHS more than £10 billion a year — around 1 in every 6 hospital beds is occupied by someone with diabetes.
- Well-controlled diabetes (HbA1c generally under 53 mmol/mol, individualised to you) dramatically cuts your risk of heart attack, stroke, kidney failure, blindness, and amputation.
- Every 1 mmol/mol you bring your HbA1c down reduces your risk of complications — this is not all-or-nothing, every improvement genuinely counts.
- Good control today means more birthdays, weddings, and grandchildren's graduations tomorrow — this is about your future, not just a number on a chart.

YOUR MISSION, HERSCHEL-STYLE

Herschel found a whole new planet through nightly, unglamorous observation. You don't need a telescope — just these habits, repeated night after night:

- **Take your medication as prescribed, every single day** — consistency is the whole discovery.
- Move for 30 minutes most days — a brisk walk around Salt Hill Park counts.
- Swap sugary drinks and white carbs for water and wholegrains — small swaps, big orbit change.
- Check your feet weekly and attend your annual diabetic eye and foot screening — early detection is everything.
- **Book your annual diabetes review with us** — we're here to help you chart the course, not judge the map.

Discovered by patience. Protected by consistency.

Book your diabetes review today at reception or via the NHS App — Herschel Surgery, Slough

Sources: Diabetes UK; House of Commons Library, "Diabetes in England: where are the hotspots?" — for general information only, not a substitute for personalised medical advice.