

**Session 1: Aaron****At a glance factsheet:  
Lifestyle discussions series**

Brief tools to facilitate discussions on nutrition, exercise, stress, risky substances, sleep and relationships

[Link](#)**Diabetes Distilled: SPAN – Small changes to improve lifespan**

Small increases in three lifestyle behaviours are effective in reducing all-cause mortality

[Link](#)**Prescribing pearls:  
A guide to metformin**

Understanding common sleep problems and their consequences, and providing advice in primary care

[Link](#)**Diabetes UK: Type 2 Diabetes Prevention CPD module**

What type 2 diabetes prevention is, and the risk factors that contribute to the development of type 2 diabetes

[Link](#)**Session 2: Kerry****How to follow up gestational diabetes**

The crucial steps to screen for and prevent future diabetes, and cardiovascular disease, in women who develop gestational diabetes

[Link](#)**How to find the ideal words in consultations**

Guidance on using the right language for effective, person-centred care

[Link](#)**How to conduct an extended review for people with early-onset type 2 diabetes**

A checklist of areas to cover in an extended review of type 2 diabetes in adults aged under 40 years

[Link](#)



**Diabetes UK: Reverse the trend – reducing type 2 diabetes in young people**

Practical and achievable steps needed to reduce the harm and reverse the rising trend in young-onset type 2 diabetes

[Link](#)



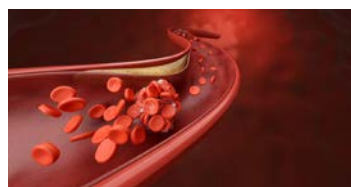
**MHRA: GLP-1 medicines, contraception and pregnancy**

Up-to-date advice on using incretin-based drugs safely

[Link](#)



**Session 3: Graham**



**Q&A series:  
Lipid management**

Questions answered on lipids, triglycerides, statins and other lipid-lowering drugs

[Link](#)



**How to diagnose and treat hypertension in adults with type 2 diabetes**

Diagnosing and treating hypertension in accordance with updated NICE guidelines

[Link](#)



**Need to know: Making sense of blood pressure readings in people with diabetes**

A printable guide to blood pressure classification and targets in diabetes

[Link](#)



**How to improve carbohydrate awareness**

All the background information and practical tips needed to discuss carbohydrates with patients

[Link](#)



**How to use SGLT2 inhibitors safely and effectively**

Using SGLT2 inhibitors safely, effectively and in line with the latest NICE guidance

[Link](#)



**Need to know guide: SGLT2 inhibitors: Indications, doses and licences in adults**

A printable guide to SGLT2 inhibitors, organised by drug and by indication

[Link](#)



**Prescribing pearls: A guide to SGLT2 inhibitors**

Understanding SGLT2 inhibitors: The essential information in one place

[Link](#)



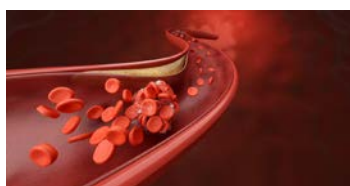
**The dialysis timebomb: Why preventing kidney disease is everyone's responsibility**

The key role of primary care in avoiding a four-fold increase in the number of people needing dialysis by 2035

[Link](#)



**Session 4: Susan**



**Q&A series:  
Lipid management**

Questions answered on lipids, triglycerides, statins and other lipid-lowering drugs

[Link](#)



**Need to know guide:  
Pharmacological treatment of painful neuropathy in adults with diabetes**

A printable guide with prescribing guidance on analgesic drugs for painful diabetic neuropathy

[Link](#)



**At a glance factsheet:  
Lifestyle discussions: Sleep and type 2 diabetes**

Understanding common sleep problems and their consequences, and providing advice in primary care

[Link](#)



**Session 5: Nan**



**How to undertake a multiple long-term conditions review**

Delivery of holistic care to adults living with type 2 diabetes and one or more additional long-term condition

[Link](#)



**At a glance factsheet:  
Deprescribing in type 2 diabetes**

When and how to deprescribe non-insulin glucose-lowering therapies in a safe and patient-centred manner

[Link](#)



## Session 6: Grandad



### How to manage diabetes in later life

Clinical considerations when caring for older or frail people with diabetes. A quick reference guide

[Link](#)



### How to prevent, identify and manage hypoglycaemia in adults with diabetes

Essential information on hypoglycaemia, how to prevent it and how to treat it if it occurs

[Link](#)



### Diabetes Distilled: The 4S Pathway – realigning management for older people with diabetes

Practical guidance from the International Geriatric Diabetes Society on the management of diabetes in older people

[Link](#)



### At a glance factsheet: Deprescribing in type 2 diabetes

When and how to deprescribe non-insulin glucose-lowering therapies in a safe and patient-centred manner

[Link](#)



## Diabetes Distilled

A newsletter designed to filter the latest developments in diabetes and obesity for primary care practitioners in the UK. We bring you the stories from recent weeks that will matter the most to you.

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