HEARTLINK EALING • MONTHLY MEETING

The GP - Patients Partnership

Against Heart Disease & Diabetes

Working Together for a Healthier Community

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Shifting the Medical Dynamic

From patient-follows-orders to genuine partnership

THE OLD WAY

Doctor gives orders

One-way instruction. The patient receives; the clinician decides. Passive care, limited context beyond the consultation room.

THE MODERN WAY

A collaborative partnership

Shared decisions, shared responsibility. You bring lived experience of your body; your GP brings clinical expertise. Together you agree the plan.

8,760

hours in a year

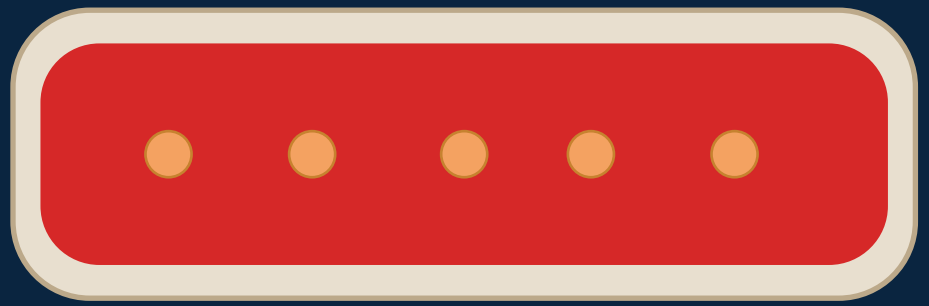
The 8,760-Hour Reality

- You see your medical team for only a few hours a year.
- You manage your own health for the other 8,760 hours.
- **You are the expert on your body; your GP is your expert consultant.**

The Toxic Link: Heart & Diabetes

Partners in crime - deeply interlinked conditions

The "Sticky Blood" Analogy



Artery lining irritated by liquid sugar

High blood glucose acts like liquid sugar in your vessels - irritating and inflaming the smooth artery lining.

!

The Result

Fatty plaques and cholesterol stick easily to damaged artery walls, narrowing them and starving the heart of blood flow.

2x

The Risk

Type 2 diabetes doubles your risk of cardiovascular disease. You cannot safely treat one without controlling the other.

The Local Challenge in Ealing

Why prevention here matters more than the national average

Southall	Hanwell	Ealing
Disproportionately high Type 2 diabetes prevalence	*Disproportionately high Type 2 diabetes prevalence*	*Disproportionately high Type 2 diabetes prevalence*

1

High local prevalence

Our communities face rates of Type 2 diabetes well above the UK average.

2

Genetic susceptibility

South Asian populations have significantly higher biological risk from an earlier age and a lower BMI threshold.

3

A unified approach

We cannot safely treat your heart without controlling your blood sugar - and vice versa.

Your GP Practice Multi-Disciplinary Team

The GP is not alone - a whole team supports your care

Clinical Pharmacists

MEDICATION SAFETY

Review complex heart and diabetes medications to ensure safe interactions, appropriate doses, and to reduce side-effect burden.

Practice Nurses

CHRONIC DISEASE TRACKING

The engine room of the practice - annual health checks, HbA1c blood tests, blood pressure reviews, foot and eye screening reminders.

Social Prescribers

LIFE BEYOND THE PILL

Connect you to community fitness classes, walking groups, lifestyle programmes, and wellbeing support - health is more than medication.

Understanding Your Blood Results

Three numbers that tell your GP how you are really doing

HbA1c

BLOOD SUGAR

Tracks your average blood sugar over the last 3 months. The gold-standard test for diabetes control.

eGFR / Creatinine

KIDNEY HEALTH

Monitors kidney function and protects them from medication stress. Kidneys are quiet - blood tests speak for them.

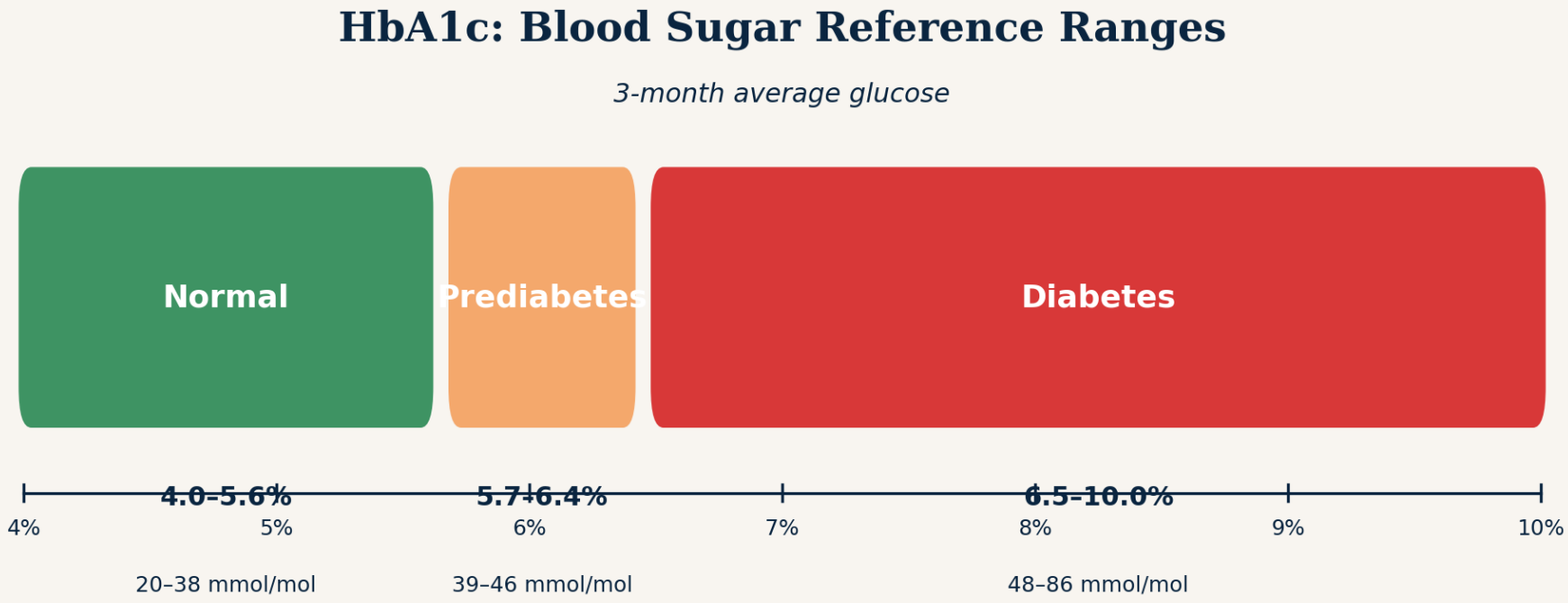
Lipid Profile

CHOLESTEROL

Measures LDL - the bad, sticky cholesterol - to ensure your preventative statin treatment is at the right dose.

HbA1c: Your 3-Month Blood Sugar Story

One test. Three ranges. A picture of glucose control over 8–12 weeks.



Ask your GP: know your number, track the trend, act on the direction.

The Digital Patient Toolkit

Smart blood pressure monitors - better data, better care

The "White Coat" Effect

Clinic blood pressure readings are often artificially high because of the stress of being in a surgery - not a true reflection of your everyday numbers.

Smart BP Monitors

- Upper-arm cuff with Bluetooth connectivity.
- Apps auto-graph your morning & evening trends.

Better Data, Better Care

Clear home data trends allow your GP to adjust your medication safely and precisely. One dodgy clinic reading is noise; ten mornings of home readings is a signal.

AM + PM readings over 5-7 days

The Truth About Glucometers

Who actually needs to prick their fingers?

MYTH

Every patient with Type 2 diabetes needs to prick their fingers at home.

FACT

Not everyone requires home glucose testing.

Who needs a home meter?

Only patients on medications carrying a risk of hypoglycaemia (low blood sugar):

1. Insulin injections
2. Sulphonylurea tablets (e.g. Gliclazide)
3. Drivers required by the DVLA to test

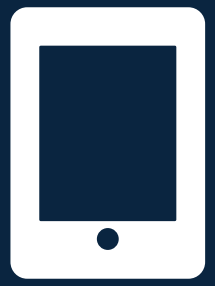
For everyone else

Your routine 3-to-6-month HbA1c blood test at the surgery is completely sufficient.

Less finger pricking = less unnecessary stress.

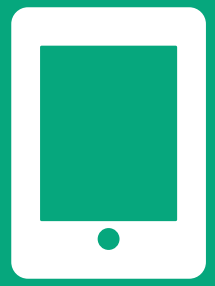
Local NHS Connected Apps

Home data that lands directly in your GP record



The NHS App

Directly submit your home blood pressure data into your official GP medical record - no phone call, no re-typing.



MyWay Diabetes

The North West London portal connecting your home readings with your NHS lab results in one place.

Dr Sahota's Golden Rule

Control the technology - do not let it control you.

Test consistently - twice in the morning and twice in the evening for a few days before a review - rather than testing randomly in moments of stress. A random anxious reading is not data; it is noise.

Actionable Patient Tools

Three practical habits that change your care

10

BEFORE YOUR APPOINTMENT

The 10-Minute Strategy

Write down your top 2 or 3 concerns before your GP appointment and lead with the most important one. Do not save the big worry for the door.

kg

FOR HEART FAILURE

The Bathroom Scales Trick

A sudden weight jump of 2 to 3 lbs in 24 hours is fluid retention, not fat. Contact your GP surgery the same day for a water tablet (diuretic) adjustment.

HEARTLINK EALING

The Power of Community

Engaging with Heartlink Ealing groups - like the Wednesday Walkers - improves physical and mental resilience far better than pills alone.

CONCLUSION

Be an Active Partner

Never stop a medication in secret because of side effects.

Talk to us so we can find a better alternative together.

Thank you

To Heartlink Ealing for supporting our patients and building a healthier community.

Q & A

Open floor - questions welcome from everyone in the room.

Dr Onkar Sahota • MBA, FRCGP • Heartlink Ealing Monthly Meeting