IT'S the fourth leading cause of death in most developed countries including the UK, the leading cause of blindness, foot and leg amputations, nerve damage and kidney failure and is a major contributor to heart attacks and strokes.

It effects more than 200,000 Scots - approximately 42,000 of those living within the Glasgow and Clyde area - and doctors believe that there are still many thousands of people with the disease who don't know it.

Worryingly, health experts predict this figure may double in the next ten to 15 years.

More than 75 percent of people who have this disease, doctors believe, have it because of being overweight and leading an unhealthy lifestyle.

So if you are overweight, if you do little exercise or if you are a smoker, then turn to our feature inside.

It provides information on how NHS Greater Glasgow and Clyde is tackling this disease and gives advice on how to prevent this disease affecting you and your family.

TURN TO PAGES 2 AND 3
IT MIGHT JUST SAVE YOUR LIFE

SEE INSIDE
A VISION OF THE FUTURE - PAGE 5
More than 200,000 Scots suffer from the fourth biggest killer disease in the country

New strategy aims to defuse time bomb...

WHO’S MOST AT RISK?

People at risk of developing Type 2 diabetes include:

- White people aged over 40 and people from black and ethnic minority groups aged 25 and over
- Someone who has a close family member with diabetes (mother, father, brother or sister)
- People who are overweight and who have a sedentary lifestyle
- People who smoke
- People who have ischaemic heart disease, cerebrovascular disease, peripheral vascular disease (problems with circulation including heart attack or stroke) or hypertension (high blood pressure)
- Women who have had diabetes during pregnancy
- Women with polycystic ovary syndrome who are obese
- People who have impaired glucose intolerance or impaired fasting glycaemia

HOW DO I KNOW IF I HAVE DIABETES?

Common symptoms of diabetes include:

- Increased thirst
- Urinating a lot more than usual - especially at night
- Extreme tiredness
- Weight loss
- Genital itching or regular episodes of thrush
- Dry or itchy skin
- Slow healing of wounds
- Blurred vision

A simple blood test will see if you have diabetes - ask your GP for one.

Some pharmacies also offer this test. Have your blood pressure checked regularly.

For information on stop smoking services and the exercise referral scheme, turn to our Listings Section on page 9

NHS Greater Glasgow and Clyde

Breaking Budget for the Clyde Area

IN April of this year, NHS Greater Glasgow assumed responsibility for NHS services for Clyde - taking in all of Renfrewshire, Inverclyde, West Dunbartonshire and East Renfrewshire.

Over the next three years, the new Board that is NHS Greater Glasgow and Clyde face the challenge of re-designing services and identifying best-value opportunities that emerge from merging the substantial organisations.

NHS Argyll and Clyde had various financial problems and, although £80m of debts were written off by the Scottish Executive, we still need to ensure we address the overspend before taking on new and we need to ensure we address the overspend before taking on new

We are working closely with patients, staff, community groups and local politicians.

The capital plan for the former NHS Argyll and Clyde is being reviewed as it was over-committed to end of 2008/09.  This work will be the budget for the Clyde area.

The new diabetes strategy will improve services for patients.

...and the Clyde

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...and the Clyde

New strategy the diabetes

Two new mobile retinai screening units are being introduced to Glasgow to provide on-the-doorstep eye screening services for people with diabetes.

Patients received easy access to services and the strategy is addressing this. For instance, patients with Type 2 diabetes have, for some time now, been treated through the Diabetes Local Enhanced Services (LES) within general practices. This means that, because of improvements to services, their condition is detected earlier and they can access timely and treatment options that will help delay the onset of the various complications brought on by diabetes.

Next to be available is an improved central screening service, which, as well as having a service within hospital, will also include the two aforementioned mobile units, which will visit communities, including homeless people, and will have eye screening on their doors.

Being able to offer these services more effectively is helping us to provide a more efficient and cost-effective service.

It is important to highlight that treatments are highly effective and the more awareness the person is of the condition and how to control it, the more they can do to avoid any of the serious complications associated with diabetes that could affect them later in life.

We have worked hard at producing a strategy that will ensure patients with diabetes can access services as easily and quickly as possible.

For information on stop smoking services and the exercise referral scheme, turn to our Listings Section on page 9

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Check with your local pharmacy.
**TEENS with mental health problems can be left to struggle by a breaking in-patient system.**  But Herald health correspondent Helen Puttick finds there is some light at the end of the tunnel.

S PENDING six months in hospital would be a daunting prospect for anyone. It is hard to imagine how vulnerable teenagers must feel as they arrive with their hold-all at Garnet Hall Royal’s adolescent mental health ward.

Converted from an adult unit 20 years ago, staff repeatedly use the same four understood words to describe the facility: “It is not ideal.”

Yet the word has been crucial in the context of inadequate provision for adolescent mental health across Scotland. NHS Greater Glasgow and Clyde is by no means alone in making up more than half of the available service nationwide.

Research indicates that an increasing number of young people are being admitted to hospital due to mental health problems - a Scottish Government report in 2003 revealed that 20 per cent of young people were admitted to Scotland - 125,000 - at any one point of time.

It is hard to imagine how vulnerable teenagers must feel as they arrive with their hold-all at Garnet Hall Royal’s adolescent mental health ward.

But Herald health correspondent Helen Puttick finds there is some light at the end of the tunnel.

NHS Greater Glasgow and Clyde

**5 mental health services manager**

24 under the plans.

The number of beds for badminton court, the planned anorexia and psychosis.

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Changing face of emergency care

E M E R G E N C Y  c a r e  h a s  c h a n g e d  e n o r m o u s l y  s i n c e  t h e  N H S  w a s  c r e a t e d  n e a r l y  60  y e a r s  a g o.

Our A&E departments have continuously evolved since the Health Service began in 1948, but demand on the service has been inceasingly rising and patients’ expectations of emergency care have, quite rightly, considerably increased.

However, despite the efforts of both departments to adapt the out-of-hours facilities to the changing landscape, the growing emergency care needs of the population and purpose-built departments in order to provide the best possible service to patients.

Nowadays A&E units are being created on the basis of Emergency Department and the specialists who work in three departments have dropped the “accident” and “emergency” from their names and it has been renamed simply as “emergency” in line with their counterparts in the UK and Australia.

But it is more than just a name change to bring Glasgow’s service in line with the A&E and the Southern (as well as the Royal Infirmary in the South). That’s why NHS Greater Glasgow and Clyde is looking at new ways of providing accessible emergency care across the city.

Our plan is for A&E services to be transformed into a modern, integral part of our £750 million modernisation programme. By 2015, the majority of our hospitals will be fully staffed and equipped and expertly staffed and able to manage the full range of emergency conditions, either illness or injury, likely to present.

People with less serious injuries will usually be seen by specialist nursing staff at the three Minor Injuries Units based at the Victoria, Stobhill, and Gartnavel. Staffs will also have access to advice from the minor injuries practitioners - who are very experienced A&E nurses - who’ll have expertise in minor injuries training.

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Celebrating the work of those who keep us healthy.

WHOEVER the weather, the volunteers are a large band of very special people who are always ready to help. They present themselves to help the Health Service wherever and whenever they are needed.

They are the volunteers - our unsung heroes. They have chosen to give up their spare time to help their fellow man and the community around them.

VOLUNTEERS

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Here, we feature some of the many people who volunteer their time and energy to improve the quality of life for many others. Chair of NHS Greater Glasgow and Clyde Mary Ann Arthurs said: ‘Patients, staff and health professionals all have a debt of gratitude to those volunteers, not only for the generous financial donations that they make every year but also for their help and support, and also for the excellent services they provide every day for staff, patients, their families and the community. We are proud of the work they do and the significant impact they have on the communities they serve.’

There are many ways in which you can volunteer for NHS Greater Glasgow and Clyde. A list of volunteer opportunities in our hospitals and local health care and hospital and ask to speak to the Volunteer Services Department.

Volunteering can be extremely rewarding. It’s a great way to meet new people, learn new skills and gain valuable experience.

THE Melting Pot

Good sexual health

MAINTAINING good sexual health is as important as making sure you have a healthy brain or having good vision.

The site is a partnership between NHS Greater Glasgow and Clyde and the Sandyford Initiative, a service run by the Health Board, to help people understand and cope with the problems that they can encounter during their lives. The site aims to provide information and advice on how to help people maintain good sexual health.

It’s a great way to meet new people, learn new skills and gain valuable experience.

THE MELTING POT

What You Need To Know About SERTI

SERTI (Sexual Education and Relationship Teaching Initiative) is a programme of work for young people aged 12-16 years old. It is designed to help young people develop skills in relationships and sexual health.

It is an eight-week rolling social support programme for young people aged 12-16 years old. It is designed to help young people develop skills in relationships and sexual health.

The programme takes place in ten Linx centres across Greater Glasgow and helps people to talk about their feelings and experiences.

Information: Hugh McKinnon - 0141 201 4236

General Health

A computer system, which helps people with mobility issues to continue to live in their own homes, has been recognised as the best in the UK.

The Greater Glasgow and Clyde Health Board's new system called SERTI (Sexual Education and Relationship Teaching Initiative) has been recognised as the best in the UK. The system, which provides advice and information for young people aged 12-16 years old, has been developed by the Health Board.

The aim of the site is to provide information and advice on how to help people maintain good sexual health.

It’s a great way to meet new people, learn new skills and gain valuable experience.
ASHLEY’S STORY...

FIFTEEN-year-old Ashley Morrison is like any other Scottish teen, she just hasn’t set her sights on great grades and is looking forward to summer holidays. 

But, things were very different only a year ago when the plucky Dunbarton Academy pupil found out she had a debilitating illness, Crohn’s disease (an inflammatory disease mainly of the small intestine and colon). 

Diagnosed in May 2005, Ashley spent three weeks in the Royal Hospital for Sick Children, externally and being fed through a tube in her nose. 

Mom, Laura, explained: “The week after the diagnosis was the worst day of my life. The disease had left her with a horrendous wound, the tissue had been eaten away by the Crohn’s and she was in a lot of pain.” 

Under the care of doctors, nurses and other specialists at the Sick Kids, Ashley’s condition was handled with control and eventually she was well enough to leave hospital. 

However, doctors were worried about allowing her to go home so soon. 

Laura said: “The only reason Ashley was allowed home earlier, but it means less support they need.” 

Alyson, with the continued support of the team, was able to give the family emotional support, helping them to cope with what was happening to Ashley. 

At first, Alyson was visiting Ashley three times a week, but, more recently, as Ashley’s condition improves, she’s been able to reduce those visits down to once a month and she’s always available.”

Alyson added: “People are very reticent about allowing the teen home so soon. 

The cause is not known and there is no cure for it at the moment. 

Crohn’s disease is a persistent inflammatory disease, mainly affecting the small intestine and/or colon. 

The disease can cause extensive inflammation, deep ulcers and scarring of the wall of the intestine. 

Main symptoms include pain in the abdomen, urgent need to have a bowel movement and abnormalities or ulcers in the rectum or colon. 

It affects between 30,000 and 60,000 people in the UK at any one time and is found in all age groups and in every country. 

Causes are not known and there is no cure for it at the moment. 

The damage can be managed using drugs.

ASHLEY receives a visit from Alyson Methven, one of the Community Children’s Nursing Team.

HELPING children and families are nurses Caroline Porter, Alyson Methven and Nicky Bridges. 

NURSES TAKE THEIR SKILLS OUT TO THE COMMUNITY

Based in the Acorn Centre at the Vale of Leven Hospital, the team works very closely with the Scotland’s Children’s Hospice, Alexandra Palace in Paisley and the Sick Kids Hospital in Glasgow to ensure their patients receive the best care possible.

How the team work is simple: the team is there to provide nursing care to their own children and other staff. Not only are the team providing care to their children, they also provide support to other children who are cared for at Renal Hospice in Balloch (a children’s hospice built by the Children’s Hospice Association of Scotland).

NHS Greater Glasgow and Clyde

New online form makes job application easier.

Since January this year, applicants for certain vacancies within NHS Greater Glasgow and Clyde Partnerships were able to apply online for the first time on the Scottish Health On-line (S HoL) website. 

Very soon, applicants will be able to submit online applications for all vacancies within NHS Greater Glasgow and Clyde.

This is very different to any other system of job vacancies currently available. The NHS does not require the completion of other a form / PDF application form/email submission.

Online applicants will fill in their details at the same time and application will immediately be submitted to the database for the next stage of the selection process. 

The system is still in its pilot stage, but the long-term aim is to roll this facility out to all of NHS Scotland.

Ashleigh's story

ASHLEIGH MORRISON is a 15-year-old schoolgirl who has Crohn's disease, an inflammatory disease mainly of the small intestine and colon.

Busking "banks" were developed as a solution to temporary shortages

FOR a copy of the draft strategy, go to: scotland.gov.uk/consultations and between 3,000 and 6,000 new cases are diagnosed every year.

Four recruiters who find their own countries to start new lives in Glasgow are now working for the Health Service thanks to NHS Greater Glasgow and Clyde.

They are among eight recipients who finished a Pre-working for Health (WHRF) course pilot, which prepares refugees to move on into the formal NHS workforce.

Manuel Bernardo from Angola was a landscape gardener who became an acute care Support Worker. 

Rouguatou Diallo from Guinea is working as a General Services Assistant at Bellahouston General Hospital, while Shabani Bizimana from Burundi is a care assistant in a private home care.

Training scheme gives refugees fresh start

Scotland is now working for the Health Service thanks to NHS Greater Glasgow and Clyde.

He has been joined at the centre by Alphonse Makumbe Kambudzi from Cameroon, who is also an Assistant Technical Officer.

Rogasatou Diallo from Guinea is working as a General Services Assistant at Bellahouston General Hospital, while Shabani Bizimana from Burundi is a care assistant in a private home care.

The new scheme is designed to help improve the refugees' workplace English language skills and explain the NHS culture.

It was set up by NHS Greater Glasgow and Clyde in partnership with Scottish Enterprise Glasgow, Anniesland College, the Wine Group and G 21, to encourage unemployed people to apply for NHS jobs.

WHIR is funded by NHS Greater Glasgow and Clyde, Scottish Enterprise Glasgow and Jennifer Plus, with support from the Scottish Executive Health Department.

FOR a list of current job opportunities in Greater Glasgow and Clyde visit www.nhsggc.org.uk

This new centre will service the Greater Glasgow area.

Eventually, applicants will be able to apply for any post with one online application tool rather than having to apply to each area independently.

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Sport

Teenage football girls put on a show

FORTHBANK Stadium in Stirling was the place to be recently for the finals of the women’s Scottish Youth Cup. Although the weather was poor, with heavy rain throughout the day, this didn’t detract from the action on the pitch. Congratulations go to our very own Paisley Saints U13s (pictured above right) for reaching the finals.

The girls played a magnificent game, displaying a great deal of skill and character. The game could have gone either way, but sadly Paisley Saints missed out on lifting the trophy to the Hibs Girls, who triumphed 5-3.

Tom Divers, Chief Executive, NHS Greater Glasgow and Clyde congratulated all the teams on their achievement and added: “The dedication of all the girls taking part is clear when you see the skill relayed on the pitch. “The level of fitness sustained to accomplish the success these girls showed is what we are trying to encourage all young girls to achieve. “The girls should be proud to have reached the finals and we look forward to supporting more West of Scotland teams in the finals next year.”

Six teams took part on the day and put on a great show of football. And, whether they were taking part or merely spectating, everyone who attended the final was treated to a great day of football.

Scottish Youth Cup Final Results
U13s Hibs Girls 5 Paisley Saints 3
U15s Aberdeen FC Girls 4 Hamilton Accies GFC 2
U17s Hibs Girls 7 Dundee West GFC 2

Run for the money

FUNDRAISERS HIT THE ROAD TO BRING A LITTLE LUXURY TO PATIENTS’ LIVES

FEMALE patients, friends and staff of the Solas Unit (Ward 24 at the Southern General) joined forces at the recent Women’s 10K in Glasgow to raise funds for the unit.

The 39-strong Solas team ran, walked and hobbled their way through the race, with all proceeds donated to ward funds where it will be used to benefit patients.

Clinical Nurse Specialist Carol King explained: “The Solas Unit is an 18-bedded ward area where patients with blood disorders receive intensive treatments. Patients often require lengthy periods of isolation from others whilst receiving their treatments, so any little luxuries they can receive are a wonderful bonus to relieve the boredom, money raised will go towards this.”

Meanwhile, one of Glasgow’s British Lung Foundation (BLF) Nurses Lynne Eshelby is in full training mode for the charity’s annual ‘Lung Run’ round Glasgow Green, which is happening on August 27.

Based at the Southern General, Lynne is one of six nurses appointed by BLF to roll-out a new Early Supported Discharge (ESD) service across Glasgow for sufferers of Chronic Obstructive Pulmonary Disease (COPD).

Lynne, who is also a captain for the BLF’s Scottish Run half marathon, admits to being something of a fitness fanatic so the 5K Lung Run should literally be a stroll in the park.

For more information on the Lung Run - open to all runners and spectators - visit: www.blf.org.uk

THE girls from Paisley did well in the tournament.

PATIENTS and staff from the Solace Unit at the Southern General took part in the Women’s 10K Run in Glasgow.

IRONMAN ALAN IN CHARITY CHALLENGE

ALAN CRAWFORD is our very own man of steel. The Inverclyde Royal’s alcohol liaison nurse is set to compete in the Ironman UK triathlon in Dorset in August.

Alan is raising funds for the Cystic Fibrosis Trust, a cause which is very close to his heart as his 10-year-old son Ross suffers from the life-limiting disease.

He explained: “For people with cystic fibrosis life can be challenging and that should provide them with the honorary title of Ironpeople. The continued commitment to essential time-consuming and often unpleasant daily treatment regimes required by these individuals is often humbling and inspiring. “Our hope is that a cure for cystic fibrosis will be found soon, with Ross then being able to decide which challenges he wants to undertake in life rather than having this unpleasant one forced upon him. “I am always looking for a greater challenge for each annual fundraising event and this year will be my greatest so far. The Ironman UK triathlon comprises of a 2.4 mile open water swim followed by 112 miles cycling then a full 26.2 miles marathon to finish. I have been training most of this year with this in mind.”

Previously Alan has taken part in various sponsored events including the Great Scottish Run half marathon, various triathlons, as well as swimming across the Clyde from Kilcreggan to Greenock and the New York City marathon to raise funds for the Cystic Fibrosis Trust.

If you would like to support Alan in his Ironman quest, you can donate online at: www.justgiving.com/ironmanetc

For more information on Cystic Fibrosis, visit: www.cftrust.org.uk

OUR PARTNERS - NHS Greater Glasgow and Clyde with a number of partner local authorities, charities and other organisations such as Strathclyde Police and NHS 24. Our main partners are:

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