# Press Release | 14 July 2023

**A full house at QEH education event**

Over 100 people came along to find out more about diabetes last night at The QEH’s free healthcare event.

Those who came along to The Duke’s Head Hotel in King’s Lynn had the chance to have a free finger prick blood glucose test. This simple test helps identify if they are at risk of developing diabetes.

Over 70,000 adults in Norfolk and Waveney have been confirmed as having this serious health condition and it’s a growing concern nationally as cases topped five million for the first time.

Guest speaker Dr Clare Hambling, GP and Clinical Advisor for Diabetes and Obesity at NHS Norfolk and Waveney Integrated Care Board, gave an overview of these alarming figures and spoke about the importance of getting the right care and support to prevent the risk of developing serious complications.

Each week diabetes leads to 184 amputations, more than 770 strokes, 590 heart attacks and 2,300 cases of heart failure.

Guests at the event also heard from Heather Leishman, Clinical Programme Manager for Diabetes at NHS Norfolk and Waveney ICB, who went on to speak about the NHS Healthier You Programme and NHS Type 2 Diabetes Path to Remission Programme in West Norfolk.

Talking about the NHS Healthier You Programme, Heather said: “Research shows this programme has reduced new diagnoses of type 2 diabetes in England, saving thousands of people from serious consequences of the condition.”

Other speakers also included QEH Consultants Mr Shyam Seshadri, Clinical Director for Diabetes and Endocrinology, Mr Michael Kouroupis, Consultant Ophthalmologist and Dr Fiaris Haddadin, Consultant Diabetologist and Endocrinologist. These specialistscovered topics including pharmaceutical intervention (diabetic drugs), the management of diabetic retinopathy (diabetic eyes) and the importance of diabetic foot healthcare.

Mrs Sally-Ann Thomas from Hunstanton, who attended the event last night, said: “This evening’s event was really insightful and educational, and I have been able to take away some really useful tips and bits of advice which will support me in living with diabetes.”

Dr Antonia Hardcastle, Lead Governor at QEH and host of the event, said: “Tonight’s event was a great success, and I am thrilled to see such an amazing turnout from the public.

“We will now engage with our members and all of tonight’s attendees to establish what health topic they would like covered in our next event. Reflecting on and listening to the wishes of our members and wider community is very important to us and we will also draw upon the system wide priorities in Norfolk and Waveney while working collaboratively with our ICB colleagues to raise awareness and reduce health inequalities.”

**Ends.**

For further information, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216.