



**MERE SURGERY**  
**Dark Lane, Mere, Warminster, Wiltshire, BA12 6DT**  
**Tel:01747 860001**  
**www.meresurgery.co.uk**

Dear Patient,

Your recent blood test shows you to have a slightly raised average sugar level. It is an indicator that you are at risk of becoming diabetic in the future although you are NOT diabetic currently. This slightly raised blood sugar is called pre-diabetes, it will not be causing any symptoms but we should treat it as a warning. Sometimes improving our lifestyles can prevent getting diabetes in the future.

Lifestyle changes that might help include weight loss, more exercise or a healthier diet.

We have a Health & Wellbeing Coach called Julia Cole at Mere Surgery who can discuss and support any changes that you might be interested in. Please contact the surgery if you would like her help.

Below is a link with a little more detail about pre-diabetes, if you would like us to print this off for you, please contact the surgery.

<https://www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes>

It is important that we follow up the blood test with another one in a year's time.

Yours faithfully

**Drs Halsey, King, Gallagher & Andrews**

Dr Ed Halsey BM, MRCP, DRCOG, MRCGP  
Dr Tim King BM, BCh, MA, MRCS, MRCGP  
Dr Stuart Gallagher, MBBS, MRCGP  
Dr I Andrews MB.BChir, DCH, DRCOG, MRCGP (Salaried GP)

**Maintaining Excellent Respectful Empowering Healthcare**