

LYME BAY MEDICAL PRACTICE – PATIENT PARTICIPATION GROUP

OPEN MEETING AND A.G.M. HELD AT LYME REGIS FOOTBALL CLUB

FRIDAY 17TH NOVEMBER 2023 AT 7.00 P.M.

The meeting was chaired by David Hardman. Approximately 30 patients enjoyed the following very interesting talks:

- 1. Yvonne Moul, Community Respiratory Nurse, talked about asthma: its diagnosis and management.** Asthma is a chronic illness, which can emerge at any age, and causes 4 deaths a day in England. 5.4 million people in the U.K. are diagnosed with asthma, which affects 1 in 12 adults and 1 in 11 children. Yvonne explained that there are many many different causes but said often the trigger is simply unknown. The management of asthma is just as varied – treatment ranges from different varieties of powder or spray inhalers, to steroids, to injections. Various inhalers were discussed and shown, and Yvonne’s view is that people should stay on the lowest dose of inhaler that keeps them well.
- 2. Dr. Sue Beckers talked about food guidelines:** National Guidelines recommend a low fat diet, based on evidence from America in the 1970’s. However, for some years it has been recognised that this evidence was flawed, but national guidelines are very slow to catch up. Dr. Sue explained that the body can tolerate a lot of fat, which does not clog up our arteries as commonly believed, but it cannot tolerate a lot of carbohydrate, particularly sugary carbs which directly impact blood sugar levels by quickly turning into glucose. The body can manage fat, it cannot manage a lot of carbs. - eating low fat and high carb. puts our bodies into a state of metabolic dysfunction which causes all sorts of health problems e.g. heart disease, high blood pressure, diabetes, cancers can all be related to metabolic problems when the body is not burning the right fuel. We need to get the right calories from fat, protein, and some carbs. Animal fat and protein is essential. Apart from eating a low carbohydrate diet with the right fats, Dr. Sue recommended eating protein at every meal - quality protein including meat, fish, eggs, dairy and nuts and healthy fats found in butter and olive oil have a low glycaemic index. Eating this type of food lowers insulin levels resulting in reduced hunger, less snacking and accelerated weight loss. Of course ‘real food’ is best.

Dr. Sue belongs to The Public Health Collaboration which has designed a Zoom group 8-week diet and lifestyle course with on-going support, which introduces carbohydrate restriction as a powerful tool for addressing metabolic issues, often reversing the effects of

diabetes type 2 altogether. This course is cheaper and has better results than the standard NHS system and Dr. Sue wants it to be offered to all newly diagnosed diabetics.

The PPG agreed to lobby the Dorset Integrated Care Board to include this low carb option, with well trained personnel giving the most effective support when seeing newly diagnosed type 2 diabetics.

3. A.G.M.

(i) David Hardman and Dave Edwards have both decided to step down from their roles as Co-Chairs of the PPG. David Hardman will remain on the Steering Group, but Dave Edwards has decided to take a back seat due to health issues and will remain on the Virtual Group. Formal thanks were given to Dave Edwards in appreciation of all the work he has done, firstly as Chair of the Lyme Regis Medical Practice PPG, then as joint Chair of the combined Lyme Regis Practices PPG, then as joint Chair when Charmouth Practice joined with Lyme. David Hardman proposed that Vicci Stocqueler become the new Chair of Lyme Bay Medical Practice PPG. The proposal was seconded by Joanna Scotton, Vicci accepted and the motion was carried by those present.

(ii) **Steering Group Membership.** The Steering Group continues to meet bi-monthly on a Tuesday afternoon at the Medical Centre. At the time of the meeting there were 12 members out of a possible 15; two more people came forward after the meeting making a total of 14. There are 74 Virtual Group members who receive copies of meeting agendas and minutes, as well as general information.

(iii) **Review of PPG Activities 2023 -** A summary of the major Steer Group achievements during 2023 may be downloaded and viewed by [following this link>>](#).

(iv) Dates of PPG meetings in 2024:-

23rd January

19th March

30th April

16th July

17th September

November date to be decided