



Phil Ellett

A Patients Perspective

Walsall Resident Since 2001

- I have a daughter & two grandchildren
- I work in Structural Engineering
- My main hobby is the sport of Crown Green Bowls I volunteer with various Associations in the Midlands and support Development, Coaching, Referees & Safeguarding.



Diabetic Career

Diagnosed Diabetic 1995.

- Started with symptoms of pins & needles/numbness in fingers
- Blood tests discovered Extremely high Hb1Ac!
- Weight over 21 Stone.
- Referred to Good Hope Hospital
 - Consultant Mr Miles and Urmilla Griffiths.
 - Felt like the youngest patient.
 - Other patients discussing their symptoms of going blind, losing toes & ulcers
- Drug treatment – Metformin
- Diet Changes
- Uncomfortable Conversations
 - With Children & Family about my Chronic Long lasting health condition.

Within a year

- Very painful Diabetic Neuropathy Feet & Legs
- Off work for 3 months
- Weight dropped off rapidly down to 11 stone
- Feeling very low.
- Temgesic – Great for pain – Bad for Energy Levels.
- Blood Sugar levels improved but still in double figures

- My Sport
 - Although I still wasn't fit enough to play
 - The social side got me through.

Time to Start Insulin Treatment

- Great support from GP & Hospital
- Insulin Treatment felt like being on a death sentence
- The pain of Regular Blood Meter Testing
- Notifying DVLA and the thought of not being able to drive
- Change of lifestyle:
 - Constant Awareness
 - Adjusting Food, Exercise and insulin (not always getting it right!)
 - Always needing to carry
 - Medicines
 - Insulin
 - Sugar
 - Testing Equipment
 - Improved fitness – Back to Playing Bowls, going to the Gym and Swimming

Moved to Walsall 2001

- GP Changed to Little London Surgery
- Consultancy moved to Walsall Manor.
- Continued Diabetic Support

2011

- Developed Chronic Back Pain
- Discovered Damaged Vertebra
- Effected fitness & ability to walk any distance
- Weight increased
- Added to pain in joints now diagnosed as arthritis
- Hb1Ac meter results frequently high (double figures)

Time to Start Basal Bolus

- This improved Blood Sugar Control (Still not perfect)
- More regular adjustments
- Changes of insulin types to avoid night time Hypos

Diabetic Retinopathy

- Discovered by routine optician Diabetic eye checks.
- Now referred to Manor Ophthalmology
- Painful dilation for reviews

- Eventually vessels at back of eye were discovered as leaking & needing treatment.
- If untreated I could go blind, but the treatment could contribute towards blindness. (Blind without treatment or Blind with treatment!)

Laser Eye Treatment

- Probably one of the most painful treatments I have ever had.
- The Consultants were happy with results that has arrested the stray vessels
- Outside of Normal Eye Screening because they always find issues
- After a year the scaring tissues ruptured leaking blood into eye.
- Cloudy vision thereafter.
- The best review I now get is my eyes are Stable

Podiatry

- First problem when referred was diagnosed as an infected corn.
- Discussions and treatment of an ingrowing toenail & review Health issues and of Blood Sugars are too high to operate.

- They connected me to Joe Myatt
- Joe helped with the first step of wonder drugs to help with Blood Sugar Control and weight problems.

- Now - Loss of feeling in some of my toes
 - Regular foot checks and help with maintenance.

COVID & Lockdown

- Lockdown wasn't good for me
- Crown Green Bowls Suspended
- Exercising very minimal
- Working from Home
- Isolated
- Routine Checks reduced
- Weight increased to 21 Stone
- Hb1Ac in March 21 were in the 70's regular meter readings of double figures
- Worry about Driving Licence Renewal & DVLA Delays

Walsall Health Watch & Paul Higgitt

- Walsall Health Watch & Links about Diabetes
- Because they arranged sessions via Zoom I was able to attend.
- The group led by Paul Higgitt with an outcome to arrange Peer Support Groups

- Encouraged to contribute in Diabetic Peer Support Group

Peer Support Groups

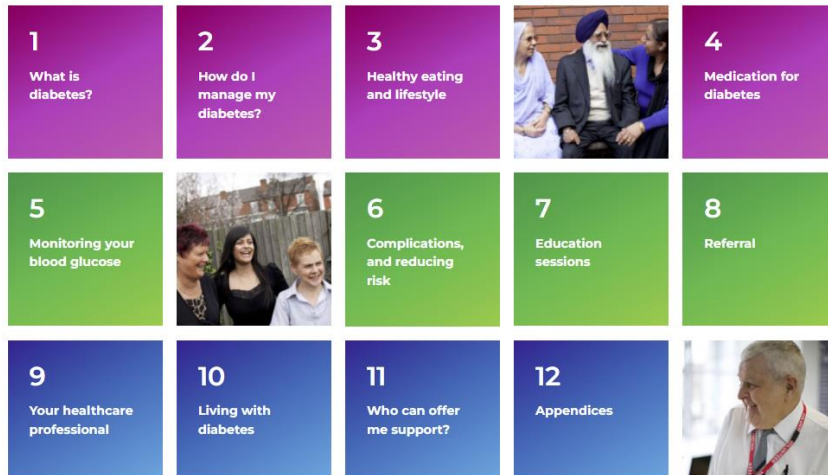
- Through Diabetic Peer Support Group
 - Identified things the group would be interested in learning more about
 - Range of Medications
 - Types of Meters
 - Updates on Diabetic Services
 - Support to recently diagnosed Diabetics
- I'm interested to try and Link my Sport of Crown Green Bowls, the Development work I do and how to link with Health Benefits and to protect the bowling greens for the future with more use.

Success Story

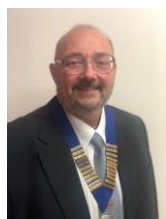
- After Listening to a great presentation from Joe Myatt, I learned about another drug that might be more useful to me.
- Through Little London Surgery they connected me to the Diabetic Specialist Jody Ross
- We discussed to change from Victoza to Ozempic
- Within 3 Months my weight dropped 3 stone and has continued to reduce.
- Hb1Ac down to 58 this has crept up but will continue with additional home testing to improve.

Links with Walsall

- <https://www.walsallhealthcare.nhs.uk/our-services/diabetes/diabetes-community/diabetes-and-me/>
- My personal choice to live a normal life – Exercise helps keep blood sugar and weight under control.



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



Bowls Promotion

- I'm a Qualified Coach & Referee
- The sport is for all, easy to learn



THE HEALTH BENEFITS OF BOWLS

- Bowls Increases Lean Mass and Improves Body Composition**
 One of the biggest challenges that older adults face is the loss of muscle through inactivity. Referred to as 'sarcopenia', a significant loss of muscle can affect everything from metabolic health, to functional strength if it isn't corrected.
 Without physical activity, sarcopenia can result in a loss of as much as 50% of skeletal muscle mass by 80 years old. Okay, bowls isn't like weightlifting that results in large muscles, but it definitely offsets muscle loss, reducing frailty and weakness.
 Physical activities such as bowls help to reduce osteoporosis risk by afflicting the loss of bone cells or possibly even stimulating new bone cell growth.
- Playing Bowls Improves Vascular Health**
 Physical activity, whether it's intense and vigorous or as leisurely as a stroll through the park, helps to improve vascular health. Ultimately, inactivity is in itself a big risk factor for cardiovascular disease in older adults.
 Regular bowls playing essentially has a cardio-protective role.
- Bowls Promotes Independence and Functional Ability**
 A characteristic of health and well-being is the ability to move freely and independently. Because of biological changes that occur during ageing, many older adults lose their functional ability and as such can't complete day-to-day activities.
 Exercise such as lawn bowls helps you maintain and even improve important daily functional ability such as stability, confidence, mobility and above all else - confidence in your own physical capabilities.
- Bowls Helps Improve Cognitive Health**
 Bowls requires concentration, agility and strategy. Refining your tactics, concentrating for long periods of time and maintaining mental alertness not only helps you maintain a good level of motor skills - they help with brain health too.
 Research is fairly conclusive that physical activity boosts brain health. It enhances higher-order functions such as spatial awareness and motor skills. It also offers neuro-protective benefits too by reducing your risk of age-related.
- Improved Mood, Social Relationships and Enjoyment**
 Bowls is a community sport. It is a pastime where like-minded people come together to enjoy competition, camaraderie and some good physical activity - all with their peers.

Bowls.co.uk



BOWLS' BIG WEEKEND 2022

Friday 27th - Sunday 29th May 2022



Bowls is better for you!

- Improve concentration
- Be more alert
- Soak up natural vitamin D
- Reduce the risk of heart disease
- Be more flexible
- Reduce stress
- Increase muscle tone
- Burn calories - lose weight
- Get better balance

Thanks

- Healthwatch & Paul Higgitt
 - You gave me a new way to get support
 - You support the Diabetes Peer Support Group
- Joe Myatt
 - Your great information gave me new avenues to explore a positive impact on my health
- Jody Ross
 - Your help, advice and continued support is making major improvements in my Health.

Happy to help others

