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*What happens at an X-PERT course? David and David find out. | Diabetes UK*

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The National Diabetes Prevention Program – Changing Lifestyles to Prevent Type 2 Diabetes  
~~Treflyn Jones reading X PERT~~

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~~HEALTH DIABETES BOOK~~

~~Diabetes Awareness Week | X-~~

~~PERT Diabetes Dr Sean~~

~~Wheatley X PERT Health~~

~~Conference 2019 | Using EHRs~~

~~for Type 2 Diabetes~~

~~Prevention and Management~~

~~Matthew Whitaker X PERT~~

~~Diabetes Digital~~ **Emma's**

**experience of the X-PERT**

**diabetes patient programme**

*Tips for diabetes prevention*

*and management*

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BTD - The National Diabetes

Prevention Program: Changing

Lifestyles to Prevent Type 2

Diabetes

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X-Pert Diabetes Programme

Argyll \u0026 Bute HSCP **Pam's**

**story - The NHS Diabetes**

**Prevention Programme** ~~5 steps~~

~~to reverse diabetes and~~

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~~insulin resistance Dr. Berg  
Uncovers The Myths About  
Blood Sugar \u0026amp; Diabetes  
Diabetes | Prediabetes | How  
To Prevent Diabetes 5 Diet  
Tips for Diabetes DESMOND  
Getting to Grips with Type 2  
Diabetes New Treatment  
Classes for Type 2 Diabetes  
Managing highs and lows with  
type 2 diabetes What Is  
Prediabetes? What should my  
blood sugar target be? by Dr  
Katharine Morrison | PHC  
Conference 2018 Managing or  
Avoiding Type 2 Diabetes  
Type 2 diabetes courses  
Digital Diabetes Prevention  
Guide The ChristianaCare  
Diabetes Prevention Program  
**Michael's Story - The NHS  
Diabetes Prevention**~~

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**Programme** Preventing Type 2 Diabetes **Type 2 diabetes prevention and management**

*Meet our speakers #7: Dr Trudi Deakin* **X Pert Diabetes Prevention Management**

The X-PERT Diabetes Prevention & Management Handbook Version 14, updated in August 2019 is an 161-page comprehensive summary of the X-PERT Diabetes & X-POD Programmes. X-PERT Diabetes Handbook quantity. Add to basket. SKU: XP00011 Categories: Uncategorized, X-PERT Diabetes, X-PERT Prevention, Books. Description. Additional information.

**X-PERT Diabetes Handbook - X-**

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## **PERT Health**

X-PERT Programmes can help you: - reduce your blood glucose levels, and potentially to put your prediabetes or Type 2 diabetes into remission. - improve your blood pressure and the ratio of fats in...

## **X-PERT Diabetes Digital - Apps on Google Play**

The X-PERT Programme seeks to develop the knowledge, skills and confidence in diabetes treatment for health-care professionals and diabetes self-management. The programme trains health-care professionals to deliver the six-week structured patient

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education programme to  
people with diabetes.

## **Structured patient education: the X-PERT Programme**

The X-PERT Diabetes  
Prevention & Management  
Handbook version 14, updated  
in August 2019, is an  
161-page comprehensive  
summary of the X-PERT  
Diabetes & X-POD Programmes,  
together with care planning  
activities and additional  
information to promote  
diabetes self-management.  
This book covers What is  
Diabetes & Prediabetes?

**X-PERT Diabetes Prevention  
and Management V14 | Keeping**

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## **Fit**

X-PERT Diabetes Prevention and Management V14 - X-PERT ... X-PERT Prevention of Diabetes - an intensive lifestyle programme aimed at reducing risk of developing type 2 diabetes for people at higher risk ; X-PERT Diabetes - for people with type 1 and type 2 diabetes, with an emphasis on lifestyle choices.

## **X Pert Diabetes Prevention Management 12**

This handbook features care planning activities and additional information to promote diabetes self-management for anyone with type 2 diabetes. It will



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also provide you with guidance on Dietary Approaches, Recipes, Fat Awareness, Food Labels, Possible Complications and Stress & Sleep. The X-PERT Diabetes Handbook also covers:

## **X-PERT Diabetes Handbook - X-PERT Health**

This set of 12 subtitled videos deliver the key messages of the X-PERT Health Diabetes Prevention & Management Education Programme. Subtitled videos are useful to support individuals who may be hearing impaired, for anyone who cannot or doesn't wish to attend group sessions, or

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for anyone who would like a recap of the programme.

## **Subtitled Videos X-PERT Diabetes Programme - X-PERT Health**

X-PERT Prevention of Diabetes - an intensive lifestyle programme aimed at reducing risk of developing type 2 diabetes for people at higher risk ; X-PERT Diabetes - for people with type 1 and type 2 diabetes, with an emphasis on lifestyle choices. X-PERT Insulin - for people with type 1 or type 2 diabetes and are treated with insulin. What do the diabetes X-PERT courses entail? The diabetes X-PERT

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courses are structured to provide as much diabetes and lifestyle information as possible.

## **X-PERT Diabetes Course**

The X-PERT Diabetes Prevention & Management Handbook version 14, updated in August 2019, is an 161-page comprehensive summary of the X-PERT Diabetes & X-POD Programmes, together with care planning activities and additional information to promote diabetes self-management. This book covers What is Diabetes & Prediabetes?

## **X-PERT Diabetes Prevention and Management V14:**

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At X-PERT Health our aim is to provide members of the public and health care professionals with effective education that helps prevent or manage diabetes and other long-term medical conditions. We believe prevention is better than cure and that the right education can achieve this.

## **Home - X-PERT Health**

Hi there, I'm Dr Trudi Deakin, chief executive of the charity X-PERT Health which develops, implements and evaluates structured education for the prevention and management of diabetes. We strive to keep abreast of

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the latest research so that healthcare professionals and patients obtain the most up-to-date lifestyle management information.

## **X-Pert Advice for Healthcare Professionals - Diabetes Diet**

Buy X-PERT Diabetes: Prevention & Management by (ISBN: 9780957141353) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

## **X-PERT Diabetes: Prevention & Management: Amazon.co.uk**

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## **X Pert Diabetes Prevention Management 12**

X-PERT is one of the longest-standing diabetes education courses for people with type 2 diabetes. There are different X-PERT courses available: First steps (introduction to diabetes management one-off session)

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X-PERT diabetes prevention and management

## **X-PERT | Know Diabetes**

The X-PERT Diabetes Prevention & Management Handbook is a 161-page comprehensive summary of the X-PERT Diabetes Program, together with care planning activities and additional information to promote diabetes self-management.

## **X-PERT Diabetes Handbook – X-PERT Health**

This is the only national structured education programme that is suitable for people with Type 1 or Type 2 diabetes. Attending the X-PERT Insulin programme

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will increase your knowledge, skills and understanding of your condition and help you to make lifestyle choices to manage your blood glucose levels more effectively when using insulin.

## **Group Programmes - X-PERT Health**

The X-PERT Diabetes Digital Programme is a great way to learn more about your Type 2 diabetes at a time and place that suits you. Our digital platform includes all six sessions from our award-winning X-PERT Health structured group education programme.



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## **Shop - X-PERT Health**

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