



# Manx Diabetic Group

Sheshaght Roie-Voonagh Vannin



Newsletter  
Spring 2010

Editor: Alison Woods, Chairman

Isle of Man Registered Charity No 415

Affiliated to Diabetes UK

## CHANGES IN OFFICERS

The Management Committee has been very sorry to accept the resignations of Carol Malarkey as Secretary and Joanne Kneen as Youth Group Organiser – a very warm thank you to both for their committed contribution. As an active and progressive 'team', we are pleased to say that we have found replacements, as follows:

Secretary: Jan Radcliffe (our previous Secretary)  
Youth Group Organiser: Paul Clarke

**What we need now is a Fund-Raiser and Publicist. Any offers?**

## INSULIN PUMPS

During 2009, it became apparent that there had never been NHS funding for insulin pumps and the ones that had been supplied were bought with charitable donations. The Group agreed and have paid for pumps for 2 children who badly needed them. At the same time, the Group lobbied Government to accept the Business Plan submitted by the Diabetes Centre for DHSS funding for a limited number of pumps per year. This has been successful. We have to point out, however, that there are strict criteria to be met for acceptance for one of the few pumps.

## FUNDRAISING

A very successful and fun Manx Caribbean evening was organised by Jackie Reid in Port Erin to raise funds for the group which will pay for 2 x 24hour blood glucose monitors.



Jackie Reid, David Castro and Alison Woods – 14 November 2009

We have also received donations from various Company Charity Committees.

Our own Paul Clarke, Committee Member and incoming Youth Group Organiser, took part in the Santa Dash and won/donated a spot prize!

Thank you for all our donations, they are graciously received and will be used to further the aims of the Group – for diabetics on the Island.

We have, over the last few months, paid for a trial of several Gestational diabetes mothers' training sessions which should help the ladies prevent full scale diabetes in the future.

## YOUTH NEWS

A fabulous ice-skating event was held for over 60 people (including over 40 children!) on 23 December 2009 where diabetic children and their families had lots of fun. The Group are committed to ongoing events for diabetics and would welcome any suggestions as to events you would like us to hold.

## ANNUAL GENERAL MEETING

Our 2010 Annual General Meeting will be held on 25<sup>th</sup> March 2010 at The Pavillion, Douglas Golf Club.

We are very privileged to have Mr Richard Lane OBE, the President of Diabetes UK, come to speak at the Meeting. Mr Lane is a diabetic himself and was one of the first transplant recipients. Mr Lane is also an exceptional speaker. We hope you can come.



*Richard Lane OBE, President of Diabetes UK*

## DID YOU KNOW?...

**Laughter** is good for you. A study in the US showed that laughter reduced total cholesterol in high risk i.e. those with high cholesterol and high blood pressure. It also increased the levels of HDL (the "good" cholesterol)

**Potassium** and its ratio to sodium (salt) is as important for reducing the risk of heart attack and strokes as cutting down on salt alone.

**The brain** accounts for just 2% of the body's weight, but requires 20% of its glucose supplies. Glucose is the brain's only food and it can't store it, so needs a constant supply. No wonder we become muddled when our blood sugars run low!

### **Mixed messages on good Nutrition**

Japanese eat very little fat and suffer fewer heart attacks than us.

Mexicans eat a lot of fat and suffer fewer heart attacks than us.

Chinese drink very little red wine and suffer fewer heart attacks than us.

Italians drink excessive amounts of red wine and suffer fewer heart attacks than us

**Sleep, or lack of it**, or poor quality of sleep can affect the body's metabolism and reduce its ability to convert sugar into energy and could contribute to the incidence of Type 2 diabetes in the elderly, whose sleep is usually shorter and of poorer quality than younger people.

**Tight control** for the first 6 to 7 years - starting soon after diagnosis (in a group of participants who had been Type 1 for 30 years) lowered their rate of retinopathy by more than half, kidney disease by almost two-thirds and cardiovascular disease by nearly half.

5% more **Vegetarian protein** could reduce your systolic blood pressure by 1 to 2% - particularly those from vegetables, beans, whole grains and tofu.

**Vinegar** taken daily at bedtime has been found to reduce blood sugars in the morning in Type 2 diabetics. Two tablespoons of apple cider was used in the trial.

## MEMBERSHIP

If you did not take advantage of our reduced membership for 18 months last year, or you would like to become a member of the Manx Diabetic Group, please do be in contact.

If you have any items of interest, we would love to hear from you.  
Please ring Alison Woods, Chairman on 01624 845730 or email [alisonwds94@gmail.com](mailto:alisonwds94@gmail.com)  
If you wish to find out latest news go to [www.connect2charity.im/manxdiabeticgroup](http://www.connect2charity.im/manxdiabeticgroup).