



Manx Diabetic Group

Sheshaght Roie-Voonagh Vannin

Newsletter Summer 2009

Isle of Man Registered Charity No 415

Affiliated to Diabetes UK

BACK IN PRINT

Hello. I am Alison Woods and I am the new Chairman of the Manx Diabetic Group and have taken up my former role of Newsletter Editor. The last newsletter was in autumn 2007. We intend that it will now become a regular feature.

ANNUAL GENERAL MEETING

The annual General Meeting for 2009 was held at The Meadows Pavilion on 25th June. As per the Constitution, in future we will do our best to get back to March or April.

The New Committee is as follows:

Chairman:	Ms Alison Woods	<u>Committee Members</u>
Vice Chairman	Mr Bev Mickelson	Mr Peter Carroll
Secretary:	Mrs Carol Malarkey	Mr Paul Clarke
Professional Treasurer:	Miss Pamela Birnie	Mr Ian Hodgson
Membership:	Mrs Joanne Wilkinson	Mr Roland Seaton
Youth Group Organiser:	Mrs Joanne Kneen	
Fundraising/Social	Mrs Dianne Cliffe	

ACTIVITIES OVER THE LAST 18 MONTHS

With the Committee reduced to 4 members during much of this period it was difficult to arrange much, but our stall @ the Tynwald Fair was manned in 2008 and 2009, but not the Laxey Fair. It was intended to attend the Royal Manx Show, but as you might remember, the rain was torrential and our van could not even access the field.

Finances

Once again the majority of our funding comes from donations, both individuals raising money with social functions or walks etc, donations in memory of a deceased person or in lieu of birthdays, and company charity departments. The biggest item of expenditure had been a new state of the art retinal screening camera which enables changes in the eye to be picked up early on. The group provided £16,000 for this and has agreed to allow Dr Cho at the eye clinic to send the old fundus camera (paid for by the group) to be sent to and used in Burma.

YOUTH NEWS

Mrs Joanne Kneen, our Youth Group Organiser has put together a fantastic programme from now to Christmas for the diabetic youth of the Island. This includes swimming, the usual Maughold Venture Centre fun day in August, Horse Riding and Karting. Details have been sent to all children on our membership lists.

MEDICAL NEWS SNIPPETS

Rise in diabetes

The shocking recent news is that there was a 74% rise in new cases of diabetes between 1997 and 2003 in the UK. The majority of these new cases were type 2. The incidence of type 1 remained constant over 10 years. We can all draw obvious conclusions.

Changes to reporting of HbA1c results

Measuring HbA1c gives an average blood glucose reading over the last 6 to 8 weeks and should be checked at least once a year and more often when there are problems.

From June 2009 we are going to have a totally different unit of measurement. So if you are told to aim for HbA1c targets of between 6.5% (the new UK target) and 7.5% the new units will be 48 mmol/mol and 59mmol/mol. Until April 1st 2011 the results will be reported in both percentages and mmol/mol.

Old HbA1c (%)	New HbA1c Mmol/mol		Old HbA1c (%)	New HbA1c Mmol/mol
6.0	42		7.5	59
6.5	48		8.0	64
7.0	53		9.0	75

The revised recommended targets for home blood glucose monitoring is to be Type 1 Adults ;4-8mm/l before meals and less than 10 mmol/l two hrs after a meal. Children with Type 1; 4-8 mmol/l and 10. Type 2 adults; 4-7 and 8.5 mmol/l, but one size does not fit all – individual circumstances should dictate the targets.

Blood Pressure

A study has found that, in warm outside temperatures systolic blood pressure is up to 5 points lower, especially in people aged 80 and over. (I have found that I needed to reduce my blood pressure tablets as well as my insulin intake during the warmer weather).

Reducing the risk of early stage kidney disease & vascular problems

Studies in Warwick and Pakistani found that a hefty daily dose of thiamine (Vit B1) reduced the amount of the protein albumin in the urine of a group of Type 2 diabetics. It has been known for some time that diabetics tend to have a shortage of Vitamin B1, but this is the first time it has been proven to have such a beneficial effect. A full scale trial is now being planned.

Sleep

In a five year study researchers found that that more sleep means less plaque build up in the coronary arteries. An extra hour of sleep per night translated to a 33% lower risk of artery calcification, according to the study of about 500 middle aged man and women who had clear arteries at the outset. The researchers aren't sure why.

Risk of Fractures

People, especially older women who have been taking Avandia or Actos for long periods are more likely to suffer low bone density and increase the risk of fractures, particularly of the hands, feet and upper arms.

Can't swallow the tablets?

Try this. If you close off one ear with a finger on the flap at the front of the ear, you can swallow large pills with no problem. It really does work.

Indulgencies

We know we are not supposed to buy "special" dietary foods, but I would personally prefer 3 sugar-free sweets that one ordinary one. There is now a shop in Peel that sells a large range of sugar free sweets by the quarter at very reasonable prices. It is situated in the old Looney Building, opposite Celtic Gold in Michael Street.

If you have any items of interest that others could share we would love to hear from you.
You can ring me on 845730 or email me at a.woods@mcb.net.