



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

September  
2008

Website:  
[www.diabetessurrey.org](http://www.diabetessurrey.org)

**PRESIDENT:**

Professor David  
Russell-Jones

**COMMITTEE:**

**Chairman:**

Pat Millar  
01483 560581

**Vice-Chairman:**

Geoff Woolley  
01483 828499

**Treasurer:**

Guy Barnby  
01483 566012

**Secretary:**

Roy Vinall  
01483 222071  
[roy.vinall@btinternet.com](mailto:roy.vinall@btinternet.com)

**MEMBERS:**

Ian Allen  
01483 203744  
Brian Davey  
01483 275176  
John Goodridge  
01483 889533  
Julie Grist  
01428 683448  
Daphne Millar  
01483 560581  
Valerie Ovington  
01428 683054  
Rena Reilly  
01276 501574  
Edouard Le Maistre  
01483 416303

## BITS AND PIECES...

**Researchers at Oxford University** have found that treating Type 2 diabetes as soon as it is diagnosed also reduces the risk of serious complications such as kidney disease (nephropathy) and eye disease (retinopathy).

The UK Prospective Diabetes Study (UKPDS) was conducted over a thirty year period and was part-funded by Diabetes UK. It was the first large-scale trial to show that complications of Type 2 diabetes were not inevitable but could be delayed or prevented by good blood glucose control.

Now, 30 years on from the start of the trial, follow-up results show that although the blood glucose control improvements seen by some participants during the trial disappeared rapidly, the advantages of earlier improved blood glucose control with respect to nephropathy and retinopathy were evident even after ten years. In addition, those with good blood glucose control early on emerged with a reduced risk of heart attacks and fewer deaths.

**Diabetes UK** runs *Living with diabetes days* for people with Type 1 or Type 2 diabetes. Sometimes the events focus on one of these two main types, while others encompass both. Taking part in one of these events will help with achieving better control of the condition through self management. The nearest one planned at present is on Saturday, 8th November—9.30am-3.30pm at Twickenham. Contact Diabetes UK London Region on 020 7424 1116.

**Adult Care Weekends** are longer sessions for adults with diabetes who have been diagnosed in the last two or three years. They offer a chance for people with Type 1 or Type 2 diabetes to meet others, join in discussion groups, talk to healthcare professionals, learn more about healthy eating, exercise and care. There is one in Peterborough 24th—26th October. Ring 020 7424 1000 for details.

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## IT'S TIME TO THINK ABOUT CHRISTMAS AGAIN!

We will have a selection of cards from Diabetes UK for sale at our meeting on the 3rd October.

To order anything from the Diabetes UK catalogue to be collected at the 1st December meeting, please phone Daphne Millar on 01483 560581 or give her the details at the October meeting.



Meetings are held on the first Monday of every other month.

**Our venue for meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.**

Meetings start at 8pm but tea and coffee are available a bit earlier.

If you come by car, parking for 2-4 hours is £4.00 in the hospital car park, but there are a number of parking places for blue badge holders right at the back of the Centre. And staff car parks are quite empty at that time of day.

If you come by train, there are regular buses from the Station.

**If you have email?**  
Send me an email and you can have this Newsletter that way.

If you have items for the next issue please send them by the 14th November 2008 to:

Julie Grist, Editor  
Holmbury  
Wheeler Lane Witley,  
Surrey  
GU8 5QU  
01428 683448 or  
email  
julie.grist@lineone.net

## 'SUMMER NIGHT'S DINNER CRUISE

Our second Summer Nights cruise on 4th August 2008 went pretty well. It started to pour with rain just ten minutes before we were due off - we were trying to get on board and got soaked - well, that's England! After that rude awakening it went well. We had a buffet meal on board, the boat was full, everyone got on well and after the trip up the canal we all retired to the pub. John arranged several surprise prizes which went down well and the raffle made £120 for Diabetes UK. All in all an excellent evening. A special vote of thanks from us all to John for his efforts - he organised the whole thing. It took an awful lot of planning and work on the night to make it the success it turned out to be.



Pat (our Chairman) and Daphne.

### Next Meeting

**Monday, 6th October 2008**

GP Targets for treating patients with Diabetes—before and after QAF  
(The Quality and Outcomes Framework)

*Speaker: Dr Alison Jump, Dapdune House Surgery, Guildford*

### Future meetings

**Monday, 1st December 2008**

Christmas Social  
Plus Quiz

**Monday, 2nd February 2009**

Current Diabetes research at  
CEDAR—The Energy  
Expenditure Study

*Speaker: Sunil Zachariah,  
Research Registrar*

**Monday, 6th April 2009**

AGM and Speaker

**Monday, 1st June, 2009**

TBA

**Monday, 3rd August, 2009**

Social event TBA