

January
2010

Diabetes
UK

GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

Website:
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

MEMBERS:
Ian Allen
01483 203744
John Goodridge
01483 889533
Julie Grist
01428 683448
Roy Jones
01483 486486
Daphne Millar
01483 560581
Valerie Ovington
01428 683054
Edouard Le Maistre
01483 416303

HbA1c - TO BE MEASURED IN MILLIMOLES PER MOL INSTEAD OF A PERCENTAGE. BUT DON'T PANIC!

AT LEAST ONCE A YEAR, your doctor should check your long-term diabetes control by taking a blood sample from your arm.

HbA1c

The most common test is the HbA1c test, which indicates your blood glucose levels for the previous two to three months. The HbA1c measures the amount of glucose that is being carried by the red blood cells in the body.

HbA1c targets

For most people with diabetes, the HbA1c target is below 6.5 per cent, since evidence shows that this can reduce the risk of developing diabetic complications, such as nerve damage, eye disease, kidney disease and heart disease.

Individuals at risk of severe hypoglycaemia should aim for an HbA1c of less than 7.5 per cent.

However, any reduction in HbA1c levels (and therefore, any improvement in control), is still considered to have beneficial effects on the onset and progression of complications.

HbA1c results

HbA1c results are currently given as a percentage. However, the way in which HbA1c results are reported in the UK is changing.

From 31st May 2011, HbA1c will be given in millimoles per mol (mmol/mol) instead of as a percentage (%).

To help make this transition as easy as possible, all HbA1c results in the UK have been given in both percentage and mmol/mol from 1st June 2009 and will be until 31st May 2011.

This new way of reporting results will just be a different way of expressing the same thing.

For example, the equivalent of the HbA1c target of 6.5 per cent will be 48 mmol/mol. The fact that the number is higher does not mean there is more glucose in your blood.

If you would like more detail, there is a leaflet available to download on the Diabetes UK website <http://www.diabetes.org.uk/>. If you do not have access to the internet and would like a copy, please contact the Editor On 01428 683448 or at julie.grist@lineone.net.

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

Our venue for meetings, except for August, 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, it is now **Pay and Display**. The charges are £2 for up to 2 hours and £4 for up to 4 hours. There is an opportunity to top up the payment by 30 minutes at a time by using the machines in the hospital. There are a number of parking places for blue badge holders right at the back of CEDAR.

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 13th March 2010 to:
Julie Grist, Editor
Holmbury
Wheeler Lane,
Witley, Surrey
GU8 5QU
01428 683448 or
email
julie.grist@lineone.net

BITS AND PIECES FROM DIABETES UK

The **Diabetes Care and You** leaflet has been updated and is now available. It was sent to GP surgeries in November—they were asked to use it as a discussion tool during their conversations with people with diabetes about their care.

In the same mailing were vouchers for people newly diagnosed with diabetes, which they'll be able to redeem for a copy of Diabetes UK's publication 'Diabetes for beginners'. Sounds a very good idea to me.

To order any Diabetes UK publications, please call 0800 585 088 or order direct from the online shop.

Myth of the Month 1—People with diabetes are more likely to get colds and other illnesses

No. You are no more likely to get a cold or another illness if you've got diabetes. However, people with diabetes are advised to get flu jabs. This is because any infection interferes with your blood glucose control, putting you at risk of high blood glucose levels and, for those with Type 1 diabetes, an increased risk of ketoacidosis.

Myth of the Month 2— People with diabetes shouldn't eat bananas or grapes

All fruit and vegetables are extremely good for you. Eating more can reduce the risk of coronary heart disease, some cancers and some gut problems. You should aim to eat at least five portions of fruit and vegetables a day. This also helps to improve the overall balance of the diet. Eating a variety of different fruit and vegetables ensure you get the maximum benefit.

DATES FOR YOUR DIARY

Monday 1st February 2010

Does weight really matter in diabetes?
The question answered.

Speaker: Sunil Zachariah, Diabetes Consultant, East Surrey Hospital, Redhill (formerly Research Registrar, Royal Surrey County Hospital)



Monday 12th April 2010

AGM

Plus Update on happenings in the diabetes world and at the CEDAR Centre.

Speaker: Professor David Russell-Jones, Consultant, CEDAR, Royal Surrey County Hospital

Monday 7th June 2010

Is Eating Healthy Fun?

Speaker: Debbie Sampson, Consultant, Slimming World