



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

November
2009

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www.diabetessurrey.org

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Smoking and Diabetes

We all know that smoking is bad for us, but for people with diabetes smoking can be even more damaging.

Did you know that cigarettes:

- ⇒ Contain more than 4000 chemical compounds and at least 400 toxic substances.
- ⇒ Increase your risk of getting cardiovascular disease, such as a heart attack, stroke or circulatory problems in the legs, neuropathy (nerve damage), nephropathy (kidney damage) and retinopathy (eye damage)
- ⇒ Increase your cholesterol level damage and narrow the blood vessels of the body (known as atherosclerosis)
- ⇒ Increase your blood pressure by releasing adrenaline which causes blood vessels to constrict and the heart to beat faster.
- ⇒ Raise blood glucose levels which may cause insulin

resistance (whereby insulin doesn't work properly) and stimulate stress hormones that can increase glucose levels.

- ⇒ Decrease the amount of oxygen reaching the tissues of the body

So, like maintaining good blood glucose control, eating well, taking regular exercise and keeping to a healthy weight, giving up smoking is one of the **most** beneficial things you can do for your future health.

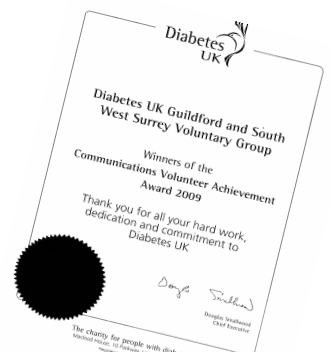
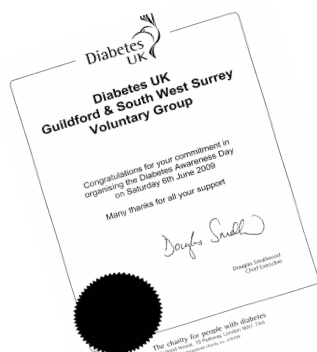
The Surrey PCT Stop Smoking service is here to help. We offer free stop smoking support advice and free Nicotine replacement therapy or Champix through telephone support, groups, Surgeries or Pharmacies.

Call 0845 602 3608 or go to www.surreyquit.net for more information

Glynis John, Community Development Project Lead, Tobacco Control Team, NHS Surrey

It just shows what you can do!

We just had to tell you that the group has now several claims to fame with Diabetes UK. We have won two awards — both for organising the Awareness Day in June — one of congratulations for our commitment and the other as winners of the Communications Volunteer Achievement Award 2009.



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 11th January 2010 to:

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A Fond Farewell

It is time for me to say farewell to Guildford as I am off to join my husband in Hong Kong. Hopefully I will be able to continue working in the field of diabetes in a voluntary capacity over there.

My involvement with the Guildford and South West Surrey Branch, as the Health Care Professional member on the committee, started in 1999. This tied in very nicely with my day job as one of the Diabetes Specialist Nurses working in the Royal Surrey County Hospital.

The phrase, 'My, how time flies when you are enjoying yourself' springs to mind. I can honestly say that does apply to me. I have been very fortunate to have been part of the Diabetes team at the Royal Surrey. They are an extremely hardworking, dedicated group of people. Always willing to come along to group meetings and give talks on a whole variety of topics relating to diabetes management. This was most evident at the Diabetes Awareness

Day which was held in June this year in the Guildhall in Guildford, when a large team of Health Care Professionals pitched in along with group members to help make the day a great success.

Although education is high on the agenda for the group, they have also managed to create a very good support network. Meetings are always welcoming, friendly affairs.

I would certainly encourage people with diabetes to come along and give it a try. I know I am going to miss the many friends I have made through my involvement with the group.

I would like to thank you all for your friendship and wish you all the best for the future.

Rena Reilly x

(And thanks for all your boundless enthusiasm over the years. We'll miss you, Rena! Ed.)

DATES FOR YOUR DIARY

Monday 7th December 2009

*Our Search for Machu Picchu—
a slide show by Dr Shirley
Hampson*



*Plus nibbles and drinks from
7.30pm*

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

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

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