



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

September
2009

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
Daphne Millar
01483 560581
Valerie Ovington
01428 683054
Rena Reilly
01276 501574
Edouard Le Maistre
01483 416303

The evolution of insulin treatment—extracts from a lecture at the University of Surrey on 7th September

A few of us from the group, along with about 100 others, were lucky enough to attend this lecture—part of the prestigious British Science Festival,

The session took the form of a series of interactive talks by doctors, scientists and people with diabetes, covering how insulin treatment has changed since 1922 (when it was first used to treat diabetes) and looking into the future to see how medical science is likely to change insulin treatment.

Professor David Russell-Jones and other clinicians from CEDAR covered the discovery of insulin and its early use, followed by current insulin treatment, and how the UK has very much led the way over the years in both research and treatment.

Professor Shanta Persaud, a researcher at King's College, then talked about the possibility of stem cells as a future treatment but suggested it is likely to be 10 years or more before a real breakthrough will come.

Several people with diabetes then spoke of their own experiences.

Andrew Ritchie spoke about his memories of early days of using insulin, the size of the needles, the complexity of the regime and that his work in the stock exchange may well have helped his control, since it was somewhat frenetic!

Another speaker, who earns his living as a ski instructor, outlined his difficulties with control before he was given a pump — it has totally revolutionised his life.

Lastly the President of Diabetes UK, Richard Lane, spoke of his experience of being the first UK

patient to receive islet transplants after having reached rock bottom with his control.

It was a fascinating evening and I think those of us with diabetes listening to it all were incredibly grateful that we are around now when all these major advances are happening.



A three year old boy before and after he was treated with insulin—one of the early pictures.

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, the parking arrangements in the hospital car park have changed recently and it is now **Pay and Display**. See **Dates for Your Diary** for more details.

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 13th November 2009 to:

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

Looking after yourself if you are ill and have diabetes

We all get ill occasionally with the 'flu or a tummy bug or a chest infection.

Having diabetes doesn't make you more likely to get ill. However, while you are ill it can be harder to control your diabetes. In turn, having high blood sugar will make you feel worse and may slow your recovery.

What you need to do depends on what type of diabetes you have and what sort of treatment you are on.

The CEDAR staff at the Royal Surrey County Hospital have produced a series of Sick Day Rules which can



help you keep your diabetes under control until you are better.

Details taken from the leaflet about diabetes treated with tablets were in the March issue of this newsletter. There are separate ones for if you have Type 2 diabetes treated with insulin, Type 1 diabetes and are on 2 injections of insulin a day or Type 1 diabetes and are on 4 or 5 injections of insulin a day. They are all available at CEDAR and are also on the Hospital website at

<http://www.royalsurrey.nhs.uk/Diabetes-Emergency-Urgent-Advice>.

If you are unable to access them in either of those ways please contact the editor who will post you a copy of the relevant one.

DATES FOR YOUR DIARY

Monday 5th October 2009

The non-genetics of Type 1 Diabetes

Speaker: Professor David Leslie, St Bartholomew's Hospital, London

*Please note that parking arrangements at the hospital have changed and it is now **Pay and Display** as opposed to pay on leaving. The charges are £2 for up to 2 hours and £4 for up to 4 hours. There is a 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.

Monday 7th December 2009

Christmas Social

Slide show by Shirley Hampson

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)