

January
2009



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

Website:
www.diabetessurrey.org

BLOOD GLUCOSE TARGET RANGES

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Diabetes UK has updated its blood glucose target ranges for people with diabetes, following recommendations from the National Institute for Clinical Excellence (NICE).

In November 2007, the International Diabetes Federation (IDF) suggested changes to the post-meal target ranges.

In 2008, NICE published their guidelines for Type 2 diabetes, again with changes to the target ranges.

There are many different opinions about the ideal range to aim for. As this is so individual to each person, the target levels need to be agreed between the person and their diabetes team.

The new target blood glucose ranges are indicated as a guide:

Children with Type 1 diabetes (NICE 2004)

- Before meals: 4-8mmols/L
- Two hours after meals: less than 10mmols/L

Adults with Type 1 diabetes (NICE 2004)

- Before meals: 4- 7mmols/L
- 2 hours after meals: less than 9mmols/L

Type 2 diabetes (NICE 2008)

- Before meals: 4-7mmols/L
- Two hours after meals: less than 8.5mmols/L

Self-monitoring of blood glucose is an important part of the management of diabetes . Many people do not see the point of testing. They often say that they know when their blood glucose levels are too high, but unless your blood glucose level is very high, the way you feel is not always a good or accurate guide to what is happening.

Home blood glucose testing gives an accurate picture of your blood glucose level at the time of the test. Keeping a diary of your results will help you and your healthcare team work out whether your treatment needs to be adjusted.

(Extract from Diabetes UK website:<http://www.diabetes.org.uk/>)

THERE'S NOTHING LIKE PLANNING AHEAD—THE MAY FAIR?

Have you by any chance anything suitable as prizes for our tombola stall at the May Fair, Godalming, on 3rd May? Or do you have an hour or so to help with the stall?

If either of those things apply to you, please contact Hazel Barnby on 01483 566012.

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 12th March 2009 to:
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DIABETES AWARENESS DAY

The good news is..... that once the condition is recognised most people then, by watching their diet, taking some exercise and with the help of modern medication and a bit of common sense, go on to lead normal and rewarding lives. There are thousands of people in this position. The critical bit is to catch diabetes in the early stages.

We need, as a matter of urgency, to address this time bomb in the making, as soon as possible.

This is where we need your help.

The Group is launching a Diabetes Awareness Day on Saturday 6th June 2009 at The Guildhall, Guildford.

The event will take the form of a walk-in information centre with a free, simple blood test on offer and information about the condition.

Specialist Diabetes nurses, opticians and other medical advisers will be on hand to offer the best advice available for those interested in pursuing further information.

We are fortunate to have the backing and support of CEDAR (the diabetes specialist centre attached to The Royal Surrey Hospital) as well as Surrey University, the Mayor of Guildford and our MP.

If you feel you could help on the day please contact Pat Millar on 01483 560581.

DATES FOR YOUR DIARY

Next Meeting

Monday, 2nd February 2009

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, 6th April 2009

Group Meeting
Update from Professor David Russell-Jones and AGM

Monday, 1st June 2009

Group Meeting
TBA

Saturday 6th June 2009

Diabetes Awareness Day at Guildhall, Guildford

Monday 3rd August 2009

Social event

Monday 5th October 2009

TBA