



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

January
2007

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BEST FOOT FORWARD

The Podiatry team at the Royal Surrey County Hospital would like to thank the local branch of Diabetes UK for their very generous donation of funds to purchase a state of the art Doppler machine. This will be invaluable in our research.

We have written a short piece about the Doppler machine which we hope you find informative.

At the Cedar Centre we have a small team of Diabetic Specialist Podiatrists and Podiatry Assistants.

We carry out clinics to cover a full range of Diabetic foot needs.

This includes:

- Diabetic foot assessments following the local Diabetic foot care pathway
- Foot Ulcer management
- Routine care
- Biomechanical assessment
- Nail surgery.

We accept referrals from Consultants, GP's and Nurses.,

An essential tool to help us assess the feet of people with diabetes is the 'Doppler'.

Doppler ultrasound is an important diagnostic tool for the assessment of the vascular status of the lower limb.

The simple hand-held device works by using reflected high-frequency sound waves, to evaluate the rate of blood flow through the arteries. In this way we can detect the narrowing or blocking of an artery, or blood clots.

In Podiatry, this invaluable device is used daily in the clinic to investigate the presence of or the degree of ischaemia in the diabetic foot, and to assess the viability of the lower limb.



In the picture from left to right - Liz Bolger, Podiatry Assistant; Manda Clarke and Sally Wakelin-Harkett, Diabetic Specialist Podiatrists—and the Doppler machine of course!

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 7.30pm. If there is a speaker, that part of the evening begins at 8pm.

If you come by car, parking for 2-3 hours is £2.50 in the hospital car park, but there are a number of parking places for blue or orange 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.

Please send items for the next issue by the 16th March 2007 to:

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ADULT SUPPORT WEEKENDS

These Diabetes UK weekends are 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.

Go along with your partner, carer or friend, so you can both share your increased knowledge of living with diabetes.

There are two weekends soon for people with Type 2 diabetes - Market Bosworth 27th - 29th April 2007 and in Bournemouth from 1st - 3rd June 2007. Phone 020 7424 1000 for details.

JUST SENT TO DIABETES UK

Due to exceptional generosity in the last year the Group has been able to donate £1000 towards a local research project—this is one of the projects that Diabetes UK has approved for funding.

Dr Denise Robertson, Professor Margot Umpleby and Professor David Russell-Jones are working on the role of resistant starch in the treatment of insulin resistance.

We have also donated £1,200 towards Children's Support Holidays.

Stop Press

£172 was raised on the stall at Godalming Town Fair. Thanks to all who took the time to run it and to those who donated jewellery and pewter.

Next Meeting

Monday, 5th February 2007

Best foot forward.
Speakers: Manda Clarke and Sally Wakelin-Harkett, Diabetes Specialist Podiatrists, Royal Surrey County Hospital



Future meetings

Monday, 2nd April 2007

AGM and Update from Professor David Russell-Jones, our President

Monday, 4th June 2007

What patients are told but do not understand—communication between Doctor and patient.
Speaker: Dr Sue Davison

Monday, 6th August 2007

Proposed river trip

Monday, 1st October 2007

Gadgets for coping with Diabetes
Speaker: Rena Reilly, CEDAR, Royal Surrey County Hospital

Monday, 3rd December 2007

Christmas Social