

NEWSLETTER

From the Chair

The future looks promising – a talk by our President

On 13th June 20 of us were very fortunate to have our President, Professor David Russell-Jones, deliver us a talk on zoom on major progress being made with the help of technology to improve the treatment of Diabetes.

The list of projects coming to fruition in the short and medium term that he described in detail was impressive – such as a background / bolus insulin that you take once a week, and faster acting insulins.

David also explained how the “closed loop system” has evolved. (By releasing insulin whenever your body needs it, a closed loop system works like a pancreas. So a closed loop system is sometimes called an artificial pancreas or an artificial pancreas system).

The talk was followed by a useful Q&A session on current treatments and future ones. Overall, David’s knowledge and enthusiasm for Diabetes care left the audience with a positive view for living with Diabetes in the future.

*Stay safe
Brian.*

Stoke Park Fun Day

Our next event is at the Stoke Park Fun Day at Bellfields Green, GU1 1NP on Saturday 9th July. The fair will open at 3pm.

We will be doing a tombola again so would welcome any prizes if you have any. As last time Carol will pick any up if you let her know via the email on the left of the page. And we’ll also have a table of information on living with diabetes.

We really need a bit of extra help. Could you contact Carol if you’d like to help?

Fancy joining us for a coffee morning?

We’re going to meet in the coffee shop **on Wednesday, 10th August** at the Yvonne Arnaud Theatre in Guildford at 11am. We’ve decided to carry on holding our meetings with speakers online for now but we thought an occasional coffee morning would work better for some of us so this is our first one. We’d love to see you.

PRESIDENT

Professor David Russell-Jones

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Allan Williams

Janet Williams



We are now also on Facebook at Diabetes UK Guildford and SW Surrey Group

And on Twitter at @diabetes_sw

Meetings are normally held on the first Monday of February, April, June, October and December.

Our normal venue for meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.

Meetings start at 7.30pm but tea and coffee are available a bit earlier.

There are a number of parking places for blue badge holders right at the back of CEDAR. But we also have agreement to park in the staff car park between 7.30pm and 10pm. Or you can park in the pay and display visitors car park.

Do you have email?
Send me an email and you can have this Newsletter that way.
See below

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If you need to contact the Diabetic Retinopathy team in regard to an appointment ...

The Surrey DESP admin team, on 01483 671 300, seem to be experiencing very high call volumes at the moment.

If you can't get through to them, please feel free to contact Sue Sorensen, the Programme Manager, on susanne.sorensen@nhs.net or 07917 621 378.

She will be happy to help.

Diabetes and your diet

There is no such thing as a special diet exclusively for people with Type 2 diabetes. No two people with diabetes are the same. So there isn't a one-size-fits-all way of eating for everyone with diabetes.

In the past, people with Type 2 diabetes were sent away after their diagnosis with a list of foods they weren't allowed to eat, or often told to cut out sugar.



But Diabetes UK advice is to make healthier choices more often, and only have treats occasionally and in small portions.

Making healthier food choices is important to manage your diabetes and to reduce your risk of diabetes complications, like heart problems and strokes, and other health conditions including certain types of cancers.

Taken from the Diabetes UK website

Next meeting on Zoom 3rd October October 2022 7.45pm for an 8pm start

Speaker: Kate Grist, Dental Hygienist, Notley Dental Care, Godalming

Title: **Diabetes and dental hygiene**

This will be followed by a Q&A.

The meeting will be on Zoom as we aim to reach as wide an audience as possible including via Diabetes UK South East Team.

Please contact Brian Davey for the Zoom link.