



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

September
2010

Website:
www.diabetessurrey.org

Keeping Blood Sugar levels steadier the GI way

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The Glycaemic Index (GI) is a way of ranking foods based on their overall effect on blood glucose levels. Slowly absorbed foods have a low GI rating, whilst foods that are more quickly absorbed will have a higher rating. This is important because choosing slowly absorbed carbohydrates can help even out blood glucose levels when you have diabetes.

It was previously thought that if you ate the same amount of carbohydrate, then whatever that carbohydrate was, it would have the same effect on your blood glucose levels. It is now known that different carbohydrate-containing foods have different effects on blood glucose levels. For instance, 30g of bread does not have the same effect as 30g of fruit or pasta.

Because meals that include low GI foods allow you to absorb carbohydrate more slowly, they help to maintain steady blood glucose levels between meals and can therefore help you avoid 'hypos'. The effect of a low GI meal can run into the following meal, which helps keep blood glucose more even during the whole day.

There are also benefits for weight loss. Low GI foods can help you to control your appetite by making you feel fuller for longer, with the result that you eat less. Research has shown that people who have an overall low GI diet have a lower incidence of heart disease.

Lower GI diets have also been associated with improved levels of 'good' cholesterol. One or two small changes can make all the difference.

Determining the GI of a meal is not always easy. The addition of fat and protein slows down the absorption of carbohydrate. Chocolate has a medium GI because of its fat content and crisps and chips will actually have a lower GI than potatoes cooked without fat. Milk and other dairy products have a low GI because of their high protein content, and the fact they contain fat. The consequence of this is that if people were to confine themselves to low GI foods, their diet would be unbalanced and high in fat, which could lead to weight gain and increase their risk of heart disease. For this reason it is important not to focus exclusively on GI and to think as well about the overall balance of the diet.

With rice as an example, long grain has a low GI and is therefore the best choice, Basmati and wild rice have medium GI and jasmine and Thai have a high GI.

Or with bread as an example those with the lowest GI are sourdough and pumpernickel, with medium are pitta and multigrain and with the highest GI are bagels, wholemeal and white bread.



Taken from Diabetes UK website September 2010

Meetings are normally 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 **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.

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DIABETES UK CALLS FOR FOCUSED NHS SPENDING

Diabetes UK is one of ten of the country's leading health charities that have joined forces to call on the NHS to spend its money on health services in a more focused and patient-centred way.

The charities argue that too much money is wasted by focusing on short-term savings rather than long-term planning. They also contend that, if the NHS is to keep track with the country's health needs, it needs to redefine value for money and patient care.

Together the charities have created a report which identifies five key areas for improvement which highlight the need for better co-ordination and a greater emphasis on self-management.

One evaluation featured in the report found that specialist heart nurses reduce all-cause admissions by an average of 35 per cent, and create an average saving of £1,826 per patient, even after taking out the cost of the nurse.

*Taken from Diabetes UK website
September 2010*

Flu Jabs

Don't forget to book your flu jab. People with diabetes are advised to get flu jabs. Having flu can really upset diabetes control and cause blood glucose levels to fluctuate. This can leave people with diabetes open to many health problems, including complications of flu such as pneumonia and bronchitis.

DATES FOR YOUR DIARY

Monday 4th October 2010

Living well with diabetes

*Our Speaker: Jacqui Seaton,
Chartered Clinical Psychologist,
Health Psychology Service,
Surrey and Borders Partnership
NHS Foundation Trust*

The October meeting is focussing on the emotional and psychological aspects of living with Diabetes. This is the first time we have covered this topic. It has long been recognised that adjusting to living with diabetes can mean that we are at increased risk of anxiety and depression which may make it harder to manage the condition, putting people at an increased risk of long-term complications.

