

January
2012



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

Website:
www.diabetesguildford.org.uk

2012

PRESIDENT:
Professor David
Russell-Jones

We've been looking ahead, thinking about what we can do in our meetings in 2012.

members so please get in touch with Roy Johnson if you feel you would like to be more involved.

COMMITTEE:
Chairman Elect
Roy Johnson
01483 486486

The first meeting on 6th February, will be led by Gwen Hall and is on blood sugar levels, a subject which is important to everyone with diabetes, whether Type 1 or 2, on insulin, tablets or diet control only.

In June, we will have a talk on *How will the new Health Service structure affect your treatment?* By Dr Allison Jump. Hopefully it will all be clearer by then..

Vice-Chairman:
Geoff Woolley
01483 828499

In April we have our AGM which will include an update on happenings in the diabetes world and at CEDAR from Professor David Russell-Jones. We will need a few new committee

We have decided to stop doing the August social event as it has been becoming increasingly difficult to attract people and usually involves quite a lot of work on the committee's behalf.

Treasurer:
Roy Vinall
01483 222071

MEMBERS:
Ian Allen
01483 203744

Julie Grist
01428 683448

Edouard Le Maistre
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Daphne Millar
01483 560581

Pat Millar
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Gill Vinall
01483 222071

Allan Williams
01483 424819

IF YOU HAVE A HYPO...

Immediately treat with a 15-20g of a short-acting carbohydrate such as:

- a glass of Lucozade or non-diet drink
- three or more glucose tablets
- five sweets, e.g. jelly babies
- a glass or carton of fruit juice
- glucose gel (available on prescription if you are treated with insulin)

The exact quantity will vary from person to person. If your hypo is more severe and you cannot treat it yourself or if you are unconscious, someone else can help you by injecting Glucagon, but only if the person you are with has been trained to use it. Otherwise the people you are with should call

an ambulance immediately.

Check your blood glucose again after 15 – 20 minutes and if still low repeat the treatment.

To prevent your blood glucose levels dropping again, you should follow your sugary foods with 10-20g of a longer-acting carbohydrate such as:

- half a sandwich
- fruit
- a small bowl of cereal
- biscuits and milk
- the next meal if due.
- The exact quantity will vary from person to person.

N.B. This advice applies to adults only.

(Taken from Diabetes UK website)

Meetings are normally 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.

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 10 pm. Or you can, of course, park in the pay and display visitors car park , if you prefer.

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NEXT MEETING

Monday 6th February 2012
8.00pm start (7.30 for tea or coffee)
At CEDAR, Royal Surrey County Hospital

How important is measuring your blood sugar levels? A question and answer session

Led by Gwen Hall, Diabetes Specialist Nurse, Surrey Community Health Services.

- ◆ When to test if you're on insulin
- ◆ Whether to test if you're on tablets
- ◆ The debate about meters and test strips
- ◆ Can I still drive?



OTHER MEETINGS

Monday 2nd April 2012

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

Monday 11th June 2012

How will the new Health Service structure affect your treatment?

Speaker: Dr Allison Jump, Dapdune House Surgery, Guildford

Monday, 6th August 2012

No meeting

Monday, 1st October 2012

Topic to be confirmed

