



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

November  
2011

Website:  
[www.diabetesguildford.org.uk](http://www.diabetesguildford.org.uk)

**PRESIDENT:**

*Professor David  
Russell-Jones*

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**Vice-Chairman:**

*Geoff Woolley  
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**Treasurer:**

*Roy Vinall  
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*Daphne Millar  
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*Gill Vinall  
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*Allan Williams  
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## GROUP TREASURER EARNING HIS KEEP!

On Sunday 13<sup>th</sup> November Roy Vinall, Group Treasurer, and his friend Dudley Pardoe joined about 300 members of Diabetes UK for the annual London 12 Bridges Walk. They are very grateful to those who sponsored them and helped to raise between £300 - £ 400 and, although not known yet, the overall figure is expected to be around £30,000.

Roy says that while walking is fun it is always wise to go with one or more people and let at least one person know how to sort you out in case of a hypo. He has been walking with Dudley for several years and says Dudley has always dreamed of calling out the Air Ambulance and having a ride with him in a helicopter. It nearly happened once when he had a bad hypo while walking in Kent but he phoned the ambulance service who after checking him over left him to Dudley saying these two knew more about treatment anyway!



## INTESTINAL FUNCTION (IF) TYPE 2 DIABETES

We have a new research study underway in collaboration with Professor David Russell-Jones and Dr John Wright and the University of Surrey, being run out of the CEDAR centre, Guildford.

There is evidence in animal models that diabetes is linked to an increase in the permeability of the intestine wall, allowing harmful bacteria and other toxins to pass into the blood. Blood draining from the gut goes straight to the liver which could explain the link between diabetes, liver problems and general inflammation.

### **The study is going to be the first in the world to investigate this in human type 2 diabetes.**

The work is, not surprisingly, being funded by Diabetes UK and so we are now looking to recruit volunteers both with Diabetes and without Diabetes.

Initially we are looking for men, aged 40-65 years.....not taking antibiotics and without kidney problems. Volunteers would need to have a short blood test and take an oral marker, which if there are pores in the intestine will be detected in urine. We therefore will need to collect urine over 24 hours.

Anyone who would like more detailed information or has any questions should contact: Denise Robertson [m.robertson@surrey.ac.uk](mailto:m.robertson@surrey.ac.uk) or Miss Leanne Smith, Research Dietician [Leanne.smith@surrey.ac.uk](mailto:Leanne.smith@surrey.ac.uk) 01483 688641

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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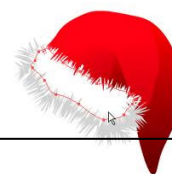
## Next Meeting Monday, 5th December 2011 at CEDAR



The Christmas Social and a presentation  
by Allan Williams  
on  
**The Wey Navigations:**  
an  
**Historical and Pictorial Journey**



There'll be refreshments—liquid and otherwise—and a raffle. Come and join us and why not wear something festive—a sprig of holly, a Santa hat ...



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## OTHER DATES

The next three meetings at CEDAR will be on:

### **Monday 6th February 2012**

*Blood Glucose Monitoring (Provisional topic)*

### **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? (Provisional topic)*

