



Welcome

Welcome to the thirty-eighth issue of Type 2 and You. In this issue we have a look at the important role played by supportive others as well as chair exercises. We tell you about the latest round of lucky lottery winners and say thank you to those who supported us and our partners throughout 2018. As usual there will also be the odd bits and bobs to let you know what is going on in the diabetes world.

IDDT's Annual Event!

Since last year's gathering of IDDT members and their families, the Trustees have decided that this should once again become an annual event. The title of the day will be 'InDependent and Empowered'. The date for your diary is Saturday, October 26th 2019 and it will be at the Kettering Park Hotel and Spa, so please do make a note of it now.

The programme for the day will be sent out with the June and September Newsletters, and we hope as many people as possible will be able to attend.



A FEW **THANK YOU**

Christmas Cards

We would like to say a big thank you to all of you who bought our Christmas cards last year. We sold over 700 packs and every pack sold raises funds that help us continue our work. We will be selling cards again later this year and hope you will buy your cards from us.

Helping Developing Countries

As you may be aware IDDT acts as the UK arm of an organisation called Insulin for Life, collecting unwanted insulin and diabetes supplies and sending them out to developing countries. In 2018 we sent out over 4400 pens, vials cartridges etc. of insulin worth over £31,000, along with over 90,000 items of various diabetes supplies (not including over 200,000 pen needles!) – so a big thank you to all of you who donated items.

We would also like to say thank you to all of you who continue to sponsor a child looked after by the Dream Trust in India – last year you raised over £5,865!

Recycling

IDDT has been partnering with the Recycle4Charity scheme for nearly 10 years. The scheme recycles used print cartridges and for every cartridge recycled it makes a donation to IDDT. By the end of 2018 the scheme has raised a land mark £10,000 for IDDT, so we would like to say a big thank you to all of you who take part in the scheme. It does not cost anything to recycle print cartridges as Recycle4Charity provide freepost envelopes. For more information visit:

<https://www.iddt.org/here-to-help/recycle-empty-ink-cartridges>

Supportive Others

Supportive others are the friends and family of the person who has diabetes and help that person manage their diabetes. Nobody would suggest that having diabetes is easy, particularly if treatment involves taking medication that can cause hypos. That said, diabetes can have a significant impact on supportive others, particularly around hypos and especially where the person with diabetes has lost their warning signs, a condition called hypoglycaemic unawareness. Under these circumstances the supportive other is often responsible for recognizing and treating the hypo. These circumstances can often present challenges that include stress, fear, and anxiety. This often leads the person with diabetes and their supportive others to develop strategies to avoid hypos and manage the condition in a social or family setting.

Studies have shown that family support improves the adherence to management strategies. Other factors that improve adherence include feelings and attitudes towards the condition, as well as the knowledge and skills of both the person with diabetes and their supportive others. With this in mind there are lots of things supportive others can do to make living with diabetes easier for everyone.

LEARN ABOUT DIABETES. There are lots of myths and wrong ideas about diabetes, such as it is caused by eating too much sugar or it is unsafe for people with diabetes to exercise. It is widely recognised that there is a shortage of formal education programmes for people diagnosed with diabetes and such education is practically non-existent for supportive others. Learn about how diabetes affects the body, how it is managed and how medicines work. IDDT produce a wide range of free information leaflets, to get any of these simply get in touch with us using the contact details at the end of this newsletter.

MAKE IT A TEAM EFFORT. A diabetes diagnosis is a chance for everyone in the family to make some lifestyle changes and adopt some healthy habits. If everyone is on board with changes to things like diet, smoking and exercise then everyone, not just the person with diabetes, will benefit and the mutual support will make it more likely for everyone to succeed. However, don't try to do it all at once, concentrate on one thing at a time then move on to the next.

ENCOURAGE HEALTHY EATING. For someone who is newly diagnosed a change in eating habits can be a challenge. Be a source of encouragement, possibly by attending meetings with their dietician or practice nurse, learning the best diet strategies and encouraging them to make healthier diet choices. Do these things along side them and avoid eating unhealthy food around them as this will make it harder for them to stick to a nutritious diet.



There is no specific diabetes diet but together you can plan meals including vegetables, whole grains, fruit, low-fat dairy, healthy fats and lean protein sources. A healthy, balanced diet can help you both shed excess pounds and reduce your risk of developing other illnesses such as heart disease. IDDT produce a free booklet "Diabetes – Everyday Eating", to get a copy simply get in touch with us using the contact details at the end of this newsletter.

EXERCISE TOGETHER. Regular exercise is just as important as a healthy diet for someone managing type 2 diabetes. Again, sticking to a regular exercise routine can be difficult, so offer to become exercise buddies and choose an activity you both enjoy. The target is to do 30 minutes of aerobic exercise most days, activities may include walking or cycling and can be broken down into three 10 minute sessions. For people with limited mobility, there is an article later in this newsletter called "Chair Exercises" which may be helpful.

OFFER TO ATTEND MEDICAL APPOINTMENTS. Statements like "Let me know how I can help" are too broad and most people won't take you up on the offer. If you are specific then most people will welcome the support. For example, offer to drive them to their next doctor's appointment or pick up their medication from the pharmacy. If you attend an appointment, offer to take notes and don't be afraid to ask questions. The more you learn about the condition the better quality support you can offer.

KNOW WHEN TO TAKE A STEP BACK. Don't nag or scold. We have already said that there are times when supportive others may need to manage situations but they also need to remember that the responsibility for managing the condition remains primarily with the person with diabetes. Don't try to police meals, snack, or medication. People with diabetes will, on occasions, make unhealthy choices (but don't we all?). Although it may be frustrating to watch, there is a thin line between on-going support and nagging. Unwanted advice may lead the person with diabetes to shut down and refuse your help or advice.

HELP EASE STRESS AND BE POSITIVE. Too much stress can make diabetes difficult to manage and managing the condition can be stressful in itself. Encourage the person with diabetes to talk about their feelings and frustrations, try doing relaxing things together that you both enjoy, such as meditating, gardening or watch a funny film. A diabetes diagnosis can be scary, especially when considering the risk of complications.

When talking to the person with diabetes keep the conversation positive – they don't want hear about things like limb amputations. Offer positive support not negative stories.,

EXPECT MOOD SWINGS AND HYPO AWARENESS. Certain medications can cause changes in blood glucose levels. Drops in blood glucose levels can cause mood swings and changes in behaviour, causing people to become jittery, confused, anxious, tired and irritable. Trying to improve blood glucose control can help to avoid these episodes. Learning to be aware of the person with diabetes' hypo warning signs will help with treating the hypo. Because the person with diabetes may be experiencing confusion or cloudy thinking it may be that you may be aware of the hypo before they are. Gently encourage them to test their blood glucose levels and then take remedial action. It may be useful to discuss in advance what to do if this situation occurs.

DON'T BLUSH. Talk openly about any bedroom issues. Diabetes can affect many parts of the body, including sexual organs. Vaginal and urinary tract infections and nerve damage can cause vaginal dryness making sex uncomfortable or even painful. Men who have diabetes are more likely to have erectile dysfunction. Any of these conditions, or simply having diabetes itself, can affect self-esteem which can make someone less interested in sex.

Be honest about any problems and seek help from your doctor if you both feel that is the best way forward.

TO SUM UP. This article covers a lot of areas but there are several common themes that run throughout:

- **Be positive**
- **Learn as much as you can about diabetes**
- **Offer specific help and support**
- **Talk to each other**

These things may seem like a given to you but they can make a big difference to someone's life.

Quick Bits & Bobs...

Skin hydration of the heel with fissures in patients with diabetes: a cross-sectional observational study

To prevent heel fissures, moisturizing care should aim at achieving skin hydration of 20%. If skin hydration is less than 20%, prevention of fissures may warrant specialized moisturizing care. (Chronic Wound Care Management and Research)

A randomized controlled trial comparing efficacy and safety of insulin Glargine (Lantus) 300 units/mL versus 100 units/mL in older people with type 2 diabetes

Efficacy and safety of Gla-300 was demonstrated to reduce HbA1c and lower risk of documented hypoglycaemia when compared to Gla-100 in people aged 65 or over. (Diabetes Care)

Effects of Liraglutide on cardiovascular outcomes in patients with type 2 diabetes with or without a history of myocardial infarction (M/I) or stroke: a post hoc analysis from the LEADER trial

In this analysis liraglutide reduced cardiovascular outcomes both in patients with a history of MI/stroke and in those with established atherosclerotic cardiovascular disease without MI/stroke. The cardiovascular effect appeared neutral in patients with cardiovascular risk factors alone (Circulation)

Statins tied to reduced diabetic retinopathy risk

Taiwanese researchers carried out research involving 37,894 people with type 2 diabetes and high cholesterol levels and found that those on statins had a significantly reduced risk of developing diabetic retinopathy, compared to those not taking statins. The research also showed those taking statins had lower risks of new-onset diabetic neuropathy, new-onset diabetic foot ulcers and major adverse cardiovascular events than the non-statin group. (JAMA Ophthalmology, January 2019)

Exercise after bariatric surgery boosts weight loss, lowers BP

People who took part in a physical exercise programme after bariatric surgery lost about 4.4 pounds more weight than those who had surgery alone. In addition, they were able to walk further in six minutes and had a lower resting heart rate and systolic blood pressure. People who began the exercise routine a year or more after surgery and combined aerobic and resistance exercises had the best results. (BMJ Open, November 2018)

Chair Exercise

If you have difficulty standing or walking it doesn't mean exercise is out of the question. If you want to remain physically active then chair exercises could be just the thing for you. These gentle exercises will help improve your mobility and can help prevent falls. Choose a solid, stable chair without arms, that allows you to sit with your feet flat on the floor and your knees at right angles.

Wear some loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the number of repetitions of each exercise over time. Try to do the exercises at least twice a week.



CHEST STRETCH

This stretch is good for posture.

- A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
 - B.** Gently push your chest forward and up until you feel a stretch across your chest.
- Hold for 5 to 10 seconds and repeat 5 times.



UPPER BODY TWIST

This stretch will develop and maintain flexibility in the upper back.

- A.** Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
 - B.** Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
- Repeat for 5 times on each side.

HIP MARCHING

This exercise will strengthen hips and thighs, and improve flexibility.

- A.** Sit upright and do not lean on the back of the chair. Hold on to the side of the chair.
 - B.** Lift your left leg with your knee bent as far as is comfortable. Place your foot back down with control.
 - C.** Repeat with the right leg.
- Do 5 lifts with each leg.

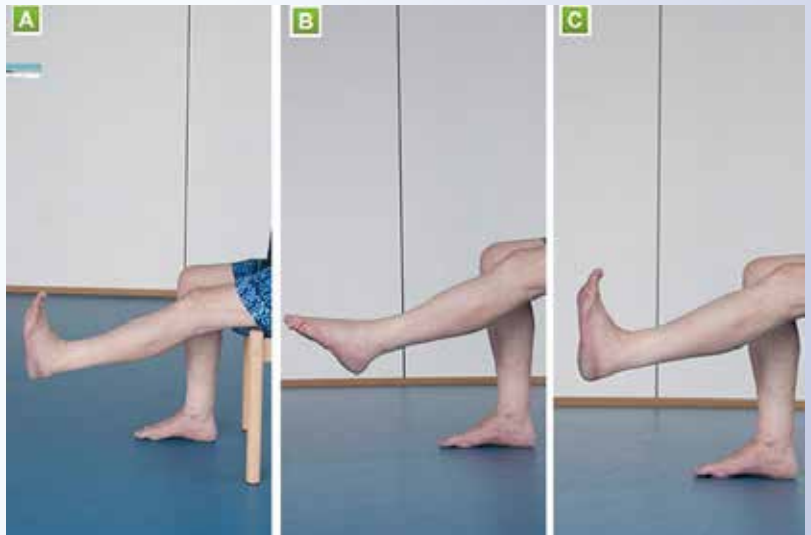


ANKLE STRETCH

This stretch will improve flexibility and lower the risk of developing a blood clot.

- A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- B.** With your leg straight and raised, point your toes away from you.
- C.** Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.



ARM RAISES.

This exercise builds shoulder strength.

- A.** Sit upright with your arms by your sides.
- B.** With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C.** Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

NECK STRETCH.

This stretch is good for loosening tight neck muscles.

- A.** Sitting upright, look straight ahead of you and hold your left shoulder down with your right hand.
- B.** Slowly tilt your head to the right while holding your shoulder down.
- C.** Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.



NECK ROTATION.

This stretch is good for improving neck mobility and flexibility.

- A.** Sit upright with your shoulders down. Look straight ahead.
- B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds then return to the starting position.
- C.** Repeat on the right side.

Do 3 rotations on each side.



The winners of IDDT's lottery draws!

We are delighted to announce the winners of the draw of our monthly lottery for November 2018.

They are as follows:

- 1st prize of £543.84** goes to Andrew from Bath
- 2nd prize of £407.88** goes to Mavis from Doncaster
- 3rd prize of £271.92** goes to Susan from Hereford
- 4th prize of £135.86** goes to Mascha from Worthing

Winners of the December 2018 draw are:

- 1st prize of £543.84** goes to Patricia from Dover
- 2nd prize of £405.36** goes to George from Haddington
- 3rd prize of £270.20** goes to Victoria from Bedford
- 4th prize of £135.10** goes to Derek from Poole

Winners of the January 2019 draw are:

- 1st prize of £546.72** goes to Ann from Newton Abbott
- 2nd prize of £410.04** goes to Neil from Thetford
- 3rd prize of £273.36** goes to Clive from London
- 4th prize of £136.68** goes to Anon. from Birmingham

Note: the winners of the draws for February, March and April 2019 will be announced in our June 2019 Newsletter and will be available on our website.

A huge 'Thank You' to everyone who supports IDDT through the lottery.

If you would like to join in for just £2.00 per month, then give us a call on 01604 622837 or email jo@iddtinternational.org

If we can be of help in any way, please contact:

InDependent Diabetes Trust (IDDT), PO Box 294, Northampton NN1 4XS

Tel: 01604 622837 email: enquiries@iddtinternational.org Or visit our website: www.iddtinternational.org