



Season's Greetings to All Our Readers

This is our last Newsletter of 2016, so the Trustees and staff wish all our readers best wishes for Christmas and the New Year. We would also like to thank you for your support throughout the year, it is very much appreciated by us all.

If it is your first Christmas with diabetes, you may feel apprehensive as food is a major part of the seasonal celebrations, so we have Christmas Tips to help you.



IDDT launches new booklet!

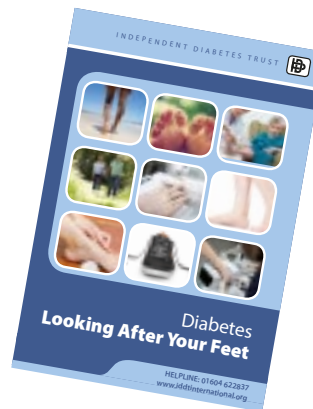
We have just published our latest booklet, *Diabetes – Looking After Your Feet*, and in today's NHS, we consider it to be a very important booklet for everyone with both types of diabetes.

We don't need reminding that around 130 diabetes-related amputations take place every week in this country alone, mainly as a result of foot ulcers. Astonishingly, 80% of these are avoidable with proper foot care. If foot ulcers are left untreated they can eventually lead to amputation, which drastically changes a person's quality of life.

We know that people with diabetes should have their feet checked at least annually

and should also be taught how to look after their feet themselves. However, we also know that in many cases, this is simply not being provided by the NHS. There is a shortage of podiatrists and many of the annual diabetes checks, which include assessments of the feet, are being carried out in primary care by health professionals who, through no fault of their own, are not receiving the training they need in order to carry out the right foot checks.

As there are nearly 4 million people with diabetes, we wonder when it will be possible for the NHS to



provide them all with diabetes education and importantly, to provide proper foot care to reduce the risks of foot damage and amputations.

This is the reason for our new booklet – to help people to look after their feet by knowing what to look for and when to seek treatment to keep their feet healthy and avoid foot ulcers. In addition, the booklet explains how damage to the feet can occur, gives tips on ways to look after your feet and what to look for, such as simple conditions like hard skin to more complex issues like foot ulcers.

'Diabetes – Looking After Your Feet' is essential reading for everyone with diabetes, so if you would like your free copy, contact IDDT, Tel 01604 622837, email: enquiries@iddtinternational.org or write to IDDT, PO Box 294, Northampton NN1 4XS.



Christmas Tips

Christmas is a mixture of many things – presents, excitement for children [and adults] and a busy time for adults. But if you or a member of your family has diabetes, Christmas can be a worrying and stressful time too, especially if this is your first time with diabetes.

Celebrating Christmas is not just a time for presents but also about food! We all eat a lot more than we should and we tend to eat much more of the sort of food that is not exactly ideal for children or adults with diabetes. It doesn't matter whether you are taking tablets for Type 2 or insulin for Type 1 or Type 2 diabetes, you can't take a day off from it but it is important to remember that it is a time to be enjoyed with family and friends.

Remember!

- Excitement tends to lower blood glucose levels.
- Stress tends to raise blood sugars.
- Eating more than usual can raise blood sugars.
- Exercise lowers blood sugars, so a walk after a big Christmas dinner will help to lower them.
- Try to keep meal times as near as possible to your usual times but if meals are later, then remember to have a snack.
- Maintain your blood glucose testing routine as far as possible and test more often if you're eating frequently or at irregular times.
- Stay active - exercise reduces stress, burns excess calories and helps control blood sugars.
- Pamper yourself – whether this is taking a relaxing bath or curling up with a book, make time for yourself as this can help to prevent holiday stress from building up. Get plenty of rest to prevent holiday tiredness.
- Planning – make sure that you have enough insulin and other medications to cover the Christmas and New Year holidays.

If you would like a full copy of our Christmas tips, then we are happy to send them. Just contact us using the details at the end of this newsletter.





Christmas dinner - cutting calories and carbs but not the enjoyment

By Dr Mabel Blades, Consultant Dietitian

Traditional dinner

Portion of roast turkey, chipolata wrapped in bacon, stuffing, roast potatoes, brussel sprouts and gravy

Christmas pudding and brandy butter

Mince pie

3 small glasses of wine

123g carbohydrate, 83g fat, 33.6g saturated fat and 4g salt, 1736kcal

Traditional dinner with a few reductions

Saves over 300 calories

Portion of roast turkey, chipolata wrapped in bacon, stuffing, roast potatoes, brussel sprouts and gravy

Christmas pudding and custard made with skimmed milk

Mince pie

2 small glasses of wine but drunk as 3 glasses as a spritzer

145g carbohydrate, 51g fat, 13.0g saturated fat and 3.7g salt, 1450kcal.

(Note the carbohydrate increases as the milk in the custard has more carbohydrate than the brandy butter but less calories and fat).

Traditional dinner with no mince pie or wine

Saves a further 400 calories and halves the amount of fat

Portion of roast turkey, chipolata wrapped in bacon, stuffing, roast potatoes, brussel sprouts and gravy

Christmas pudding and custard made with skimmed milk

114g carbohydrate, 39g fat, 13.0g saturated fat and 3.2g salt, 1040kcal

Further reductions can be made by:

- Cutting down on the potatoes and dry roasting them.
- The chipolata wrapped in bacon can be omitted.
- The plate can be filled up with extra vegetables, such as carrots or brussels.
- The Christmas pudding can be home made to a lower calorie recipe. Fruit salad can be substituted for the Christmas pudding.

Don't forget that it isn't too late to order your IDDT Christmas cards. You can do this using our on-line shop or contact us directly using the details at the end of this newsletter. You might also want to take advantage of the special Christmas discount we are offering on our book – Diabetes, Food, Meds and More.

More thanks to our Fundraisers

Cyclist completes 46 mile fundraiser for IDDT

Una Loughran, an accountant from Northampton, rode 46 miles from the Queen Elizabeth Olympic Park in London to The Mall, on behalf of the InDEPENDent Diabetes Trust (IDDT).

She wanted to raise much needed funds for IDDT because both her sister and her cousin's little boy have Type 1 diabetes.

Una said the bike ride round London was 'extremely enjoyable' and she was satisfied with her finish time of 3 hours, but she still had to cycle 11 miles back to her car!



IDDT News

We welcome a new Trustee

We are pleased to welcome Gill Coleman as a new Trustee of IDDT. She was elected at our recent Annual General Meeting. Gill has two adult children. Her son was diagnosed with Type 1 diabetes when he was 9 years old. He has since developed MS, so Gill and her family know what it is like to live with not just one long-term condition, but two.

We look forward to working with Gill in the future and listening to her fresh ideas.



Remember the flu jab!

People with diabetes take priority for having the flu jab and they are also entitled to a pneumonia vaccination.

Flu vaccination may help to keep people with diabetes out of hospital.

People with Type 2 diabetes who have the flu vaccine may be less likely to be hospitalised for cardiovascular or respiratory problems, according to study carried out at Imperial College, London.

The researchers examined 7 years of records on almost 125,000 people in England with Type 2 diabetes, both during the flu season and the summer months.

Most severe influenza complications occur in the elderly and people with long-term conditions such as diabetes, heart disease and asthma. People who had the flu vaccine had 24% lower death rates from all causes during the study period.

A limitation of the study was that it is possible people who get vaccinated are generally healthier in other ways but nevertheless, the findings suggest that having the flu jab is beneficial for people with diabetes.

(CMAJ, July 25, 2016)

Vaccination was associated with:



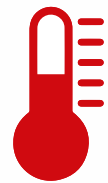
30%

lower hospital admission rates for stroke



22%

lower rates for heart failure



15%

lower rates for pneumonia or influenza

Research and Medicine News

Gastric surgery should be standard treatment for Type 2 diabetes

New guidelines recommend that people with Type 2 diabetes should be offered gastric surgery as a standard treatment option which could help to control it for many years without medication. The guidelines have been endorsed by 45 international organisations, diabetes specialists and researchers, including the International Diabetes Federation, the American Diabetes Association, the Chinese Diabetes Society and Diabetes India.

They state that surgery to reduce the stomach and induce weight loss should be recommended to treat all people with diabetes with a body mass index (BMI) of 40 or over, regardless of their blood glucose control, and those with a BMI of 30 and over whose blood glucose levels are not being controlled by lifestyle changes or medication. One of the authors of the guidelines said that patients should be offered a range of options including lifestyle changes, medications and surgery.

The guidelines are based on evidence, including 11 randomised trials, showing that in most cases surgery can lead to reductions in blood glucose levels below the Type 2 diabetes diagnosis threshold or to a substantial improvement in blood glucose levels. In many cases this would lead to people being able to give up or significantly reduce their diabetes medications. However in England, less than 1% of people who might benefit are offered surgery as there still seems to be a refusal to accept the evidence. (Diabetes Care, May 2016)

Increased Type 2 diabetes risk linked to early or late menopause

A US study has looked at 124,000 women and found that the risk of Type 2 diabetes increases outside the 'normal' age for menopause of between 45 and 55 years, so early or late menopause increases the diabetes risk. The researchers found:

- The women whose fertility came to an end in their mid-40s were 25% more likely to develop Type 2 diabetes than women who reached menopause between 46 and 55.
- A menopause after the age of 55 increased the risk by 12%.
- Women with a lifetime reproductive cycle of less than 30 years were 37% more likely to develop Type 2 diabetes than those with 'medium length' cycles of 36 to 40 years.
- Long reproductive cycles of more than 45 years were associated with a 23% increased risk.
- In the UK, the average age at which a woman has her final period is 51 years.
(The study was part of the American Women's Health Initiative)

Products Rou

At IDDT we are always happy to let our members know about products and services that may be of benefit to them, so here is some information about a simple, new test for diabetic foot syndrome.

neuropad[®]

neuropad[®] is a patented 10-minute screening test for the early detection of diabetic foot syndrome; a condition which can lead to serious complications such as foot ulceration and even amputation. The test is completely painless and is an early warning system for your feet.

Nerve damage to the feet is a common complication of diabetes but is often not noticed until it has become quite advanced, potentially leading to serious complications. neuropad[®] helps solve this problem with a simple colour change test.

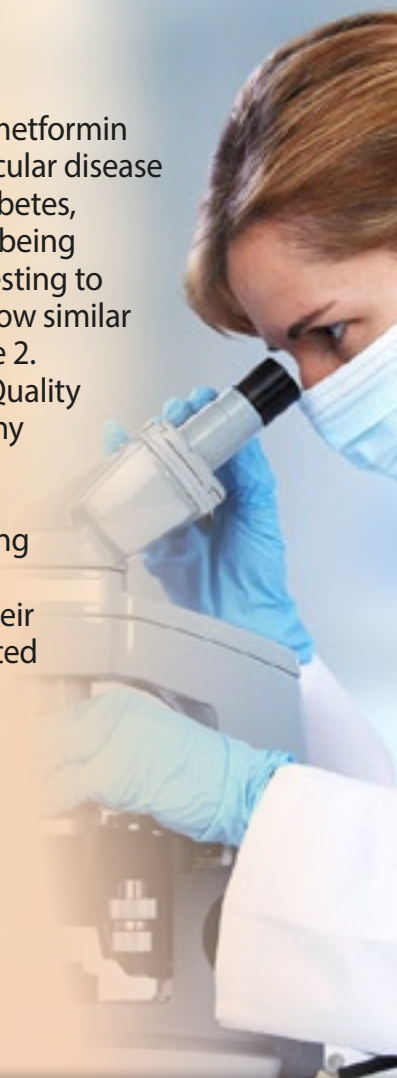
Some Quick Picks

There have been several studies and reports issued since the last newsletter, so here is a summary. If you want further details then please get in touch with us using the details at the end of this newsletter.

- Research has suggested that Xultophy® is more effective at reducing HbA1c without hypoglycaemia and weight gain than insulin glargine alone. Xultophy® is a combination of insulin glargine and liraglutide.
- Similarly, a trial of Lixilan-L has shown that the combination drug therapy helps people with Type 2 diabetes reach meal-time blood sugar targets. Lixilan-L is a combination of insulin glargine and lixisenatide.
- Another trial, conducted by Novo Nordisk, has shown that liraglutide [Victoza] can delay the progression of kidney damage.
- An analysis of the current evidence concerning the safety of sulphonylureas has shown that they are not associated with heart problems or stroke and as such can be considered safe for people with Type 2 diabetes.
- A study conducted by the University of Dundee has shown that the anti-

inflammatory properties of metformin could help reduce cardiovascular disease in people without Type 2 diabetes, possibly leading to the drug being 're-purposed'. It will be interesting to see if further research will show similar benefits for people with Type 2.

- A recent report by the Care Quality Commission - My diabetes, my care highlights that – while there are many examples of where diabetes care is working well – people are not always supported to self-manage their condition in a way that is suited to them as an individual. It emphasised the need for early identification of Type 2 diabetes, the need for emotional support and importantly the need to be given structured education about the condition to support effective self-management.



nd-up



Here's how it works.

Damage to the nerves in the feet because of diabetes can result in the sweat glands not producing enough moisture, leading to dry and cracked feet (called sudomotor dysfunction).

A neuropad® is stuck to the sole of each foot like a small sticking plaster and left in place for 10 minutes. The pad is blue to start with and should turn pink in the presence of moisture from sweating, to indicate a normal result. If the neuropad® test patch stays blue, or if it turns a patchy blue/pink, this indicates that you may have some level of diabetic peripheral neuropathy and your sweat glands are not working properly because there is not enough moisture to complete the colour change.

In clinical trials, the sensitivity and specificity of neuropad® was comparable to that of well-established hospital-based tests.

List of published clinical studies

<http://www.neuropad.co.uk/case-studies/>

The price of the test comprising of two test pads is £14.99, no VAT payable and can be purchased from our website shop, <http://www.iddt.org/shop> or by phoning IDDT on 01604 622837.



Diabetic eye screening programme



The aim of this screening programme is to reduce the risk of sight loss for people with diabetes by early detection, appropriate monitoring and treatment of diabetic retinopathy. Screening standards have been revised and these come into effect in April 2017. All programmes are expected to exceed an acceptable threshold and to agree service improvement plans. Where this is not achieved, recovery plans are expected to be put in place to ensure rapid and sustained improvement.

While this is the technical side, there are changes that affect people with diabetes:

- Programmes should operate a 12 month screening interval or 24 month interval for people with diabetes classified at low risk – this is the main change from a patient perspective.
- To ensure that these intervals are maintained, the invitation to attend should occur within 6 weeks of the due date.
- Pregnant women with diabetes should be screened within 6 weeks of notification of the pregnancy to the local screening programme.
- All newly diagnosed people should be invited to attend for routine diabetic retinopathy screening as soon as possible after diagnosis.

The winners of IDDT's lottery draws!



We are delighted to announce the winners of the draw of our monthly lottery for August 2016.

They are as follows:

- 1st prize of £336.96** goes to Colin from Swindon
- 2nd prize of £252.72** goes to Anon. from Newcastle upon Tyne
- 3rd prize of £168.48** goes to Peter from Bromsgrove
- 4th prize of £84.24** goes to Anon. from Ross on Wye

Winners of the September 2016 draw are:

- 1st prize of £353.28** goes to Martin from Hornchurch
- 2nd prize of £264.96** goes to Anon. from Milton Keynes
- 3rd prize of £176.64** goes to Anon. from Bingley
- 4th prize of £88.32** goes to Geoffrey from Doncaster

Winners of the October 2016 draw are:

- 1st prize of £356.64** goes to George from Gt Wakering
- 2nd prize of £267.48** goes to Geoffrey from Middlesbrough
- 3rd prize of £178.32** goes to Kenneth from Tonyrefail
- 4th prize of £89.16** goes to John from Bournemouth

Note: The winners of the draws for November, December and January will be announced in our March 2017 Newsletter and will be available on our website.

Thank you to everyone who joined in IDDT's lottery.

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