



Welcome

Welcome to the twenty eighth issue of *Type 2 and You*. In this issue we have news about our Conference, Annual General Meeting and the latest round of IDDT Lottery winners. We also have a look at restless leg syndrome, have a warning about bogus internet cures for diabetes as well as the usual product and medicine news.

IDDT Conference 2016

– ‘Best Foot Forward’

There are still places available at our Conference on Saturday, October 15th at the Kettering Park Hotel, Kettering Parkway NN15 6XT (Junction 9 off the A14).

The title is ‘Best Foot Forward’ to reflect our concerns about the standards of foot care for people with diabetes and there will be a talk by diabetes specialist podiatrist, Lynne Paterson.

It will be an interesting day with small group discussions led by the diabetes nurses from Kings Lynn, larger group discussions with Dr Laurence Gerlis and Dr Gary Adams and our keynote speaker, Dr Charles Fox. There will be plenty of time to chat with other people who live with diabetes.

If you wonder where Kettering is, it’s easily accessible from north, south, east and west via the motorway system and the Hotel is just off the A14 Junction 9.

We hope that many of you will be able to join us on October 15th 2016!

Note: if you need another application form, just give us a call on 01604 622837 or download it from our website: <http://www.iddt.org/wp-content/uploads/2016/06/IDDT-2016-Conference-Programme.pdf>



Warnings of bogus online cures, especially for Type 2 diabetes

The US Food and Drug Administration has renewed warnings about the abundance of bogus diabetes treatments and cures being offered online.

It warns, "As the number of people diagnosed with diabetes continues to grow, illegally marketed products promising to prevent, treat and even cure diabetes are flooding the marketplace."

Among other supposed diabetes treatments, the agency is concerned about online advertising of dietary supplements, alternative medicines, homeopathic products and the illegal marketing of prescription drugs by fraudulent online pharmacies.

Apart from raising hopes of a cure, the danger is that if believed, these claims might encourage people to not take their effective medication putting them at greater risk of

complications and perhaps, no longer consult their doctors. One of the most common online claims is that Type 2 diabetes can be cured in 2 weeks. The kinds of claims are "natural diabetes cure!", "effective treatment to relieve all symptoms of diabetes!" and "lowers your blood sugar naturally!"

Only one thing to do if you receive such emails – delete them!



Restless Leg Syndrome

Restless leg syndrome is a condition where there is an urge to move the legs which occurs or gets worse when at rest and is improved by activity.

It is common in people with Type 2 diabetes and can cause sleep disruption. Research involving 100 people with Type 2 diabetes showed that 27% had restless leg syndrome and 45% of these had poor sleep quality. (Diabetes Care, Nov 2005). It can be associated with peripheral neuropathy in people with diabetes.

The reported symptoms of restless leg syndrome are sensory:

- shock-like feelings
- jittery
- internal itches
- an uncomfortable feeling inside the legs
- tiredness during the day
- difficulty going to sleep and frequent waking during the night.

There can also be similar symptoms in the arms.

People with the symptoms of restless leg syndrome are advised to consult a doctor especially if the symptoms are frequent, such as 3 nights a week. There are various drugs available to treat the condition and the choice is based on individual need taking into account clinical benefits and adverse effects.



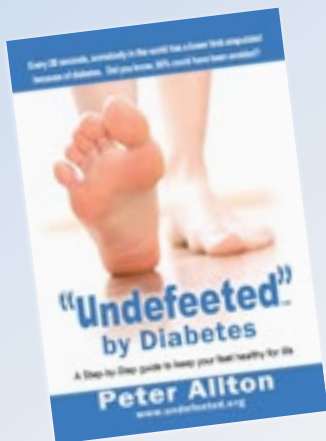
It is essential that people with diabetes look after their feet properly to avoid ulcers as these can lead to amputations.

Inspecting *your* feet

An estimated 80% of amputations are avoidable. Prevention of foot problems is very important, therefore your feet should be inspected every day, in addition to daily washing and moisturising.

It is not always easy to inspect the soles of your feet but nevertheless, it is important especially for people who have neuropathy with loss of sensation, so they don't feel pain if an injury occurs.

This mirror, called Solesee, is ideal to enable you to see the soles of your feet and it can be purchased from our website shop www.iddt.org/shop for £24.95 or you can phone IDDT on 01604 622837.



“undefeeted”

Undefeeted is an award winning global, not for profit organisation that helps people living with diabetes to avoid lower limb amputations. Currently

every 20 seconds someone has a lower limb amputation as a direct result of diabetes of which 85% could be avoided.

Did you know you need the following 3 things to stay safe in what we call the diabetic sweet spot?

- Knowledge
- Awareness
- Taking action

Three key reasons why you should work with Undefeeted.

1. Undefeeted provides you with professional knowledge of how your diabetes can affect your feet
2. Personal confidence to live life with greater awareness of your own personal risks
3. A well thought out action plan and personalised support to help you prevent developing the complications associated with your diabetes thereby giving you a total peace of mind.

Contact us today (contact@undefeeted.org) if you need mentoring and support or even just a conversation to see how we might be able to help you on your journey with diabetes.



Some of our Fundraisers...

Thank You!!!

We would like to say a big thank-you to everyone who undertook the 14 Mile Challenge back in June. They ran and biked along the Brampton Valley Way between Northampton and Market Harborough, raising over £650 for IDDT.

Organiser Oliver Jelley, who ran the route said "We were all proud to once again do our bit by taking part in the 14 Mile Challenge. It was tough going but the scenery helped as the Brampton Valley Way is stunning."

Fellow participants included father and son Adam and Peter Davies from Corby, Una Loughran from Northampton, father and daughter John and Emily Mayhew from Market Harborough, Adam Jelley from Desborough and Tim Newman from Grantham, who all cycled.

Lizzie's tea party for Dream Trust

Lizzie and her Mum have once again raised a fantastic £1,179 for Dream Trust on one of the lovely Saturdays in May. They were supported by their family and friends in Ballatar who all had a ball on the village green - the "soak a solicitor" stocks were very popular!



Lizzie and her friend Ciaran enjoying the bungee run.

Public Trust and Confidence in Charities

A few words from Jenny, Co-Chair...

I would like to thank all our members who made a donation. However large or small the donation, we really appreciate the help and support that you give us in this way. It is your help, that we are able to carry on our work.

The work of charities and how they fundraise is being discussed in a parliamentary committee with the expectation of a report in 2016.

A recent public survey has shown that the trust and confidence in charities has gone down to its lowest since 2003. The survey asked people about their trust and confidence in charities over the last 12 months. 61% of people said that their trust and confidence in charities had decreased for the following reasons being:

- 33% due to general media stories,
- 32% due to media coverage of how charities spend their money,
- 21% don't trust / don't know where the money goes,
- 18% because they use pressuring techniques.

For those of you who are unaware of the way we do our work, I would like to assure you that every penny goes to the work we do for people with diabetes. There are no excessive salary bills! We write Newsletters, Type 2 and You, leaflets and booklets. Of course, we manage our confidential database and produce publications.

Again, I would like to thank you for all your support.

Christmas seems a long way off but it always arrives faster than we think! Buying IDDT Christmas cards is one way that you, our members, can help to raise the much needed funds to support IDDT to help people with diabetes.

It would be great if every member bought just one pack of cards, or it would be better still if you could sell some to your friends.

This year we have five cards for you to choose from starting from only £2.95 per pack of 10, including envelopes. P&P is 80p per pack, up to a maximum of £4.00 for six packs or more. Please use the order form in this newsletter.

rities

ake donations to IDDT.
y do appreciate the
It is only with your

being considered by a
of new rules to come.

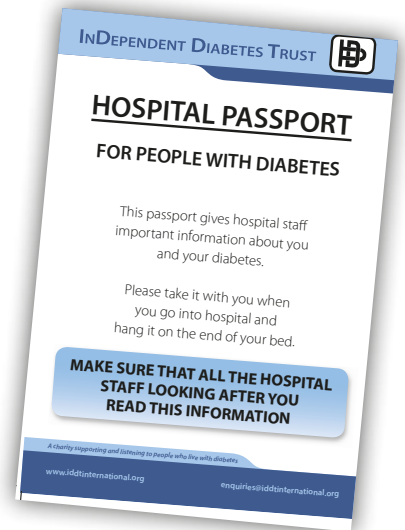
and confidence in
5. When asked about
ast 2 years, 33% of
narities had gone. The

es spend donations,
oney goes,
es.

re spend your
penny goes towards
are four members of
ite and produce all the
ets in house and of
o that you receive your
port.

Going into hospital with diabetes

The Hospital Passport



As regular readers will know, IDDT has a 'Hospital Passport' to help people when they go into hospital. This was produced as a result of people with diabetes having avoidable problems when they go into hospital, especially for a planned operation.

You fill in all your details and the completed Passport can then be given to the hospital staff so they know about you and your diabetes.

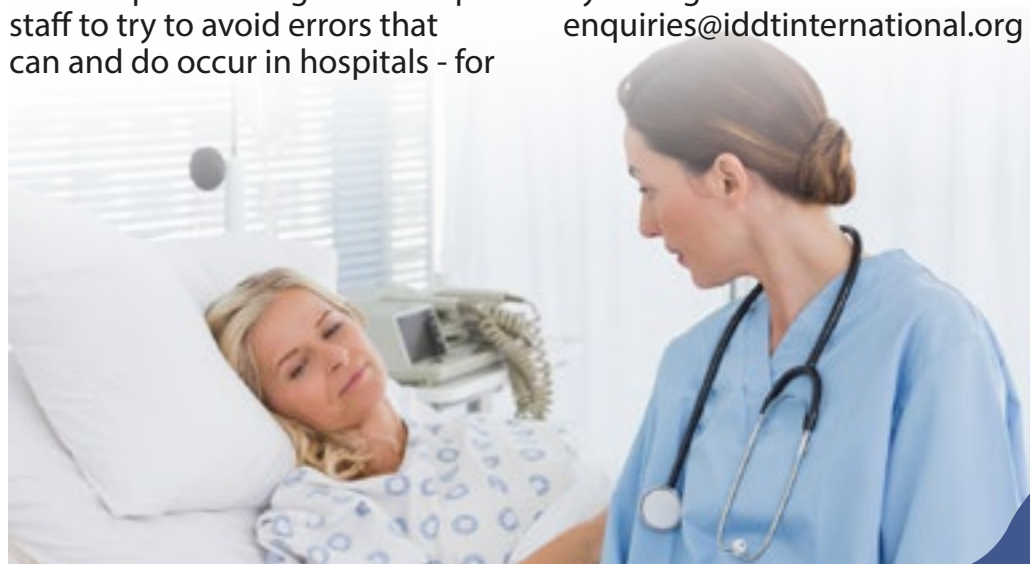
Unfortunately, IDDT has recently heard from people that they take their completed Passport into the hospital ward and it is ignored - in one case, thrown in the bin in front of the patient!

The Passport is designed to help staff to try to avoid errors that can and do occur in hospitals - for

example, one of the people who called IDDT went into DKA because her insulin was not administered!

So if you go into hospital, take one of the IDDT Hospital passports with you and be forceful that notice of it must be taken.

You can obtain a Hospital Passport from IDDT, PO Box 294, Northampton NN1 4XS, by calling 01604 622837 or email enquiries@iddtinternational.org

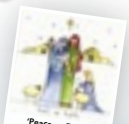


Christmas card time again...

Christmas seems a long way off but it always arrives faster than we think! Buying IDDT Christmas cards is one way that you, our members, can help to raise the much needed funds to support IDDT to help people with diabetes.

It would be great if every member bought just one pack of cards, or it would be better still if you could sell some to your friends.

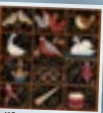
This year we have five cards for you to choose from starting from only £2.95 per pack of 10, including envelopes. P&P is 80p per pack, up to a maximum of £4.00 for six packs or more. Please use the order form in this newsletter.



'Peace on Earth'
Actual size 140mm x 140mm



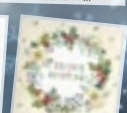
'Santa's Wish'
Actual size 100mm x 210mm



'12 Days of Christmas'
Actual size 140mm x 140mm



'Christmas Sprouts'
Actual size 126mm x 126mm



'Season's Greetings'
Actual size 140mm x 140mm

Products Round-up

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 a summary of some of the products we have come across over the last few months.

Liqua Care Diabetic Flowgel Orthotics

This is the only insole in existence with published, clinical evidence showing a huge offloading of peak pressures combined with a significant increase in circulation to the feet, thereby countering the two main causes of diabetic foot ulcers.

Now available on NHS prescription or to purchase direct for £24.85 + £3 p&p (see www.liquacare.co.uk or ring 0870 041 0150)

Give your feet a constant, gentle massage – the liquid gel filling helps eliminate cold feet, pain on walking any distance with many reporting an improvement in the symptoms of diabetic neuropathy.

Post-clinical trial checks by the National Diabetes Foot Coordinator on the test user group after two years revealed a “remarkable” record that despite all being “at risk” of developing an ulcer, not one was presented

Not just designed for those with diabetes, Liqua Care insoles were invented to reduce the aches and pains in feet and lower legs caused by prolonged standing, so treat your feet to what quite possibly, could also save them!



Medical ID wristbands and keyrings

Leather Ice Medical ID is for people who don't want an ID that screams 'condition'. It is sometimes difficult to encourage children, teens and adults to wear some kind of Medical ID as they don't want to stand out from the crowd. The wristbands come in two sizes Small/Medium or Large/X-Large. The Leather Ice ID Wristbands and Keyrings are fun and subtle, yet display vital and potentially life-saving information. The wrist band is comfortable and lightweight, made of soft leather, embossed with two Medical Alert Symbols and wording of your selected medical condition.



The Emergency Medical Alert Symbol is universally recognised when worn by someone, to alert medical emergency personnel to medical conditions. For this reason all the Medical ID wristbands and keyrings have the Medical Alert Symbol embossed on the leather. It can also be useful to have information such as name of the person and an emergency contact number. This can be written with a permanent pen (which Leather Ice also sell) on the inside of the wristband or on the card stored inside the keyring.

Leather Ice ID products are made in the UK and for each item purchased, they kindly make a donation to charities, including IDDT.

Introductory offer!

Leather Ice is giving a 10% discount as an introductory offer to IDDT members until mid-October and after which it will be a 5% discount but please fill in the coupon when ordering using the code 'IDDT'.

For more information or to order visit www.leatherice.co.uk



Medicine News

As usual in *'Type 2 and You'* we try to bring you a summary of the latest news and research on medicines used to treat Type 2 diabetes and this issue is no exception.

NICE Guidance recommends three drugs for treating Type 2 diabetes

If a person can't use metformin or other specific drugs and diet and exercise alone does not control their blood glucose levels, then NICE recommends that the following three drugs (SGLT-2 can be used on their own (monotherapy): canagliflozin (Invokana), dapagliflozin (Forxiga) and empagliflozin (Jardiance).

Some people may experience nausea and diarrhoea with metformin or they may not be able to take it if they have kidney damage. For people who can't take a sulfonylurea or pioglitazone, then these three drugs can be considered but only when pioglitazone or sulfonylureas are not appropriate treatment options.

It is estimated that of the 3 million people with Type 2 diabetes in the UK, about 31,000 may be eligible for the three recommended treatments. The annual cost of treatment with each drug is estimated to be £475.

Metformin and Vitamin B12

An American study published earlier this year, by the George Washington University in Rockville, has found a significant link between long-term metformin use and vitamin B12 deficiency. The study looked at 850 people treated with metformin, compared to a control group and found that those treated with metformin had statistically higher numbers of people with the vitamin deficiency when tested at both five and thirteen year periods.

Symptoms of vitamin B12 deficiency can include fatigue, depression, poor memory and anaemia. As always, if you are concerned then talk to your doctor.



IDDT Annual General Meeting

As members are aware, we do have to hold an Annual General Meeting to comply with charity law. So we are holding an afternoon meeting on Thursday, November 10th 2016, again at the Kettering Park Hotel, Kettering Parkway NN15 6XT. We hope that as many of you as possible will be able to join us.

The programme for the afternoon will be as follows:

12.30 – Arrival and free sandwich lunch

1.45 - Annual General Meeting

3.00 - Tea and biscuits

3.30 – Open discussion – Your diabetes care and the NHS

4.30 - Farewell

The AGM

If you would like to nominate someone for election to the Board of Trustees, then please send nominations to IDDT by October 28th with a letter of agreement from the person you are nominating and seconded by another member of IDDT.

Please let us know!

For catering purposes, please let us know if you are attending and if you have any special dietary needs by October 28th by contacting IDDT, telephone 01604 622837, Rita by email rita@iddtinternational.org or write to IDDT, PO Box 294, Northampton NN1 4XS. Rita will then send you confirmation and a map to find the Kettering Park Hotel.

The winners of IDDT's lottery draws!



We are delighted to announce the winners of the lottery draws for the last 3 months. They are as follows:

Winners of the May 2016 draw are::

1st prize of £319.20 goes to Pat & Daphne from Guildford

2nd prize of £239.40 goes to Denise from Birmingham

3rd prize of £159.60 goes to Diane from Much Wenlock

4th prize of £79.80 goes to Marian from Ipswich

Winners of the June 2016 draw are:

1st prize of £647.04 goes to Thelma from Liskeard

2nd prize of £485.28 goes to Ann from Birmingham

3rd prize of £323.52 goes to Fraser from Bournemouth

4th prize of £161.76 goes to Anon from Halifax

Winners of the July 2016 draw are:

1st prize of £334.56 goes to Anne from Bromyard

2nd prize of £250.92 goes to Anon from Rugeley

3rd prize of £167.28 goes to Marjorie from Chorley

4th prize of £83.64 goes to Alan From Lancing

Note: the winners of the draws for August, September and October 2016 will be announced in our December Newsletter and will be available on our website.

If you would like a chance to win for just £2.00 per month, then complete the form with this Newsletter, give us a call on 01604 622837 or email tim@iddtinternational.org

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

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