



The Diabetic



MERRY CHRISTMAS AND A HAPPY NEW YEAR

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The Newsletter of the Friends of the Manx Diabetes Centre

Caarjyn Laare Chingys-Shugyr Vannin

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All monies from whatever source received by the Group shall be exclusively spent on the Isle of Man, in the furtherance of the well-being of the diabetic patient and to facilitate the work of their medical carers.

Christmas Message by the Rev John Guilford a trustee of the Friends of the Manx Diabetes Centre

Six diabetic referrals on a weekly basis to the Manx Diabetes Centre

Dr Geoff Gill, Reader in Medicine, Diabetologist and Endocrinologist at the University Hospital Liverpool, talks to the Chairman of the Friends of the Manx Diabetes Centre.

The Dieticians at the Manx Diabetes Centre provide our readers with three Christmas recipes

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Thank you for 2003

Christmas Message by our Trustee the Rev. John Guilford.

As the festive season is upon us the Editor asked our Trustee, the Rev. John Guilford for his Christmas message.



The Rev John Guilford

“As I sit contemplating the task of writing about “The real meaning of Christmas”, I am listening to the strains of Wizzard’s 1973 top ten hit ‘I wish it could be Christmas every day’.

I dug out this record, not because I wanted to revisit the heady days of my early twenties, but because I wanted to reflect whether I could echo Roy Wood’s sentiments.

I am pondering if any of us could physically or financially stand it being ‘Christmas every day’.

The way we celebrate Christmas today seems to be by an excess of everything, of eating, drinking and spending,

The holidays, for those that can either afford it or borrow to afford it, seem to be one long round of partying and present giving and receiving.

For those who can’t afford it or who have no family or friends, the Christmas season must seem to magnify their problems and loneliness.

And yet the underlying reason for the season sets itself against loneliness and against worry and tries to envelop us all in a process of removing pain and hurt from our society.

As the year progresses and the gloss goes off the presents received, and we begin to recover from the excess of food and drink consumed; we are thrown once more into the fight for survival in an often dangerous and confusing world.

Most of us totally ignore the very real and important gift that we are all given to assist us in this fight; that gift that Christmas appears on our calendar to celebrate.

Aside from the excesses that I have already mentioned, I am heartened that the Christmas season does produce another excess; there certainly seems to be an increase of bonhomie each year.

In the family ‘get togethers’ old wounds can be healed and the ‘words’ that made us fall out in the first place somehow seem to be diminished in importance.

This, I think, is very much closer to the real meaning of Christmas and I truly echo Roy Wood’s sentiments if we could really extend the feeling of ‘goodwill to all people’, which the season generates, to the rest of the year.

I am reminded of a line from another popular song, “the Living Years” by Mike and the Mechanics, “We sacrifice our future, its just the bitterness that lasts”;

That line of a song about a son’s love for his father is so true it almost hurts and the Christmas season is about trying to eradicate bitterness from our lives, from our thoughts and actions, so our future and the future of our children is not sacrificed.

That one gift that the whole world received at Christmas, the gift that will never tarnish, is God’s gift to the world of the baby Jesus.

Jesus whose life and ministry epitomizes God’s Word and His will for our world; Jesus whose ministry was dedicated to the creation of The Kingdom of God here on earth; Jesus whose life and ministry’s now largely ignored by an increasing secular society.

The arrival of this Jesus is the reason we celebrate at Christmas time and is the reason we should be celebrating the year through.

By committing ourselves to reading and listening to God’s Word we can receive His abundant blessings and then it really can be ‘Christmas Everyday’

God Bless you all”

The above was a Christmas Message by the Rev John Guilford one of the Trustees of the Friends of the Manx Diabetes Centre.

DR EMRAN KHAN

The Editor of the Diabetic was granted an in depth interview with Dr Khan. You can access his in depth profile on our website at www.diabetes.org.im



Dr Emran Khan

Dr Emran Khan is the Consultant Physician, Diabetologist and Endocrinologist, at the Diabetes Centre at Noble's Hospital.

He came to the Island over two and a half years ago to look after the Island Diabetics and head the Manx Diabetes Centre.

In his time on the Island Dr. Khan has helped organise an entirely new service in a new Dedicated Diabetes Centre at the old Noble's hospital with a successful transfer to Greeba Ward at the new 120 million pound plus hospital at the Strang.

At Greeba ward they hold three and a half clinics per week during which they see 70 patients per week, **with six new referrals every week**

They run a full multi-disciplinary team.

All new patients and those coming for their annual reviews are seen by the

full disciplinary team, which includes, the Chiropodist, Dietician, Diabetes Specialist Nurse, and a Physician.

This Dr Khan said was essential for the well being of the Diabetic patient.

There is a fundus eye camera also on site. We have dealt with this and its modus operandi in our previous newsletter.

Dr Khan also runs an antenatal clinic fortnightly and an adolescence clinic every three months.

Glucose blood monitors and pens are provided free of charge to all diabetic patients.

The Diabetes Centre also helps in the teaching and training of all medical staff both in the community and at Noble's.

They have regular teaching sessions in what Dr Khan describes as an excellent postgraduate teaching programme.

Dr Khan also runs a General Endocrine clinic once a week.

All this in addition to being on call in the wards.

I did put it to him that the DHSS had made a good investment with him on the Island.

What experience you might ask does this gentleman have to warrant his exalted position and why we should be grateful to him being on the Island.

Dr Khan has a MBBS from the Khyber Medical Collage at the University of Peshawar in Pakistan.

He also holds an MRCP from Edinburgh University and a GMC, General internal medicine and Diabetes and Endocrinology.

Dr Khan told the Editor that he is also a member of the Royal College of Physicians Clinical Tutor.

He has been associated with at least 6 publications and some five unpublished works.

Dr Khan is married and has three young children.

As the newsletter has already pointed out, please consult the Profile Page on our Website at www.diabetes.org.im for a full Curriculum Vitae of Dr. Emran Khan.

This contains the full in depth interview with Dr Emran Khan

If you have no computer and no access to the Net, the Editor would be delighted to send you a copy of the profile on request.

Dr Geoffrey Gill

Dr Geoff Gill is Reader in Medicine, Consultant Physician, Diabetologist and Endocrinologist at the University Hospital Aintree in Liverpool.



Dr Geoffrey Gill

Dr Gill was on the Island on 7th October last when he came over to give a lecture on Diabetes at the Hilton Hotel.

Being an old personal friend of the Chairman of the Friends of the Manx Diabetes Centre he asked to meet him and his wife for lunch on the day.

They spent over three hours together discussing diabetes its ramifications on the Isle of Man, and how far the both of them had been able to progress the service now available on the Island, and what still needed to be done.

The lunch hosted by the Chairman of the Friends of the Manx Diabetes Centre was held at Tapas Cordoba, in a Spanish atmosphere, with excellent Spanish food and wine. It was also attended by two of our leading members responsible for diabetes care on the Isle of Man.

The lunch was most enjoyable and productive, for all concerned in particular Dr Gill who was brought up to date with all developments on the Island.

After lunch they retired to the Chairman's house as Dr Gill had agreed not only to the lunch date but also an interview for "The Diabetic" which he had described as an excellent publication.

Dr Gill explained that he was a Liverpoolian through and through having been born in Merseyside, in Wallasey in the Wirral just across from Liverpool.

When asked what were his first impressions in his formative years, he said that it was his mother's Co-op dividend number which would always be imprinted on his mind as every time she sent him to get anything from the Co-op she would say "don't forget the divi number when you buy". Incidentally her divi number he said with pride, was 86488.

His other lasting impression was of being cold, as their house had no heating, and of going to the toilet, where he always had trouble with the linoleum that was on the floor, which was freezing to walk on.

His house in those days was full of people, coming and going, which instilled him with a sense of family values and unity.

The very first school he attended was Lingham Lane primary school in Wallasey.

His University was Newcastle on Tyne from where he graduated.

The Editor wanted to know, how being an eminent diabetologist of world wide renown, with so many qualifications after his name he had originally got involved with diabetes.

He smiled and said “believe it or not, it was by accident. In 1978 when I returned from working in Africa, I needed a job, and the only job I could get, because it was the only one available. was in diabetes. So in reality I was not looking for a diabetes career, I did not find Diabetes, Diabetes found me”.

Dr Gill first practiced at the Royal Victoria Infirmary in Newcastle.

He took up his present position in 1990 as Consultant Physician Diabetologist at the University Hospital Aintree in Liverpool.

He works as acute general physician and also of course, in Diabetes and Endocrinology. He also teaches these subjects.

The Editor did ask what a “Reader in Medicine” was. He said that it was really an ancient title that very few people had, and even fewer people understood.

The Editor explained that his readers would be very interested in knowing what was his main platform on diabetes when lecturing as he does all over the world.

He explained that his main thrust was, that the best way to delivering diabetes care was by expanding the base of doctors, diabetes nurses and the whole of the medical personnel required to ensure that all sectors of the medical profession are able to care for their diabetic charges.

The Editor reminded Dr Gill that when they first met all those years ago, he had ended his report by saying that the service that the DHSS was giving at the time for diabetics on the Island was “medico-legally-untenable” why was this?

Dr Gill explained that any diabetes service had to be led by a Consultant Diabetologist, and the DHSS was at the time not delivering this service for the diabetics on the Island. Without a Diabetologist leading a multi-disciplinary team, if anything happened, the DHSS didn’t have a leg to stand on, and they could have been sued for millions, as he or any other Diabetologist on a witness stand would have said that without a consultant Diabetologist the service was inadequate.

Dr Gill’s report at the time was the grounding for the developing arguments for a Dedicated Diabetes Centre, and he was asked how he had got involved in producing the report.

He pointed out that he had been invited by Dr Nigel Harrison and Dr John Murray to do an investigation and produce a report.

Dr Gill is the regional representative of the Royal College of Physicians in the northwest so he carried a lot of weight.

The basis of the report was done after extensive consultation and investigations.

The Editor, with temerity wanted to know what, as the visiting Diabetologist for two years on the Isle of Man, were his first impressions. He summed it up in three words when he said “Oh my God”.

When the DHSS omitted the Diabetes Centre from the new hospital, Dr Gill once again, at the request of the Chairman of the Friends of the Manx Diabetes Centre entered the fray. Why?

Dr Gill was most adamant that after a full multi-disciplinary team had been assembled, the DHSS could not just return to “the dark ages of diabetes care on the Isle of Man”

“I had”, he said, “no option but to responds for help, as what the DHSS

had in fact done was to exclude and deprive the Manx Diabetic from a proper centre of care that was already in existence”.

It was pointed out to Dr Gill that his report had not gone down well in the House with the Department of Health and Social Security, so what were his feelings at the time.

He said with a smile, that he had received a phone call after the report have come out, and was told that the report was negative, as the department had not commissioned his report and it was therefore felt by the department that they could not possibly adopt it.

A good job that the people who fought for the centre were not deterred and pressed on regardless.

As Dr Gill had visited the new Diabetes Centre at Greeba Ward that morning, the Editor asked for his opinion of the Centre.

He said that in reality one word sufficed to describe it “Fantastic”

He went on to say that he had not seen a better one in the UK. It was of adequate size and with room for expansion, in fact it was better than his own diabetes centre at Liverpool, and built to a wonderful degree of excellence.

The Editor brought to Dr Gill’s notice that when they had first met Dr Gill had asked, what the Chairman really wanted and had been told “everything you have but much better”. So how does the Diabetes Centre at Greeba compare to others that you have seen.

He emphasized that “it was what all of us would like to have”. It was far and away better than anything he had seen, and reiterated that it was certainly better than what he himself had at Liverpool.

When asked if we were missing anything at the Manx Diabetes Centre,

he felt that the only thing he could think of was a sophisticated assessment and screening systems for Charcot feet.

However this was something for the future.

Dr Gill was of the opinion that the Diabetes Centre had a multi-disciplinary team, led by Dr Khan that was second to none.

The Editor wanted to know how far, in Dr Gill’s opinion, diabetes care had progressed from his initial encounter with service care on the Isle of Man.

“The equivalent of from the dark ages to the present date, in fact from nothing to everything”.

Finally he was told that “the Diabetic” was his to make any observations that he would like to make in respect to diabetes care on the Isle of Man.

“There are two things that I would like to say, in the first place, one of the nicest things that I have ever done in my career, was to help in a little way to get the splendid facilities and the multi-disciplinary team that now is the Manx Diabetes Centre”

“Secondly” Dr Gill added, “I would like to publicly thank the two people who in my opinion really got this together, Dr Alison Blackman and Henry Ramagge who were instrumental in getting the Manx Diabetes Centre that the Island now enjoys”.

Dr Gill is married and has three children.

His eldest son is 25 and is a doctor. The second in line, his daughter of 24 is a medical student, and the youngest, his 18 year old son is doing Business Studies.

The Editor is very grateful to Dr Gill for talking to “The Diabetic”, for renewing old acquaintances, and for spending such an enjoyable time with us.

Linkage on Our Website

We have now created a Links page on our website at www.diabetes.org.im as those of you who have visited our website will have noticed.

In the Links page we are pleased to provide a selection of links both for Charitable Groups and Companies that are friends of the Friends of the Manx Diabetes Centre and which we think might be of interest to you when you visit our website.

We have spoken with many charities and companies that help us and the links page is now up and running

As they come on board we shall increase the number of entries on the Links page.

The idea is that we put their information on our website and they in turn will reciprocate and put our information on their website if they have one, or when they have one.

In this way we shall have a cross reference on the world wide web of as many Charities that want to participate in the venture, and we shall be holding hands across the web.

The idea is that whoever's website is accessed people will know that there is a caring community on the Isle of Man that caters for all sections of the interests of the Manx people.

If any Charity does not have a Website we can arrange for them to have one.

If however you do not want to have a website, then the Friends of the Manx Diabetes Centre will still put you on their website provided that you are a registered charity.

So far on our website links page, at the time of going to press are: -

Ace Hire and Sales:

Association of Retired Pensioners

Over 50: -

Circa Isle of Man:

Feegan's Lounge:

Horwath Clark Whitehill and

The Manx Blind Welfare Society

As already pointed out the Chairman has made contact with as many Charities as he could and he hopes to hear from them once they have had a Committee meeting to discuss the proposal from The Friends of the Manx Diabetes Centre.

Let us all hold hands across the Net and show the world the true nature of caring on the Isle of Man

Let all those that access our website be aware that we in the Isle of Man look after our own, we are proud to do so and the excellence provided by all our charities is second to none..

Blood Testing Day

The Lions Club held their Blood Testing Day at the Mitre Hotel in Ramsey, on Saturday 27th September last.

This is the second blood testing day that the Lions have held this year. See issue one of "The Diabetic".

The event was once again held with the customary competence and efficiency that these Blood Testing Days are renowned for.

Once again the Lions Club excelled which is the result of years of organising these Blood Testing days.

It was so successful that by three o'clock admittance had to be curtailed as the patient and hard working staff from the Manx Diabetes Centre were being overwhelmed by the number of people wanting to be tested.

The dedicated staff of the Manx Diabetes Centre who were doing the testing, worked their socks off in an endeavour to keep up with the demand.

During the Course of the day 310 people were tested, and if the weather

had not been so inclement we are sure that the Lions would have broken all previous records.

Unfortunately the catalogue of problems found, do not make very nice reading.

Out of the 310 people tested, 8 were found to have raised blood sugars and were referred to their doctors, and 80 people were found to have raised blood pressure

You may recollect that in our previous newsletter we explained how the BMI (Body Mass Index) worked for adults.

The Normal BMI reading is 21 to 25 and the people who fell within this normal category were 55.

50 people were also between 25 and 29.

23 people were between 30 and 35.

7 people were between 35 and 40, and 2 people were more than 40.

Not everyone that attended the Blood Testing Day wanted to take part in the BMI tests.

However out of the 137 that took the BMI tests, 55 were normal, *and 82 were either overweight or obese.*

That means that **60%** of those tested were overweight or obese.

If you go back to my newsletters you will find that I have been taking about the Obesity epidemic in the UK.

Surely in the light of these figures we should look to ourselves to resolve this problem on the Island now, as otherwise 60% across the board would be an intolerable figure for the DHSS to contend with.

Further in this newsletter we give you a table to work out the overweight and obesity in Children, I hope that you will all put it to good use.

Mrs Jan Hudson the acting Senior diabetes specialist nurse at the Manx Diabetes Centre spoke for all when she said that “the turnout was fantastic”

She praised the Staff for their conscientious and onerous work, and thanked the members of the public for their support on such an inclement day.

The Friends of the Manx Diabetes Centre would like to thank the Lions Club in particular Mr John Gaggs for their kind invitation to attend which once again proved a most fruitful day.

We managed to give out 330 information packs which included contact cards and membership forms.

I know what you are thinking, If only 310 were tested how came we gave away 330 packs. Well some nice people stayed with us whilst their wives or husbands took the tests. Too squeamish the Editor thinks?

The next Blood Testing day has been schedule by the Lions to take place at the Tower House next June.

The exact date will be notified nearer the time.

Once again well done the Staff of the Manx Diabetes Centre, and well done the Lions for their wonderful organisation.

Reminder of the Christmas Musical Evening

On Wednesday 17th December a Christmas Musical Evening is being held at Saint Peter's Hall, Royal Avenue, Onchan.



St Peter's Hall is on the left as you come in through the traffic lights. Or at

the top if you are coming up Royal Avenue.

It will be an evening of Songs, Readings and Carols for the festive season.

The Evening will be presented by John Elliott and Friends

The Christmas Musical evening will commence at 7.30 in the evening and admission will be £3 (Three pounds).

The Friends of the Manx Diabetes Centre are very grateful to Mr John Elliot and the Friends that will be presenting the Christmas Musical Evening, an Evening of Songs, Readings and Carols, for their generosity in doing the presentation.

Mr Elliott and Friends are putting in a lot of work to make this a success for our charity so let us not be found wanting.

The Chairman and Committee look forward to welcoming you there.

At the termination of the evening refreshments, mince pies etc will be served.

THE DIETICIANS AT THE MANX DIABETES CENTRE

The dieticians operate from, and out of the Manx Diabetes Centre and those who do, form part of the multi-disciplinary team that has been assembled there to care for all diabetics.

“The Diabetic” asked these wonderful people who look after your dietary needs to give us three festive recipes to wet your appetite for the coming Christmas period.

So here is their first one: -

Honey roast Gammon.

Serves 4

1.8Kg/4lb gammon joint

1 onion

20 cloves.

2 bay leaves

10 peppercorns

For the Glaze: -

40g/1½ oz soft brown sugar

Grated rind and juice of 1 large orange

2 tablespoons of runny honey

2 tablespoons of wholegrain mustard

“Soak the gammon joint in a bowl of cold water for at least 3 hours. Drain, then place in a large saucepan. Stud the onion with 4 cloves and add to the pan with the bay leaves and peppercorns. Cover with water, bring to the boil, cover and simmer for 1 hour.

Heat the oven to 200°C/400°F/gas mark 6. Drain the gammon, remove the skin and most of the fat. Score the remaining fat into diamonds, stud with the remaining cloves and place in a roasting tin. Mix together the ingredients for the glaze and spoon over the gammon. Bake for 45 minutes, basting 3 to 4 times during the cooking time, and hey presto you have Honey Roasted Gammon. You can serve it hot or if you prefer cold”.

Those of you who take advantage of the dietary service provided at the Manx Diabetes Centre know Ruth Hartley who is the Senior dietician there



Ruth Hartley

Ruth is the baby of the department having only been qualified for 6 years.

She obtained her degree from Robert Gordon's University in Aberdeen and from there went to work in Camarthen, South Wales where she gained experience in general dietetics and Elderly Care before finally specializing in Nutrition within the intensive care environment.

She has been working at Noble's hospital for the past 18 months where she mainly covers community and Diabetic Clinics.

She has recently completed her Diploma in Diabetes Management.

Ruth holds dietetic Clinics 3 times per week as part of the multi-disciplinary team at the Diabetes Centre. Her annual throughput is approximately 1,000 diabetic patients per annum

In addition to her duties at the Diabetes Centre Ruth also sees non diabetic patients there.

She also holds clinics in Peel, Port Erin and Ramsey, where she caters for all patients, but she also sees diabetic patients in these areas, that are referred to her at these clinics by their GPs.

Their second recipe for Christmas is:-

**Apricot Flapjack: -
Makes 16 pieces.**

100g equivalent to 3½oz
monounsaturated margarine
200g/7oz golden syrup
240g/8½ oz porridge oats
100g/3½oz chopped dried apricots

“Lightly grease a shallow 18 x 28cm/ 7 x 11 inch baking tin.

Gently warm the margarine until it is melted. Add the oats and apricots and stir well.

Tip the mixture into the tin and press out evenly.

Bake in the middle of a moderate oven at 190°C/375°F/gas mark 5 for 20 minutes or until golden.

Remove the tin from the oven and leave the flapjack to cool in the tin. When cold cut into 16 portions and store in an airtight container”.

Another of the Senior dieticians who you may have come to know at the Manx Diabetes Clinic is Sarah Surgeon.



Sara at the Diabetes Centre

Sarah graduated from Queen Margaret's College Edinburgh with a degree in Dietetics in 1991. Her first post was in Bolton gaining experience in general dietetics. This was followed by a move to Darlington, where she gained experience in nutritional support, diabetes and community dietetics, including a lead role in implementing a countrywide lipid screening protocol.

In 1997 Sarah moved to the Isle of Man and in 2000 started working at Noble's where she now mainly covers pediatrics including the children's diabetic clinics.

Sarah also works in the wards whenever dietetic advice is required.

And now we come to our third recipe for the Festive season.

Stollen

Preparation and cooking time 2½ hours.

Serves 12

350g/12oz strong plain flour
1 x 7g sachet easy blend dried yeast
1 teaspoon salt

1 teaspoon mixed spice
50g/1¾ oz butter
Grated rind of 1 orange
25g/1oz caster sugar
100g/3½ oz sultanas
50g/1¾ oz ready to eat dried apricots
25g/1 oz mixed peel
50g/1¾ opz flaked almonds
1 egg, beaten
175ml/6fl oz warm milk
A little melted butter for brushing
150g/5½ oz marzipan or almond past
Icing sugar to dust.
Preheat the oven to 190°C/375°F/gas
mark 5.

“Stir together the flour, yeast, salt and
spice.

Rub in the butter until the mixture
resembles fine breadcrumbs.

Stir through the orange rind, sugar,
sultanas, apricots, mixed peel and
almonds.

Mix together the egg and milk, pour
into the flour mixture and combine to
form a soft dough. Turn out onto a
lightly floured surface and knead for 5
to 6 minutes, until smooth.

Place in a lightly oiled bowl, cover
with a damp cloth and leave to prove
for about 1 hour till about doubled in
size

Knead for 1-2 minutes, then roll out
to a 25cm/10 inch square. Brush with a
little melted butter. Roll out the
marzipan and almond paste to
approximately 23 x 10cm/9 x 4 inch.

Place it down the centre of the dough,
fold the dough over it, cover and seal
well.

Place the dough seam side down on a
lightly floured baking sheet, make a
few slashes across the top cover and
set down and set aside for about 30
minutes.

Bake for about 35 to 40 minutes until
hollow when tapped.

Cool on a wire rack then dust with
icing sugar before serving”.



Sue Christie Dietetic Service Manager

Sue is the Dietetic Manager in charge
of the dieticians at Noble’s Hospital.

She graduated with a BSc in dietetics
in 1988.

After undertaking her dietetic
practical training at Northwick Park
Hospital in Harrow, Middlesex, Sue
worked at Kingston Hospital in
Kingston upon Thames, St Peters
Hospital in Chertsey Surrey, and
Broadmoor Hospital in Crowthorne
Berkshire where she gained experience
in community dietetics, learning
disabilities, mental illness, forensic
medicine, and eating disorders.

Sue moved to the Island in 1997 and
has been working at Noble’s Hospital
since 1999.

She started as a senior dietician and
has been the Dietetic Services Manager
since 2002.

Apart from her duties as the Dietetic
Services Manager she specialises in
eating disorders and also does work in
the wards.

The three dieticians cover for each
other in the event of any of them being
away on sick leave or on holidays.

Now that you have got the three
festive recipes from our three
delightful dieticians at our Manx
Diabetes Centre, the Editor takes no
responsibility if anything goes wrong.

Remember if anything does go
wrong, it is either you or them. as the
Editor can’t even boil an egg.

The Prosthesis Department

As you many all by now be aware, the Department of Health and Social Security have, after an intensive campaign by the Chairman of the Friends of the Manx Diabetes Centre, Mr John Houghton MHK, and Mr Bill Henderson MHK reopened the old Noble's Hospital at Westmoreland Road and returned the Prosthesis Department there.



The new Prosthesis Clinic

The Prosthesis Department is now located in what was previously The Day Admissions Ward and Cynaecology.

This is situated below the Car Park opposite the end of Demesne Road and in front of the old Postgraduate Centre.

So this is where you have to go in future if you are attending the Prosthesis Clinic.



Miss Alison Cockshoot the Senior Prosthetist/Orthotist in her new surroundings

Alison, as are all the members of the prosthesis clinic, extremely happy with the spacious and proper facilities that have been provided for them.

They now have what they have always been entitled to, and what they originally had, ample and first class facilities, with proper equipment that had been denied them at the new Noble's.

They are now able to cater for their patients in surroundings where they can provide the real excellence that they, as a matter of course, always provided before they had been moved to their cupboard at the New Noble's.

If you need to be in contact with the Prosthesis Department please phone Libby Philips on her new telephone number **642243**

The Chairman of the Friends of the Manx Diabetes Centre is very grateful to the Minister for moving the Prosthesis clinic into such excellent facilities prior to Questions and Resolutions in Tynwald, tabled by Mr Henderson MHK and Mr Houghton MHK.

What cannot be understood is her statement that the Prosthesis Department had "outgrown the new hospital" in two weeks, when they did have the ample space (three rooms) they required at the Old Noble's Hospital, and had now been put in the new hospital into a cupboard 3 meters wide by 4 meters long with no windows, no natural light, no extractor fans, no exercise facilities, no plaster room and no proper workshop.

Eleven Plus Question: - How can you outgrow a 3 meter by 4 meter cupboard when you originally moved from three rooms and were in a bigger place?

At least we got what we wanted, so lets go with the flow.

In the final analysis, everything is the colour of the glass through which you

are looking through, so everyone saves face.

Phantom Pains

Following the article on phantom pains that we did in our last issue, the Prosthesis clinic have questionnaires which they are giving out when patients visit the clinic.

We shall of course let you know how this exercise progresses once it is completed.

Incidentally the Limbless Association in the Autumn publication of their magazine "Step Forward", say that in their next edition they will examine the issues surrounding phantom pains. They say that these pains, an often agonizing phenomenon are experienced by most amputees at some time.

They are asking for any contributions that their readers may wish to submit so that you can share your experiences or inform other amputees of solutions that have worked for you.

If you want to contribute please write to Kay Mallinda, The Limbless Association, Roehampton Rehabilitation Centre, Roehampton Lane, London SW15 5PR.

Please send us a copy of your communication so that we can include them in our next Newsletter

"The Diabetic" will be keeping a watch in brief and will report further in our Next Newsletter.

The Editor is happy that the Newsletter of the Friends of the Manx Diabetes Centre brought to the attention of our members the question of Phantom Pains in our September Newsletter, and that in conjunction with the Prosthesis department at Noble's are conducting our survey.

If this is completed in time it may be that we can contribute to the article being prepared by the Limbless

Association by sending them the result of our survey.

Alternately we shall send them the results of our findings for their publication once this is to hand,

How to know if your child is obese?

You may recollect that in the last Newsletter we gave you details of how to find out if an adult was overweight or obese. Well the Editor has moved heaven and earth and has found how to work out whether your child is obese, overweight or just plain normal.

Let us remind ourselves of how to work the BMI out.

Divide the Childs weight in kilograms by the square of their height in metres.

For example for a 94cm 3-year old who weighs 13.5 Kilos then this is how you work it out.

We have 13.5kg divided by 0.8836 which is, 0.94 times 0.94 equals a BMI of 15.3. The child is normal and neither overweight or obese.

Let us therefore look at the following table so that you can equate to your personal requirements, as it is not as simple as for the adults.

This depends on the age of the child and not the blanket system for all adults. (See the previous Newsletter) if you haven't got one, look at our website at www.diabetes.org.im the Newsletter is there

The following table will enable you to ascertain the BMI of your child.

Age 2	Girl	18.	overweight	19.8	obese
Age 2	Boy	18.3	overweight	20	obese
Age 3	Girl	17.5	overweight	19.4	obese
Age 3	Boy	17.9	overweight	19.5	obese
Age 4	Girl	17.3	overweight	19.1	obese
Age 4	Boy	17.5	overweight	19.2	obese
Age 5	Girl	17.1	overweight	19.2	obese
Age 5	Boy	17.4	overweight	19.3	obese
Age 6	Girl	17.3	overweight	19.7	obese

Age 6	Boy	17.5	overweight	19.8	obese
Age 7	Girl	17.8	overweight	20.5	obese
Age 7	Boy	17.9	overweight	20.6	obese
Age 8	Girl	18.4	overweight	21.6	obese
Age 8	Boy	18.4	overweight	21.6	obese
Age 9	Girl	19.1	overweight	22.8	obese
Age 9	Boy	19.2	overweight	22.8	obese
Age 10	Girl	19.9	overweight	24.1	obese
Age 10	Boy	19.8	overweight	24.0	obese

So now you know how to work this out. Again I must emphasize that if you find that your child falls in any of the above parameters please consult your doctor. Do not let things slide as it might create problems in later life for your children.

Obesity is so endemic, that experts are calling for cookery classes to be taught again in Schools, and subsidies for fruit and vegetables to make them cheaper.

The Government in the UK has been warned that if inappropriate life-styles are not curbed, the cost of tackling the ill health they create will be unsustainable.

At present obesity is costing the Health Service £15 Billion a year and we don't want the epidemic that exists in the UK visited on our Island, with the consequent problems for our DHSS.

Experts on the other Island are predicting, that if this trend is not halted, today's obese children will have shorter lives than their parents.

It is up to us to ensure that we, by default, do not take up this route.

The Painting Evening

The Painting evening at the Craftworks center at Silverdale Glen was a tremendous success.

So much so that all the ladies present were of the opinion that it had been so enjoyable that before they left they decided to have another painting evening.

Anyone interested in joining these budding Picasso's for their second outing are asked to contact, Jan Ramagge, or Pat Larkham. They shall be doing another painting evening in the New year.



The painting night

It was great fun, and many who had not been there before arrived with fear and trepidation, but were soon at ease.

In seconds they had been transformed from painting walls at home to tackling delicate plates, mugs, tiles and bowls.

It was indicative of the effort and concentration that was being put in by all concerned that at times you could have heard a pin drop.

These long silences, other than for the background music, became more and more profound as the evening wore on.

The Committee would like to thank Martin and Bonny for their kind hospitality and their invaluable help and assistance at the Craftworks evening and we would like to wish them every success with the opening of their new Craftworks Centre at Ramsey.

An excellent time was had by all.

So if you want to go either again or for the first time, please contact either Pat Larkham or Jan Ramagge

If there are enough of you to hold a painting evening in Ramsey they would try and arrange this. So let them know.

On a Lighter Note

According to the Department of Health and Social Security. God now has a telephone number on the Isle of Man.

All you have to do is ring 686188 ask for Christ and he is at the other end of the line.

Under a heading of applications for a "Home Care Assistants" for the South of the Island, if you were to be interested, they ask you to ring either Jane or Christ.

Honestly, if you can get Christ at the other end of the line, I ask you, who wants to talk to poor old Jane?

Incidentally you could only get him on that number until 22 September 2003.

I presume this because it was the closing date for the two applications, and he may have lots of things to do after that date, maybe interviewing other people for "Home care Assistants" in other parts of the world.

Again thanks to Petunia for bring it to our notice.

Why Oh Why

Have you ever asked yourselves Why for example? :-

Why you don't see the headline----
"Psychic wins Lottery?"

Why abbreviated is such a long word?

Why the man who invests all our money is called a broker?

Why there isn't mouse flavoured cat food?

Why they don't tell us who tastes dog food when it has "A new and improved" flavour?

Why Noah didn't swat the two mosquitoes?

Why they sterilize the needle for lethal injections?

Why they don't make the whole plane out of the material used for the indestructible black box?

Why sheep don't shrink when it rains?

Why they are called apartments when they are all stuck together?

Why if con is the opposite of pro, then is Congress the opposite of progress?

Why is it that people say they "slept like a baby" when babies wake up every two hours crying?

Why they call the airport "the terminal" if flying is so safe?

Why when everyone is going home it is called the "rush Hour" when they are all mostly stationery?

Why is there a light in the fridge but not in the freezer?

Why pay to go up a tall building and then put money in binoculars to look at things on the ground?

Why does mineral water that has 'trickled through mountains for centuries' have a use by date?

Finally, and most important.

Why do doctors call what they do "practice?"

It really does not give you much confidence or does it?

Look on the positive side, one consolation, they probably have "practiced" on so many people that when it came to you they were proficient in your condition.

Again the Editor's thanks go to Lynne for her inspiring contributions.

You to can contribute to the Newsletter

The time has now come to invite you to write articles for the Newsletter.

If you feel you have something to impart or want other members to be aware off, or just of general interest all

you have to do is write to the Editor and provided the article is appropriate we will include it in the Newsletter.

The Editor is even prepared to give you your own column

So if you want to be part of the team just come on board.

As we have pointed out in previous Newsletters to all those budding journalist out there, this is your chance.

On Our Travels



We found this advert outside a restaurant.

They apparently serve “Rachers” of bacon and “Separated Breakfast”.

Unfortunately we did not find out what the “Rachers” were and as try as we might we were unable to be supplied with a “Separated Breakfast”.

So says Helga the sender of this contribution.

Please keep them coming.

Scramble

Our last contribution on our “lighter Note” comes from Nigel in New

Zealand and we hope that you too can enter into the spirit of the event and send us your scrambles.

All you have to do is rearrange all the letters like it has been done in the following: -

George Bush----He bugs Gore

Dormitory---- Dirty room

Presbyterian---- Best in prayer

Desperation---- A rope ends it

The Morse Code----Here come dots

Slot machines---- Cash lost in me

Snooze alarms---- Alas no more Z's

A decimal point----I'm a dot in place

The earthquakes---- That queer shake

Eleven plus two---- Twelve plus one

Mother-in-Law---- Woman Hitler

Michael Howard's in the frame----

Life with drama, he marches on

Finally and with letters rearranged

and only used once: -

President Clinton of the USA----To copulate he finds interns.

Send us your Scrabble contributions.

Events for the coming quarter

The events for the coming quarter will be notified to our members on our Website early in the New Year at www.diabetes.org.im. Please log on periodically to keep up to date with events.

Contact Numbers

Manx Diabetes Centre Tel:- 650866

Friends of the Manx Diabetes Centre: -

Secretary: Mrs Jan Ramage Tel 613702: -

Committee Member Mrs Dorothy Metaxas, Tel 833928

Treasurer Mr Frank Miles Tel 611404

Update of the year

The Chairman and the Committee of the Friends of the Manx Diabetes Centre, would like to thank all our Members and Friends, that have since the inception of the Group on 8th May last, given the Group their wonderful support.

The Friends of the Manx Diabetes Centre were born out of a need to help our diabetes carers that has become our primary objective and to ensure that all monies received are spent exclusively on the Island in helping them.

It has been a very exciting year, which has not gone without incident.

Some hilarious and some downright pathetic, yet the Committee of the Friends of the Manx Diabetes Centre have been able to surmount these problems and grow in recognition by all Charity Groups and our medical diabetic carers.

The Committee would like to thank all the Members of the Manx Diabetes Centre for their dedicated and excellent care given to all Diabetics living on the Isle of Man during 2003.

The Isle of Man diabetic has achieved great things, and during the year what had originally appeared to be the impossible in acquiring a dedicated Manx Diabetes Centre at the New Hospital, in July last became a reality.

Greeba Ward was the culmination of the work of those with a vision for the future of Diabetes on the Isle of Man and for which a handful of us unflinchingly fought for.

The present Chairman of the Friends of the Manx Diabetes Centre would like to thank all those who helped him, in making sure that Diabetics on the Isle of Man had the excellent Diabetes Centre that we now enjoy at Greeba Ward.

In particular Dr Emran Khan and his multi-disciplinary team for their

persistence in the face of considerable odds.

To Mr John Houghton MHK and Mr Bill Henderson MHK for their persevering efforts in and out of the House of Keys and Tynwald.

To Dr Geoffrey Gill for his support, advice, and prestigious weight to the enormous effort put in by us all,

To Diabetes UK who worked behind the scenes in very close consultation with Mr Henry Ramage, and for the help that they gave at the time to the now Chairman of the Friends of the Manx Diabetes Centre in his efforts to get a dedicated Diabetes Centre at the new hospital.

The Chairman's thanks also go to Mrs Helen Pattie of Diabetes UK (North West office) for her invaluable personal support with advice and data.

Last but certainly not least, to Dr Alison Blackman who without her encouragement, assistance, knowledge and understanding of the Manx scene it would have been impossible for Mr Ramage to pursue the outcome of Greeba Ward to its final and rewarding conclusion.

The joint efforts by all the above guaranteed the future of Diabetes care on the Isle of Man.

After the opening of the New Hospital at the Strang, the Chairman of the Friends of the Manx Diabetes Centre with the help of Mr John Houghton MHK (a trustee of the Group) and Mr Bill Henderson MHK resolved the monumental problem of the Protheses Clinic and got the DHSS to reopen old Noble's and to return the Protheses Clinic to the Old Noble's Hospital at Westmoreland Road.

This was in the interest of all Diabetics with protheses requirements as under their new working conditions the Protheses clinic was delivering an inadequate service at the new hospital.

During the year the Group has also acquired Charitable status on the Isle of Man for which we thank the Isle of Man Charity Commissioners for their prompt and sympathetic actions.

The Friends of the Manx Diabetes Centre are now on the World Wide net at www.diabetes.org.im and we thank Mr Harry O'Grady of Feegan's Lounge for setting the Website up and looking after it.

Our thanks also go to Dr Brian Stowell for his translation of the Group's name into the Manx language.

We are at present in negotiations with Dr Khan at the Manx Diabetes Centre for the Friends of the Manx Diabetes Centre to supply their first piece of equipment.

Apart from this being a triumph, this is a tribute to all those that have donated with cash and with their services for which the Group is eternally grateful

We also have to thank all the firms that have supported us since we started the Group in May last.

This will be the first of many items of equipment that, in accordance with our mandate we will continue to give to the Manx Diabetes Centre over the coming years.

So as you can see it has been an eventful year for diabetics on the Isle of Man and the Chairman and Committee hope that with all your support the Friends of The Manx Diabetes Centre will continue to grow and maintain its rightful place as the leading supporter of all diabetics and their medical carers on the Island.

If any diabetic on the Isle of Man has

a problem the Friends of the Manx Diabetes Centre are here to help you.

We are the Group that will pick up the gauntlet on behalf of all diabetics on the Island, and fight for their rightful interests and their welfare.

We are the Group that without fear or favour shall take the fight of all Diabetics on the Isle of Man to its ultimate and logical conclusion.

The Chairman and Committee of the Friends of the Manx Diabetes Centre would like to wish, the families of not only our members, but all diabetics and their medical carers, a very Happy Christmas and prosperous New Year, in happiness and prosperity in the company of all those that you hold dear.

Please keep in mind that there are others worse off than ourselves and that this is the season to help and show goodwill to one another.

We should take in on Christmas day those friends or neighbours that unfortunately are alone.

The Friends of the Manx Diabetes Centre are also your friends and are here to help you all through 2004.

Remember that you don't have to visit friends to be friends.

The thought for 2004, is provided by Sir Winston Churchill: -

"If you are going through hell..... just keep going"

May your God be with you all.

Chairman, Committee, of the Friends of the Manx Diabetes Centre