



# The Diabetic



Issue Number 4

**1<sup>st</sup> AGM will be held on Thursday May 6<sup>th</sup>**

Date: March 2004

The Newsletter of the **Friends of the Manx Diabetes Centre**

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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

**Obesity Debate in late May organised in conjunction with the Isle of Man Obesity Forum  
Venue and Date to be announced over Manx Radio and the local press**

**FLAG DAY on Saturday 22<sup>nd</sup> May**

**30,000 people die every year across the water from obesity related diseases**

**6,373 patients receiving treatment at the Podiatry Department of which 1,623 are diabetic  
Hospitals' Manger describes new Hospital as a Premiership Stadium with Premiership Staff**

## IN THIS ISSUE

Tony Blair, a decision, if taken, may affect all diabetics on the Island.

The Friends of the Manx Diabetes Centre organizing an Obesity Forum Debate in conjunction with the Isle of Man Obesity Forum.

Public Health Directorate A Joint venture

Annual General Meeting on Thursday 6<sup>th</sup> May next at Keyll Daree

Flag Day in Douglas on Saturday 22<sup>nd</sup> May

Mrs Julie Maddrell, Podiatrist Manx Diabetes Centre.

Our first donation through our Website  
Mr Paul Shields Noble's Hospital Manager Speaks to the "Diabetic"

Update on the Prosthesis Department  
Obesity in Man, an interview with Dr P. Emerson Consultant in Public Health Medicine with the IOM Public Health Directorate.

Christmas Musical Evening.

On a lighter note

Church Parish Notice Boards

Developments.

United States: - A leaked document

Weight loss operation cures diabetic Events .

The Budding Journalist: John Collins

## TONY BLAIR WHAT NEXT?

It has come to our notice that the British Government in their efforts to save money and introduce another stealth tax, are contemplating certain ideas that will adversely impact on diabetics in the UK.

As we all know, whatever the UK or the EEC does our Government follows suit.

The Chairman of the Friends of the Manx Diabetes Centre has asked the "Diabetic" to fire the first salvo across the bows of the DHSS, just in case they even dare to contemplate any ideas of following in the footsteps of the UK Health Authority, if the Blair Government finally decides to take this route.

The Chairman wants the DHSS to be fully aware that over the past twenty years he and his friends have been instrumental in dragging the DHSS from keeping the Manx diabetic in the dark ages of diabetes to its present day service of excellence, for which he thanks them.

However the Chairman puts on notice the DHSS that he and his friends will not tolerate any DHSS diminution in the Services or benefits provided at

present for diabetics on the Isle of Man.

We shall not tolerate any ideas that our DHSS may follow Blair's Government, just to save money, to the detriment of our Manx diabetic population.

The Chairman of the Friends of the Manx Diabetes Centre, has told the Newsletter that he will ensure, with the help of his friends in the House, that the DHSS in the Isle of Man will have to abide by the much trumpeted ideals claimed by the present Isle of Man Government that they are a caring Government.

We do not as yet want to say what this is all about but we know that they know what we are taking about.

The Chairman of the Friends of the Manx Diabetes Centre wants the DHSS to fully understand that they will not get away with it if they dare to try it.

The Chairman of the Friends of the Manx Diabetes Centre and the Group will always defend the rights of the Manx diabetic patient

For over 20 years we have gone through all this before and the Chairman as in the past, means business.

## **OBESITY FORUM**

The Friends of the Manx Diabetes Centre are pleased to announce that in conjunction with the Isle of Man Obesity Forum they are organizing a debate on Obesity in the later part of next May.

The debate will be chaired by Mr. Roger Watterson well known presenter at Manx Radio and we thank him for his kind gesture.

The Friends of the Manx Diabetes Centre are at present undertaking the arrangements and formalities for this all important Debate.

The Friends of the Manx Diabetes Centre will be inviting all leading figures of our political community and all those who have an input in the nutritional and health development of our Children and Adults on the Island.

The "Diabetic" has been conducting a campaign on the obesity epidemic on our Island since March 2003.

We are glad that the debate will further bring to light what is happening on our Island .

We hope that guidelines will emerge so that Government and those in responsible positions to avert this worldwide problem now visiting our shores, take on board any suggestions that may emanate from the debate, and that these suggestions are hopefully implemented.

We shall also be inviting members of the public on a first come first served basis.

The Obesity debate will be edited by Mr. Watterson and transmitted over Manx Radio at a later stage.

The Friends of the Manx Diabetes Centre in conjunction with the Isle of Man Obesity Forum will periodically make announcements over Manx Radio and the Press to alert the Manx public to the venue and time of this very historic and important Obesity Debate, which will be the first of its kind on this subject on the Isle of Man.

## **THE PUBLIC HEALTH DIRECTORATE**

The Public Health Directorate approached the Friends of the Manx Diabetes Centre with a view to help in their campaign on bringing to the Manx public the dangers of obesity on the Isle of Man.

Together, we have produced a leaflet that we shall use when attending functions on the Island to bring to the notice of all Manx residents the perils

of not being on a balanced diet, and taking exercise.

Under the banner Obesity is a serious matter the leaflet says: -

\* On the Isle of Man 1 in 2 adults are sufficiently overweight for it to potentially harm their health. 1 in 5 residents are clinically obese.

\* Obese children usually become obese adults – so preventing this in our children is critical.

\* Obese children are at risk of becoming diabetic children and bullied at school.

\* Obesity can cause diabetes, heart disease, stroke, hypertension, cancer and painful arthritis of the hips.

\* Obese people are twice as likely to die from heart disease..

\* Obese men are at least 7 times, and women 27 times more likely to have type 2 diabetes.

\* Obese people are more likely to develop cancer.

\* Obese people on average die 9 years earlier than non-obese people.

\* Weight loss of only 5 – 10% can lead to significant improvements in health for obese people. Physical activity is an important part of any weight loss program.

The “Diabetic” is enclosing the leaflet that has been printed by the DHSS in consultation with The Friends of the Manx Diabetes Centre for you to keep and for you to refer to from time to time.

As you know in previous Newsletters we have given you how to workout your BMI so please refer to it.

If you do not have it to hand please let us know and we shall send you copies.

## AGM

The first AGM of the Friends of the Manx Diabetes Centre will be held on Thursday 6<sup>th</sup> May next at the Combined Education and Training

Centre at the new Noble’s Hospital at the Strang at 7.30 in the evening.

An agenda of the order of business will be sent to all members 21 days prior to the AGM in accordance with the Group’s Constitution.

So that you know where the Combined Education and Training Centre is situated on the hospital grounds please see the photo hereunder.



This is the Combined Education and Training Centre which is situated on the right hand side as you turn towards the Hospital. This is the first building on the right.

You will see a notice on the white board which says “**Keyll Daree**”

Requests for any topic to be discussed at the meeting will be entertained, if such requests are received by the Chairman in writing no later than 7 days before the meeting.

As you will get all the necessary material for the meeting 21 days prior to the AGM there will be ample time for you to send in whatever motions you may wish to discuss.

It is in the interest of all members to attend so that we can continue our successful pursuit of the Group’s objectives during 2004.

The Chairman and Committee look forward to seeing all of you there.

Refreshments will be served after the meeting.

Please make a note in your diaries.

## **MRS JULIE MADDRELL**

### **Podiatrist--- Manx Diabetes Centre.**

The “Diabetic” in our interviews with those running disciplines at the Manx Diabetes Centre, features the Podiatry Department this quarter.

In the Podiatry Department at the Manx Diabetes Centre is Mrs Julie Maddrell, who many of you by now know probably having visited her on many occasions.

The first question that we asked her was, what is the difference between chiropody and podiatry?

She told the “Diabetic” that podiatry is a healthcare profession, which has evolved from its origins in chiropody.

She explained it involves the assessment, treatment and management of patients with foot and lower limb disorders.

The training for this involves completing a BSc Hons. in Podiatry at a recognised school of Podiatry. The course takes 3 years. This leads to State Registration, a requirement for working in the N.H.S. but not within the private sector.

The editor was curious to know how many patients were being looked after at the podiatry department

She said with a smile that she held clinics at the Manx Diabetes Centre on Mondays and Fridays for assessments only and on Wednesday she held a higher risk ulcer clinic. On the other days she was at other clinics. So she herself saw over 1,000 patients a year at the Manx Diabetes Centre.

However occasionally emergency appointments are “fitted in” for patients, but this is an area which Podiatry would like to develop when she saw emergency patients.

The podiatry department at present has a compliment of 7 podiatrists though they hope to make it eight

shortly, and they had a patient base receiving treatment of 6,373. as at September 2003.

This is made up as follows: -

Number of patients over 72 years of age - 3,874 which is 61% of the total of which 549 are diabetic.

The number of patients under 72 years of age is 2,499 equalling 39% of which 1,074 are Diabetic. Making a total of 1,623 patients who are diabetic.

This number of diabetic patients represents 25.5% of all patients.

The diabetic patients therefore represent a 1 in 4 of the Podiatry department’s total patients on the Isle of Man.

584 new patients were referred last year to the Podiatry department of which 100 were diabetic. The new diabetic referrals represents 17.2% of all new patients.

Of course these patients do not all come to the Manx Diabetes Centre as all the other members of the Podiatry Department, see patients in nursing homes, residential homes and they also do home visit to patients who are unable to leave their homes, not to mention the many clinics in the community that they hold at various venues across the Island.



Mrs Julie Maddrell

Mrs Maddrell was born in Liverpool, is married, has two little girls of 7 and 3, and as she put it, and a black Labrador.

She was educated at the West Kirby Grammar School for Girls, and then attended Huddersfield University from 1985 to 1988, where she gained a diploma in Chiropody, which she later converted into a BSc in Podiatry Medicine at Salford School of Podiatry in 1995.

She came to the Island straight after graduating from University and started work in the community in 1988.

She increased her clinical commitment with the advent of the new Manx Diabetes Centre in 2000 on a permanent basis specialising in diabetes and its foot problems, prior to previous partial involvement with the original diabetes clinic.

We had always been involved in diabetes, mainly elderly, but not to such an extent and aim to be more pro active in the service she explained.

Asked what has been the major development she had witnessed since her appointment, she was of the opinion that without doubt it had been the Manx Diabetes Centre with its multi-disciplinary team and the improvement in orthotics which have been two areas in trying to improve links, which have worked in well with the more complicated diabetic preventative care.

The "Diabetic" wanted an appraisal of her new facilities at the new Diabetes Centre.

Beautiful she said, though the downside was that her desk computer had as yet not been installed.

She could now hold a dedicated foot ulcer clinic at the centre once a week for the more high risk complicated problems. With Dr Khan being available once a month seeing patients,

and discussing in depth ongoing procedures.

The difference between Westmoreland Road and the new Diabetes Centre is that she has room for treatments whereas at old Noble's she could only do assessments as she was working from a storeroom.

The newsletter wanted to know if she needed any equipment, to which she asserted that she required a printer for her camera as she was doing all the printing at home.

An area she felt needed development would be for further vascular investigations which would require equipment.

The Friends of the Manx Diabetes Centre undertook to buy her the printer and the vascular equipment she required, provided always that Dr Khan was in agreement.

Mrs Maddrell was of the opinion that the assessment program that they now had in place was essential for the prevention of ulceration risk to diabetics.

Preventative care and education backed up with leaflets making the patient aware of the difficulties they might run into was essential.

However those patients "At Risk" are reassessed regularly. She hoped that the point of delivery at the Diabetes Centre was the same as those in the community.

Asked if she required more personnel and equipment she was adamant when she said, "Yes without a shadow of a doubt".

She felt that though the Manx Diabetes Centre was wonderful, she still recognised the importance of the development of the service not only in the Diabetes Centre but also in the community, and keenness alone on the part of the Podiatry Department personnel would not make this happen.

Mrs Maddrell stressed that a high risk management needs a developing service to provide the necessary preventative care to avoid complication later.

Her parting shot: - "Look after your feet. Wash your feet every day. Check them every day. Don't pick your nails and if advised to apply moisturiser then please do so. Anything untoward, ring the Podiatry Department on 642652 or 642656, do not ignore them"

The Podiatry Department is a Primary care service in the community which is at present seconded to the Manx Diabetes Centre for 12 hours per week, but this is increasing.

The "Diabetic" is grateful to Mrs Maddrell for spending time with the editor, for enlightening him on her work and her aspirations for the future of the Podiatry discipline within the Manx Diabetes Centre.

Pamphlets on the care of the foot are available from the Podiatry department at the Manx Diabetes Centre at Nobles.

Keep up to date today to avoid complications tomorrow.

## **OUR FIRST DONATION THROUGH OUR WEBSITE.**

We must congratulate the Lady, and she knows who we mean, for her donation through our website.

She has been the first of our friends to have made use of our page on donations and we are sure she will not be the last.

The Website is becoming a very popular medium and we have many hits with people visiting, browsing our Website and reading our comprehensive Newsletters.

Those of you who have as yet not visited our website we are at [www.diabetes.org.im](http://www.diabetes.org.im)

We look forward to seeing you there.

Incidentally the Profile on the website on Dr Emran Khan is most interesting.

With this Newsletter on our website there will now be a complete set of 4 Newsletters.

## **FLAG DAY**

The Friends of the Manx Diabetes Centre have been granted permission to hold their first flag day in Douglas.

In a letter from the Town Clerk and Chief Executive of the Borough of Douglas, Mr David King, has written to our Secretary confirming that the application by the Group has been approved and that we can hold our first flag day on Saturday 22<sup>nd</sup> May next.

The Friends of the Manx Diabetes Centre would also like to thank the Strand Centre for kindly allowing us to use their facilities so that we have a point of contact.

As this is our very first foray into the realms of street collections, your Committee decided to only ask for permission from the borough of Douglas to test the water.

Next year we hope to be expanding with the approval of other authorities into other areas on the Island.

We need as many collectors as possible please.

The Chairman asks for the help of members and friends on Saturday 22<sup>nd</sup> May, the collection day, to ensure that it is a great success. Please all we need in a couple of hours of your time.

If you think you can help please ring Jan on telephone 613702, or you can reach Jan on e-mail:- [www.secretary@diabetes.org.im](mailto:www.secretary@diabetes.org.im)

To be different from everyone else our tubs will be the colour green.

Thank you.

## HOSPITAL MANAGER MR. PAUL SHIELDS TALKS TO THE “DIABETIC”

It was a pleasure to at long last meet with Mr. Paul Shields the new Hospital Manager in his office at Noble’s hospital over a cup of tea.

Mr. Shields had taken up post in September last year, following the retirement of Mr. Frank Inman.

The “Diabetic” learned that Mr. Shields was born in Liverpool and his formative years were spent at Junior & Primary School there. Unfortunately he said with a tinge of sadness, the school now no longer exists.

His “O” levels were taken at Whiston Boys School, and his “A” levels at Wigan College.



Mr Paul Shields Hospital’s Manager

He then attended Loughborough University from where he graduated with a BA in History and Economics, later converting to a BSc.

Mr. Shields started his career as General Manager at the Christie Hospital in Manchester, and then as General Manager moved to the BUPA Hospital also in Manchester. From there Mr. Shields went to the Royal Wolverhampton Hospital and on to the Radcliffe Hospital Oxford, his last appointment prior to taking up post at Noble’s.

When asked for an appraisal of the new hospital for the Isle of Man he explained that the building was very substantial and a similar one had not been built in the U.K since the Chelsea Hospital, Westminster, in 1972, as across the water they would not now build anything similar to this quality.

He volunteered that there were some design and construction problems with the building at the new Noble’s, but that they were all correctable. He conceded that some would naturally take longer than others.

When asked how advanced Noble’s was as compared with other hospitals that he had worked in he emphasized that in terms of specialties we were in certain areas more advanced than anything comparable in the U.K.

Of course he pointed out, we do not do heart transplants, but that the hospital enjoyed the most advanced Radiology department with its digital system that allows medical staff to access X-Rays on their computers minutes after they had been taken. There was now no waiting for X-ray film to be taken all over the hospital.

Also Noble’s enjoyed the latest MRI Scanner in the British Isles

With its new up to date technology and with an £80,000 machine for the eye department expected in the near future, not to mention the arrival of a new ophthalmologist this department will be second to none.

When asked what he felt needed improving, he was of the opinion it was too early to judge, as in the short term it was a question of how to use the hospital to the best advantage during the period of change.

It was a question of operating the facilities available in accordance with how the building had been originally planned and any adjustments to these facilities would follow after this had

been properly accessed.

However, Mr. Shields said they were lucky because there was ample room for expansion in the hospital grounds as this was owned by the government if this were to be required at a later date.

It was pointed out to him that the hospital had cost 120 million pounds with a further 14 million already mooted in the House, so where was the money coming from for any further expansion? We agreed that it would come down to the perennial conundrum – availability of funds.

Mr Shields explained that the settling in would take at least a period of twelve months so that they could properly access the best of what they had been given.

Mr Shields said that he was wedded to his job with very little time for himself, and his relaxing was done with a book.

He is married and has two children, two boys a 19 year old who is at Nottingham University and a 15 year old who is finishing his “O” levels in the UK prior to coming to the Island to do his “A’s”

Incidentally he also has two dogs that need a lot of walking, so he keeps himself fit.

Who wouldn’t be without football these days, and he is no exception being an Evertonian.

Asked for a comment for the “Diabetic” He was adamant that hospitals were not about buildings but the people who provided the patient care, and that he had inherited a premiership stadium with premiership staff.

He was insistent that the staff and the Manx people appreciated what the Manx taxpayer has provided, and we at Noble’s, Mr Shields stressed, have to make sure that we repay their generosity.

The Newsletter of the Friends of the Manx Diabetic Centre is very grateful to Mr Shields for given of his valuable time to talk to the editor.

The Group welcomes him to the Island and wishes him every success in his endeavours.

## THE PROSTHESIS CLINIC

An article appeared in one of our newspapers to the effect that the prosthesis clinic had moved back to the New Hospital.

Following a telephone call from the Chairman, they very kindly published a retraction acknowledging their mistake, and making clear that the Prosthetic Clinic was still at Westmoreland Road. Many thanks.

Please take note that if you have to visit the Prosthetic Clinic you have to go to Westmoreland Road.



The Prosthetic Clinic is still here

The Chairman, following approaches from amputees and from the visiting Prosthetist, has written to the Minister for Health and Social Security asking for the Prosthetic Clinic to be in session every week instead of every three weeks as under the present system as: -

- a) it increases waiting times.
- b) there is an inadequate use of the trained medical carers.
- c) they make inadequate use of the excellent medical facilities now being

provided by the DHSS at old Noble's, and

d) this increases the unnecessary levels of pain, stress and distress caused to the amputee patient, who has enough to contend with having lost a limb without the condition being aggravated by the DHSS.

Having got the Prosthesis clinic moved back to old Nobles, the Chairman and his friends in the House have again taken up the fight on behalf of all amputees on the Island.

The DHSS is looking into this and we hope that a favourable announcement will be made shortly.

Please approach your MHK on this matter if you so wish, as the more people that approach their MHK the quicker it will be resolved.

## THE MANNIN QUILTERS

The Mannin Quilters are holding a Charity Tombola with the proceeds being split between the Macmillan Cancer Relief and the Friends of the Manx Diabetes Centre.

The Charity Tombola will be drawn at 2 pm on Saturday 11<sup>th</sup> September 2004 at the Fabric Centre, 2 Crown Street, Peel.

There are three prizes all hand made locally. The first prize will be a King Size Quilt, the Second a Lap Quilt and the Third will also be a lap quilt.

Tickets for the Tombola are at 50p each.

The Mannin Quilters hope to be able to raise considerable funds for these two charities and through the Newsletter ask that you help sell tickets.

So please, these ladies deserve all the help that they can get.

Please get in touch with Mrs Brenda Williams on telephone Douglas 627230 who will supply you with booklets to sell. Many thanks.

Incidentally there is going to be an exhibition from 30 April to the 3 May at the Methodist Chapel at Ballabeg, and the first prize King Size Quilt will be there in all its glory for all to see.

Please come and support these wonderful ladies. Any further information that you may require please once again get in touch with Mrs Williams on the above telephone number.

See you at the Exhibition.

## OBESITY IN THE ISLE OF MAN

### an interview with Dr Paul Emerson

You may recollect that since our very first newsletter last March, the Group has been conducting through the "Diabetic" a campaign on obesity in the Isle of Man.

The obesity theme was later taken up by one of the local papers and then by Manx Radio in a half hour program.

The "Diabetic" would like to thank these two organizations for taking up this important issue that concerns us all on the Isle of Man.

In our last newsletter we brought to your attention that at the Lions blood testing day last September in Ramsey, 60% of those who took a BMI test, tested overweight or obese.

This is an alarming situation if extrapolated across the Island.

This trend not only creates problems for the patient who can develop monumental problems in later life, but it also creates massive expenditure problems to any Government not to mention our own DHSS budget.

Did you know that people who are obese on average die 9 years earlier than non-obese people.

The Consultant in Public Health Medicine at the Isle of Man Public Health Directorate, Dr Paul Emerson asked the Friends of the Manx

Diabetes Centre for help on this issue which the Group readily gave.

The Chairman met with Dr Emerson who during the course of the meeting also asked to address the Committee and was invited to do so at the last committee meeting of the Friends of the Manx Diabetes Centre on 18<sup>th</sup> of February.



Dr Paul Emerson

Because it is estimated that now 1 in 2 adults on the Island are sufficiently overweight for it to be potentially harmful for their health, it was therefore time to discuss obesity and the efforts being made by our Public Health Department to combat this problem.

So the Editor once again met with Dr Emerson at Crookhall House.

It was apparent from the editors discussion with Dr Emerson that Dr Emerson was of the opinion that obesity in the Isle of Man was rapidly becoming a major problem.

Leading nutritionists he said, are of the opinion that by the year 2010 obesity would overtake tobacco as the primary health issue world wide. The Isle of Man would be no exception but would follow the trend.

That is why he felt, that we may all have very good intentions but that this epidemic trend would continue unless Manx politicians were seen to be serious about tackling the obesity

epidemic head on.

Dr Emerson told the “Diabetic” that the DHSS were developing a framework and getting everybody involved with obesity prevention to work together.

This meant the involvement of politicians, all government departments, across charities and involving all nutritionists and educators on the Island.

Dr Emerson explained that we had to re educate the children on nutritional values as their present lifestyle behaviour was very difficult to revise, that was why we had to resolve this problem now with all children, from 5 year olds to teenagers.

Dr Emerson emphasized that the obese children of today are the obese adults of tomorrow. He sadly pointed out that one in five on the Isle of Man are now clinically obese.

His message to all was to get active, watch what they eat and know what they are eating.

To the mothers his advise was plain and simple, get back to old values, breast feed your babies more, and it will help them with obesity and other issues in later life.

Dr Emerson was born at the Royal in Belfast, Northern Ireland, but when six months old he was taken to Zambia where at the appropriate time he received his primary education.

His secondary Education took place in Rhodesia and continuing to immigrate south he went to university in South Africa from where he qualified with a specialist registration degree in Public Health.

On qualification he took up post as Director of Professional Services Support in Kwazulu Natal.

He then went to Durban in South Africa where he was appointed Deputy Medical Officer for Health.

Prior to coming to the Isle of Man he was in Derbyshire as Consultant in Public Health Medicine.

He came to the Island in December 2001 and took up the post of Consultant in Public Health, with the DHSS based at Crookhall House.

Dr Emerson told the editor that his post as a senior position in the Public Health Directorate involved working with politicians, senior management and clinicians in dealing with the allocation of resources for the Isle of Man.

He was of the opinion that all his previous posts had the inevitable perennial problems similar to the Isle of Man..... Budgets.

Dr. Emerson pointed out that as public health struggles to compete with the acute, urgent illness specialities in the competition for scarce resources and subsequently we believe health promotion activities could always receive more funding.

Nonetheless the primary objective of the Manx Public Health Directorate is to improve the overall health of the Isle of Man residents and to decrease inequalities that impact on health

When asked what he would like to see done to improve his department, he said, the introduction of a prioritisation process for the allocation of resources.

It is essential that we address this obesity problem now as obesity, Dr Emerson claimed, causes diabetes, cancer, heart disease, strokes, hypertension, and painful arthritic hips.

Dr Emerson stressed that obese people are twice as likely to die from heart disease and obese men are at least 7 times and women 27 times more likely to have type 2 diabetes.

He was adamant that we must urgently address this crisis in an energetic and forceful manner, if we are to avoid any complications in later life.

Dr Emerson is married and has two children who are at present off island.

A young lady aged twenty one who is studying sociology and politics and an African language and his son who is 18 is at present taking a gap year

The Friends of the Manx Diabetes Centre have been working closely with Dr Emerson on this extremely and important issue for the welfare of the Isle of Man, and in this connection you will find enclosed with this newsletter a little leaflet for your consideration and ***ACTION***

Obesity related diseases now **KILLS** over **30,000** people a year in the United Kingdom, the Health Secretary for the UK Government Mr. John Reid announced recently.

Highlighting this appalling death toll from Britain's worsening obesity crisis, Mr. Reid said that the problem was now affecting children as young as 13, and most alarming, a third of children in the United Kingdom were now overweight or obese

As he launched an initiative on a national consultation on public health, he pointed out that obesity was costing Public Health across the water £500 million pounds per annum.

The powers that be on the Island must therefore act now.

The Friends of the Manx Diabetes Centre, because obesity impacts on the Diabetic and leads to increases in cases of Type 2 diabetes in Children, are taking this problem on the Isle of Man extremely seriously.

We want all Manx residents to be aware and understand the enormity of the obesity crisis unfolding before us on the Island.

The message coming from the Public Health Directorate of the Isle of Man through Dr Emerson is: -

“your shoes are made for walking, start walking and taking exercise daily”.

*So do not get dragged into the obesity trap by default, ACT NOW.*

Look after yourselves, and your children

## THE MUSICAL EVENING

The Committee would like to place on record our appreciation and thanks to John Elliot and his wife Karen and not forgetting Michael, Amanda, Pat and Sue for giving of their valuable time to entertain all those who came to the Christmas Carols concert.

Our thanks also go to Jan and Trish for their readings during the concert.

We cannot forget Helen even though she could not make it having been laid low with a cold.

The Concert was a resounding success and as one person put it at the end of the evening "I had come in an indifferent mood, but I am going away in the right frame of mind and ready to face the festivities, and the evening entertainment has really set me up for Christmas".

So they all really achieved their purpose.

The evening raised £164 and the committee would also like to take this opportunity to thank all those that attended and supported the event.

## ON A LIGHTER NOTE

### SEEN ON CHURCH PARISH

**NOTICE BOARDS.** NOT ON THE ISLAND.

Weekly events

**On Monday** afternoon there will be a meeting in the south and north ends of the church. Children will be baptized at both ends

**On Tuesday** afternoon at 4 pm there will be an ice cream social with home-made ice cream. All ladies giving milk will please come early.

We will also hold a beans supper in the church hall. Music will follow.

**Wednesday**, at the evening service tonight the sermon topic will be "What is hell like?" Come early and listen to the choir practice.

**Thursday night** There will be a Potluck supper, with prayer and medication to follow.

**Friday** evening the weight watchers group will meet at 7pm. All those attending please use the large double door at the side entrance.

**Saturday**, There will be a meeting of the Little Mothers Club. All those wishing to become a Little Mother please see the Minister in his study,

**Sunday** being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the alter.

**Next Sunday** a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the new carpet will come forward after the service and get a piece of paper.

### **General Items: -**

For those of you who have children and don't know it, we have a nursery downstairs.

The senior choir invites any member of the congregation who enjoys sinning to join the choir. No prior experience needed.

Eight new choir robes are currently needed, due to the addition of several new members and the deterioration of some older ones.

The Ladies of the Church have cast off clothing of every kind and they may be seen in the church basement.

The associate minister unveiled the Church's new tithing campaign slogan last Sunday, "I upped my pledge—Up yours"

Finally good advice. Don't let worry kill you. Let the Church help.

Special thanks go to Harry for his enlightening contribution.

## **DEVELOPMENTS**

### **THE UNITED STATES**

The United States is out of step with the rest of the World. In a leaked letter it reveals that the Bush Government is questioning the World Health Organisation's global strategy on health, which is expected to spell out the links between bad diet and disease.

America is being accused of pandering to the junk food industry by trying to foil the world wide curb on the obesity epidemic. In the leaked letter the American Department of Health claims that the World Health Organisation's report is "not creditable"

### **WEIGHT LOSS OPERATION CURES DIABETIC.**

A British diabetic considered by doctors as one of the highest individual users of insulin, has been cured after a weight loss operation. He was taking 600 units of insulin a day, 12 times the average amount much to the amazement of Doctors, and after this remarkable new operation, he needs no insulin, his blood sugars are normal, his blood pressure is down, and he no longer has any symptoms of the condition that plagued him over the past seven years.

The patient who was overweight, he was more than 30 stone, underwent a new form of gastric bypass to help the seriously obese.

Now Doctors at University Hospital Aintree believe that the operation could be a cure for diabetes as well as a successful treatment for obesity. They found that 80% of the obese patients that were treated who were also diabetic no longer needed treatment for diabetes or displayed any

symptoms just hours after the operation.

At present the operation is done only on patients who are seriously obese, but there are hopes that its use can be extended. It is estimated that 5% of adults across the world are diabetic and this will double by the year 2010.

## **EVENTS FOR THE COMING QUARTER**

The Group will be holding and attending the following events during the coming quarter.

On Thursday May 6<sup>th</sup> at 7.30 in the evening the Friends of the Manx Diabetes Centre will be holding their first AGM at the Combined Education Training Centre at the new Noble's Hospital.

On Saturday 22<sup>nd</sup> May they will be holding a Flag Day in Douglas. Help required from Members and Friends.

The Friends of the Manx Diabetes Centre in conjunction with the Isle of Man Obesity Forum will be organising a debate on Obesity. The Venue and time will be announced over Manx Radio and in the local Press. The Chairman will be Mr Roger Watterson.

The Event will be recorded, edited by Mr Watterson and transmitted over Manx Radio.

Because the later two events will take a considerable amount of organising all other fund raising events have been deferred into the next quarter.

## **PLANNED EVENTS.**

It is your Committee's intention to attend the following events during the coming months: - Painting Evenings:

St Marks Fair: The Laxy Fair: The Southern Agricultural Show: The Northern Agricultural Show: St Andrews Fair: As many coffee mornings and car boot sales as we can possibly organise.

To this end Jan would like through the newsletter to inform you all, that she needs help with prizes for the stalls for these events. She asks for anything you may not require that you might like to donate to the Group.

Many Thanks.

## **MEMBERSHIP**

The Membership Secretary of the Friends of the Manx Diabetes Centre would like to take this opportunity to remind those members who are members on a yearly basis, whose membership may be about to expire to please renew your membership at the appropriate time.

Remember that your membership expires after a full calendar year.

All you have to do is look at your yellow membership card and you will see the expiry date so we will not send out reminders, we trust you implicitly.

Please all communications to the Membership Secretary at 39 Cronk Drean Douglas.

If you require any further information please ring the membership secretary on (01624) 613702

Many thanks look forward to hearing from you.

Enclosed is a membership form which we once again ask all members and friends who are already members of the Friends of the Manx Diabetes Centre to pass on to their friends.

If you are not a member when you receive this please join us.

The Friends of the Manx Diabetes Centre guarantee that all monies received by the Group will be used

exclusively on the Isle of Man for the Benefit of the Manx diabetic and their medical carers.

## **BUDDING JOURNALISTS**

We have asked for anyone who wanted to bring to the notice of our members any material that they may want to impart.

We are pleased to print the thoughts of John Collins which we hope you will find interesting.

“I hope to be able to bring you snippets of information in this and subsequent Newsletters that you may or may not know and find interesting.

Prior to the discovery of insulin, any diabetic who went into a coma, the coma was always fatal.

So the discovery of insulin was without question one of the major medical and scientific triumphs of the last century.

Diabetes has been known to physicians for thousand of years. One of the first references to it being the Ebers Papyrus written in Egypt in fifteen thousand BC. This is one of the earliest documents describing the treatment of diabetes. The treatment was called, “A medicine to drive away the passage of too much urine”. What’s more the Papyrus gives a remedy for diabetes, which claims that what is required is a mixture of bones, wheat grains, fresh grits, green lead, earth and water. This ingredients, the Papyrus claims, the user should “let strand moist then strain it and take it for four days”.The Egyptians don’t say whether it worked or not. The Egyptians were not the only ones to have diagnosed diabetes. Reference is also made in ancient Indian, Roman, Japanese and Chinese writings.

Next quarter I shall be telling you how it came about that Insulin was discovered and why Insulin keeps you alive. Until then this is John Collins saying T.T.F.N.”

