



The Diabetic



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HAPPY CHRISTMAS AND A PROSPEROUS NEW YEAR

The Newsletter of the Friends of the Manx Diabetes Centre

Carrjyn Laare Chingys Shugyr Vannin

The Support Group of the Manx Diabetes Centre

Registered as a charity in the Isle of Man . Charity Number 894.

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

HbA1C blood testing machine presented to Manx Diabetes Centre

The Minister for Health and Social Security talks to The Diabetic

A Christmas Message from our Trustee the Rev. John Guilford

The Group's meeting with the Social Services

In this Issue

- * Major piece of equipment presented to the Manx Diabetes Centre by the Group
- * Minister for Health and Social Security talks to The Diabetic
- * Christmas message by our Trustee the Rev. John Guilford.
- * Signs that may lead to misunderstandings
- * Elderly care in the Community
- * The World Health Federation
- * Mannin Quilters raffle for their hand made quilt.
- * Presentation to the Friends of the Manx Diabetes Centre by the Mannin Quilters.
- * Obesity who do we listen to
- * The Dorothy Metaxas Recipes
- * Harry the Computer guy
- * Bike Egypt and or Hike Peru
- * The Budding Journalist
- * Its that "WHY" again.
- * The Chairman's Christmas Message

The Friends of the Manx Diabetes Centre present major piece of equipment to the Centre.

The reason for the existence of the Friends of the Manx Diabetes Centre came to fruition, when on Tuesday 16th November they presented their first major piece of equipment to the Manx Diabetes Centre.



The Presentation of the HbA1C

The HbA1C analyser which cost the Group £3,000 provides outstanding accuracy and precision, is entirely self contained and offers an invaluable

All at [Feegan's Lounge](#). wish you a Happy Christmas and a Prosperous New Year.

We look forward to welcoming you all once again in 2005.

For all your Internet requirements
Telephone (01624) 679280

indication of diabetic control over the preceding three month period.

It monitors long-term well being and diabetic control, and helps make diabetic management in minutes.

You do not have to give blood from a vein, like you do at the blood clinic, it works on your blood testing principle.

It is a machine that makes an immediate difference in diabetes management, and it will give in clinic analytical results, with results available in 6 minutes.

This is the first piece of substantial equipment that the Group is donating to the Manx Diabetes Centre in accordance with their mandate as contained in our constitution, that all monies collected from whatever source will be spent for the direct benefit of the Isle of Man diabetics and their medical carers.

The Committee of the Friends of the Manx Diabetes Centre would like to thank all their members and Friends who contributed to the successful outcome of this invaluable presentation.

The Minister for Health and Social Security speaks to The Diabetic.

Mr. Steve Rodan, the new Minister for Health and Social Security sounded confident during a personal interview for the Diabetic, that present problems, such as dentistry cover for all citizens, out of hours medical cover for our population, reducing hospital waiting lists, and residential care for the elderly can be resolved.

He recognizes that his department is something of a hot potato.

Certainly as the largest department within government and the biggest employer in public services on the

Island, the DHSS controls the biggest budget in Government finances.

Whilst adamant that it is incumbent for them to deliver high standards of health care for our Island people, Mr Rodan admits his department has to meet considerable challenges when there are so many demands on the public purse by other departments other than health services.



Mr Steve Rodan
Minister for Health and Social Security

With the help of dedicated staff his ultimate goal is to ensure that the DHSS will be seen and perceived by the Manx people as the flagship of Government departments in the Isle of Man.

Mr Rodan who was born in Glasgow in 1954 came to the Island in 1987.

Educated at the High School of Glasgow, an early childhood memory was a school trip in a steamer down the river Clyde. Unfortunately he says that it only got him half way to the Isle of Man, so he had to wait sometime to arrive here.

He left Glasgow High with Highers in English, Chemistry, Maths, Latin, Greek, Geography and Economics.

His next academic achievements were at University, he attended Edinburgh University for two years studying chemistry, but then switched to Heriot-Watt University also in

Edinburgh from where he graduated with a BSc in Pharmacy.

Mr Rodan has lead a colourful life having always maintained an interest in politics since university, and in 1979 stood as a candidate for the Scottish Liberal Party, in Moray and Nairn. Unfortunately for them, but fortunately for us, he was not elected.

At the time he was working as a pharmacist in Inverness. He then left Scotland and from 1980 to 1987 he took up a post as Pharmacy Manager in a Pharmacy in Bermuda.

From Bermuda he found his way to the Isle of Man and he and his family have been here ever since.

He took over the Pharmacy in Laxey which he owns, and has been running it ever since.

However his interest in politics had not diminished and he became a Laxey Commissioner and then Chairman of the Commissioners.

It was in May 1995 that he was first elected to the House of Keys, at a by-election following the resignation of Dr Mann who had been elevated to the Legislative Council.

He has since held his seat at all elections.

The Diabetic was curious as to why Mr. Rodan had decided to enter politics on the Island.

He emphasized that he had always been interested in politics and felt that as he was now living in the Isle of Man he should put something back into the community.

He had started with being a commissioner and this progressed his interest in following and analysing local issues and how Government influenced these local issues. This was a challenge he could not bypass.

When the opportunity arose he took it, and stood for Garff, the seat of the late Sir Charles Kerruish.

His first appointment to a government post was in 1995, when Mr. Rodan was appointed to serve as Member for the Department of Local Government and Environment. He was also Chairman of the Estates and Housing Division, and then in 1997 he was appointed Chairman of the Planning Committee until 1999 when he became Minister for Education.

We wanted to know how he thought his tenure of office as Minister of Education would go down in Manx history.

He explained that he felt whilst he was Minister of Education his main objective was to further develop the excellent standards of the Island's Educational System. The external inspection of schools on the Island helped to improve and further these high standards, and he was pleased to have started Manx-medium primary education at St John's.

Not to mention the establishment of the Business School, which in reality is the first stage, he claimed, of a University for the Isle of Man.

This was all very well but the Diabetic wanted to know what qualifications he now felt he had to lead this very important and exacting Department of Health and Social Security.

Mr Rodan told us that he had always been interested in the work of Government, and not only working in the political forum of parliamentary democracy, but working across the political spectrum was a real political challenge.

Mr. Rodan believed that his professional background in health matters would prove helpful to progress the health services during his term as Minister for Health and Social Security.

It was important though, to carry on helping his constituents to resolve their

problems, and fight through the system on their behalf, for they are the ones, he said, that put you where you are.

Mr. Rodan, is married with two daughters, one at present teaching in Spain having a degree in Spanish and French, and the other is at present at Leeds University reading Business and Psychology.

Christmas was round the corner and The Diabetic invited Mr. Rodan to send a message to all his staff at the Hospitals and to all patients who were looked after by these wonderful people.

He wanted to wish them all, as he put it, the greatest wish of all, Good Health and best wishes to all who worked in the health services, and to those who do the caring and who put in an onerous and wonderful effort throughout the year.

He had nothing but admiration for their patience and tenderness with their charges.

To the patients Mr Rodan held out his hand of friendship and hoped for their speedy recovery.

We could not close the interview without asking Mr Rodan how he would like to be remembered by the Manx people.

He thought and said, "As a person who has chosen to live in the Isle of Man and who is here to do his best for this small Nation, and will do all in my power to promote the Isle of Man and the interests of its people".

Mr Rodan is at present Chairman of the Laxey and Lonan Heritage Trust, he is the President of the Lonan and Laxey Branch of the Royal British Legion and the President of the Ellan Vannin Pipes and Drums. He has an interest in reading, music and travel.

The Diabetic would like to thank Mr. Rodan for giving of his valuable time to talk to The Diabetic and through us to our readers.

Once again we would like to wish Mr. Rodan every success as Minister for Health and Social Security, and hope that his career will grow from strength to strength, and that he will once again triumph as Minister for Health and Social Security, as he has done in everything he has set out to do.

A Christmas Message by our Trustee the Reverend John Guilford.

As is now the norm we have once again asked our Trustee the Reverend John Guilford to give us his Christmas Message.

This has now become a welcome feature in our Christmas issue.



The Reverend John Guilford

"Well here we are again approaching Christmas and, if you're anything like me, you'll be wondering where 2004 went. Even though the year has flown by, each of us will have our own particular memories.

As always there will be highs and lows to look back on, but in the main we will be happy that we have survived to be able to sit once again and enjoy our Christmas lunch with, hopefully, our family and friends; to be able to reminisce and to look forward to 2005.

On a less personal basis we can say that 2004 has, by anybody's standard, been a pretty grotty year for our world.

We have continued to hear of the terrible violence in the Middle East; the genocide in The Sudan.

The appalling atrocities in Iraq and we know that these are going to continue into 2005 because there seems no solution to any of these problems.

When the natural disasters like the earthquakes we hear about in Japan and the unprecedented hurricanes that have battered the Caribbean, this weekend are added, we could be forgiven in thinking that everything is hopeless; that, if God is there at all, he doesn't care very much about us.

Perhaps we should just see Christmas as a chance to party; to over eat and to over drink, in the hope that we can forget the worlds troubles even if it is only for a few days.

And yet I can't help thinking that it is the Christmas message, the real Christmas message that the world needs this year more than ever before.

By taking on the form of our humanity in the person of Jesus Christ, God assures us His love and concern for each and every one of us.

He also tells us that even though we may have given up hope for the world, He certainly has not.

I am reminded of a comment made by Billy Graham's daughter in an interview when she said, in answer to a question about the state of our world, "The world is falling ... (long pause)...into place".

A reminder to all of us that God's will is going to be done no matter how much we fight Him, or refuse to follow Him, or just simply ignore Him.

So I urge you all this Christmas time to take hope from the arrival of the baby boy the season exists to celebrate.

Let us all look realistically at the world's problems and perhaps recognize that many of them stem from man's greed and our inability to communicate.

We have never been very good at working out who exactly our neighbour is, maybe we should listen a little more closely to Jesus' teaching to discover who this neighbour, whom we are supposed to love, is.

I'm told that it is too late, the violence Genie has been let out of the box and there is nobody who can force him back in!

We can, but only with the help of the 'Reason for the Season', the baby that IS Jesus Christ."

Our thanks go to the Rev Guilford for bringing us down to earth and offering us his thoughts for Christmas.

Signs that may lead to Misunderstandings

We have once again been blessed by the thoughts of Petunia for her signs that as she puts it may lead to confusion, and whom we thank most profusely

AS SEEN ON THE ISLAND



Without comment!!!

IN A RESTROOM: -

“Toilet out of order. Please use floor below”.

IN A LAUNDROMAT: -

“Automatic washing machines: Please remove all your Clothes when the light goes out”

IN AN OFFICE: -

“Would the person who took the step ladder yesterday please bring it back or further steps will be taken”

IN ANOTHER OFFICE: -

“After tea break, staff should empty the teapot and stand upside down on the draining board”

OUTSIDE A SECOND HAND

SHOP: -

“We exchange anything--bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain”

NOTICE IN HEALTH FOOD

SHOP WINDOW: -

“Closed due to illness”

SPOTTED IN A SAFARI PARK: -

“Elephants please stay in your car”

SEEN DURING A CONFERENCE:-

“For anyone who has children and doesn't know it, there is a day care on the first floor”

NOTICE IN A FARMERS FIELD: -

“The farmer allows walkers to cross the field for free, but the bull charges”

CIVIL DEFENCE WARDEN'S

CARD FOR LADIES: -

“The man who hands you this card is an air-raid warden, lie down and do exactly as he says.

NOTICE AT A RUBBISH DUMP: -

“Rubbish accepted only when site is open”

NOTICE OUTSIDE A HOUSE: -

“Beware this building is alarmed”.

MESSAGE ON A LEAFLET: -

“If you cannot read, this leaflet will tell you how to get lessons”

SEEN IN THE ISLE OF MAN: -

“Happy hour 6 till 9”

NOTICE SEEN IN GIBRALTAR

BAR: -

“Bar established in 1750”. written in chalk underneath it, “10 to 6 to you”.

NOTICE IN A UK PUB ON 15TH OCTOBER 2004.

“Book your Christmas and New Year Dinner now. Two pounds off if you eat before 15th December”

SUPERMARKET RECEIPT ON THE ISLAND: -

“This coupon entitles you to 5p off every full litre of petrol or diesel (excluding the Isle of Man),”

ON A BOTTLE OF WATER: -

“For over 60 million years basalt lava has filtered this water,” ---- “Sell by date 28.07.05”

ON A REPAIR SHOP DOOR: -

“We repair anything. Please knock hard on the door the bell doesn't work”

If anyone has any more notices that could do with printing please let us know.

Elderly care in the Community

The DHSS through its Social Services are conducting a five year survey on care in the community for the elderly on the Isle of Man.

The aims of this exercise in the first year, is to collate information and advice regarding the Elderly and their carers. Then over the next four years they would evaluate and see what, if any, of all the suggestions taken on board could be implemented.

At a Committee meeting of the Friends of the Manx Diabetes Centre held on 7th October last, two members of the Social Services Mrs. Karen Winter and Mrs. Janette Hatersley were present.

Mrs Linda Radcliffe the Patient Services Development Manager of the

Health Services Division had asked for a meeting to discuss ideas on elderly care.

The Friends of the Manx Diabetes Centre welcomed the opportunity to discuss this very important, controversial and delicate subject, in the hope that some improvement may take place to alleviate the burden of these wonderful carers in our community.

As you can imagine an intense and prolonged discussion took place during which the Committee put forward 24 points for the representatives of the Social Services to consider,

The Friends of the Manx Diabetes Centre being at the forefront of diabetes care on the Isle of Man, now bring you the following salient points as discussed with them in an effort to help the elderly and their carers.

1) The involvement of all carers at all stages, and to create a carer Group with representatives from actual carers, this to facilitate constructive changes.

2) A 24 hours consultancy service, not medical, for emergency and advice for all carers.

3) A comprehensive carer register and a need for situations to be accessed regularly and not at the instigation of the carer.

4) At least one bed to be made permanently available as a "respite" bed in hospitals to be used on a booking facility basis, to enable carers to have time off and even take holidays if they so wished away from their care environment.

5) Now that Nobles was out of town, it was necessary for better transport facilities to take the elderly from their homes to hospital for appointments, which was not working efficiently at present.

As they felt that the problem was lack of drivers, it was suggested that in Gibraltar prior to getting a pension,

prospective pensioners worked in helping to care in the Community for a couple of hours per week. A system everybody willingly embraced. In this way everything is covered, and everyone does something for others in a caring community, breaking their retirement monotony. This system could be, not adopted but adapted to meet our care community requirements.

6) The Group wanted to see care payments paid at the point of diagnosis, as being proposed in a white paper in the UK, and not six months after diagnosis.

The Group knew of someone who had had an amputation, and had been told by the DHSS they had to wait six months before payment was effected, as they had to wait these six months to ascertain if the condition was permanent.

7) To ensure that all allowances are commensurate with present day realistic requirements and not as the DHSS maintains a maximum living wage of £177 per week, which they reduce to this figure if all entitled allowances amount to more than £177, when the present day living wage agreed by Government is some £300 per week.

At £5.10 per hour, were the DHSS to employ carers to cover the 24 hour day in relays, which the family carer at present cover by themselves, this would cost the DHSS £856.80 per week.

By using the family carer to look after their own family member, and giving the elderly person the "living wage" of £177 for their 24 hour service, the DHSS is saving themselves £35,349.50 per annum per cared person.

Carers should therefore be looked after better and properly remunerated compensated for their work.

8) To ensure the present system of divesting the person being cared for of all their assets is done away with. But to introduce a system whereby: -

a) The person taken into care retains their assets, all investment, including their residence.

If they live by themselves then their residence is rented, and with the proceeds of all the combined income of the elderly person, being taken into care, used to pay for their care.

b) The DHSS making up any monetary difference.

c) In this way, if at a future date they can be returned to the community they have a place to go to and means to subsist.

d) By embracing the above, the DHSS is not fully burdened with having to look after them, and paying for them, for life.

e) Under this system the DHSS will save money all along the line.

9) The DHSS is at present saving themselves monies by using, and perpetuating the present care system, at the expense of the carer, consequently these carers in the community should be properly remunerated.

They should not have to live on the allowances given to their elderly charges.

If the DHSS does not want to do this, then they should provide nursing carers, at least during the day so that the family carers can go out and do a normal days work,

This to increase their means of subsistence, as the person in care and the carer are two individual people, and the DHSS should not treat them collectively as one person.

Diabetes Nursing Service

Telephone Advice Line .

Telephone 650860

**9:00 – 9:30 & 1:30 - 2:30 Mon – Fri
to speak to a Nurse.**

Please leave a message at all other times.
This is not an emergency number, if your
call is urgent please contact your GP

At the end of the meeting the Chairman read a letter he had received from a carer which was extremely emotive and heartrending.

Karen and Janette, promised to look into the plight of this carer, which to their credit they have done so, and the carer in question has been helped by the Social Services whom the Friends of the Manx Diabetes Centre thank most profusely.

The Committee emphasized that as this was a five year exercise, doing nothing for five years whilst consideration took place to alleviate the carers present problems, was not a creditable option.

The Committee hoped that some of the above may be taken on board as soon as possible so that the lot of the family carer can be somewhat lightened, and their lives made more comfortable. Now, not tomorrow, and certainly not in five years time, BUT NOW, as otherwise, the carers themselves will be needing care by the time the five years are up.

Why, because they are the most valuable assets the Isle of Man has, and it is incumbent on the DHSS to repay their onerous and invaluable input into our community.

The Committee of the Friends of the Manx Diabetes Centre was most grateful for the opportunity given them to put their points forward for discussion.

As already been mentioned, there were 24 points discussed and the lively discussion took two hours to get through them.

The World Health Federation

Health campaigners have warned that fat children are three to five times more likely to suffer a heart attack or stroke before they reach 65.

According to the World Health Federation, poor diet and lack of exercise means that the leading causes of heart disease and strokes are being seen at an earlier age.

This is a world wide epidemic that is afflicting us all.

Now more than 100 countries are making efforts to raise awareness of their hearts well being. as the number of obese children have tripled in the last 20 years.

It is estimated that 10 per cent of 6 year olds are obese, rising to 17 per cent of 15 year olds.

It now transpires that one in three girls aged 10 is overweight.

The World Heart Federation claims that obesity, along with poor diets, smoking and a lack of physical exercise were seriously damaging the future health of our children.

Their aim is to protect children from an environment that leads to heart disease by teaching life long healthy eating habits and limiting exposure to unhealthy foods, to exercise regularly and to resist the pressure to start smoking. These measures should allow children to grow into fit, healthy adults.

The upshot of all this is that stores are now having to stock bigger school uniforms as children pile on the pounds with chest sizes according to John Lewis, for girls ranging from 22 to 28 inches in 1954, this is now averaging 34 inches today.

A similar story with boys, the largest jumper was 36, today it is 46.

Shirt collars that were 14 inches in 1954 are now 17 inches.

In shoes we see the same trend some boys need adult size 10 in a width fitting of G or H when before it was an average of D-E in the 1950's.

So remember that the obesity problem has not gone away it is still with us on the Island.

It is the duty of all of us as parents, to ensure that our children don't fall into the obesity trap.

The Draw for the Quilt that was hand made by the Mannin Quilters.

The Draw for the quilt that was hand made by the Mannin Quilters and raffled with the proceeds going to the Friends of the Manx Diabetes Centre and Macmillan Cancer Relief, took place on Saturday 11th September last at the Fabric Centre in Crown Street Peel at 2 in the afternoon.

The raffle had been organized by the quilter who had made all the arrangements for the sale of the tickets, and the draw for the seven prizes on offer. An exhausting and onerous endeavour.

The venue for the draw was kindly agreed to by Leslie who owns the Fabric Centre, and the draw was attended by many members of the Mannin Quilters and friends.

After Mr. Matthew Ramagge had been invited to give lots of welly to mixing the ticket counterfoils inside a sealed wooden drum, the lid was unsealed and Mrs. Sue Bunyan the Treasurer of the Mannin Quilters proceed with the draw.



Mrs Sue Bunyan
Drawing the first prize

The First ticket to be drawn was for the King Size Quilt and this was won by Mr. Paul Alexander Selby of Douglas, Mr. Selby was instantly rung up with the good news by Mrs. Brenda Williams unfortunately he was not at home, but his wife was ecstatic.

The Second prize of a cot quilt went to M. F. Broderick of Douglas.

The third prize again a cot quilt went to Joyce Crooks also of Douglas.

The fourth prize, the Peel Castle picture was won by Mr. John Kerr.

The lucky recipient of the pair of quilted cushions was A Cole, whilst the last two prizes of a single cushion cover went to P Bennett and Mr Michael Glover.

The Ladies of the Mannin Quilters put in a tremendous effort into the selling of tickets to make the Draw possible.

Presentation to the Friends of the Manx Diabetes Centre by the Mannin Quilters

The Mannin Quilters are proud to report that they sold 2,574 tickets at 50p each giving a total of £1,287 received.

On Tuesday 23rd November the Mannin Quilters made a presentation to the Friends of the Manx Diabetes Centre of a cheque in the sum of £643.50.

Mr Peter Long of Macmillan Cancer Relief also received a cheque for a similar amount.

The presentation took place at the Ballabeg Methodist Hall at 7.30 in the evening.

We shall need helpers for functions in 2005

Please contact your Secretary on Tel (01624) 613702 on by e-mail - secretary@diabetes.org.im



Presentation by the Chairperson of the Mannin Quilters Mrs Sheila Huxley

The Friends of the Manx Diabetes Centre are most grateful to the Mannin Quilters for their kind donation.

The Chairman assured all the ladies present, that in accordance with the Groups constitution the monies donated will not be sent off Island, but used exclusively on the Isle of Man for the benefit of the Manx Diabetic patient and to facilitate the work of their carers on the Isle of Man.

It turned out to be a most enjoyable evening.

There was a mini quilt exhibition and a talk on a visit to the Huston Quilt Show in the United State, what was seen, and what was bought at the biggest quilt exhibition in the world.

The Committee of the Mannin Quilters would like to thank all those of you who sold tickets on their behalf that made the draw for the Quilt such a resounding success.

Obesity who do we listen to.

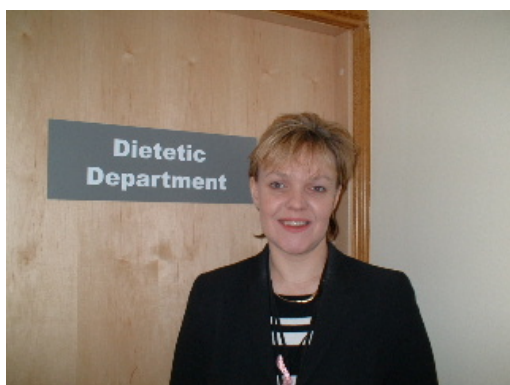
I must thank Sue for her wonderful presentation which she has kindly allowed us to print and for which we are most grateful..

She says that she can resist anything but temptation.

This is the way she sees it, and how she perceives it all started. She says that: -

“In the beginning, God covered the earth with broccoli, cauliflower and spinach, with green and yellow and red vegetables of all kinds so men and women would live long and healthy lives.

Then using God’s bountiful gifts, Satan created chocolate bars and cream cakes. And Satan said: “ you want hot fudge with that?”



Mrs Sue Christie

The Man said “yes please” and the Woman said “I’ll have one too....with sprinkles”

And lo they gained 10 pounds.

And God created the healthful yoghurt that woman might keep the figure that Man found so fair.

And Satan brought forth white flour from the wheat, and sugar from the cane, and combined them.

And Woman went from size 2 to size 14.

So God said, “Try my fresh green garden salad”

And Satan presented crumble Bleu Cheese dressing and garlic toast on the side.

And Man and Woman unfastened their belts following the repast.

God then said “I have sent you heart-healthy vegetables and olive oil in which to cook them”

And Satan brought forth deep-fried coconut shrimp, butter-dipped lobster chunks, and chicken-fried steak so big it needed its own platter.

And Man’s cholesterol went through the roof.

Then God brought forth the potato, naturally low in fat and brimming with potassium and good nutrition.

But Satan peeled off the beautiful skin, sliced the starchy centre into chips and deep-fried them in animal fats adding copious quantities of salt.

And Man packed on more pounds.

God then brought forth running shoes so that his children might loose those extra pounds.

And Satan introduced television with remote control so Man would not have to toil changing the channels.

And Man and Woman cried before the flickering light and started wearing stretchy lycra jogging suits.

God then gave them lean beef so that Man might consume fewer calories and still satisfy his appetite.

But then the tasty burgers were created in double and triple form adding cheese to them and the question was “You want fries with them?”

And Man said “Yes please and supper size ‘em” and it was good.

And consequently Man and Woman then went into cardiac arrest.

God sighed, and created quadruple by-pass surgery.

Satan chuckled and created the NHS.

God in despair then picked up the pieces, and wondered why he had given Man and Women the gift of free will coupled with freedom of choice”.

Sue hopes that in some way she may have influenced your future choices of food, so that you can live free from overweight or obesity and the

problems that they engender, and enjoy a long and happy life in health and prosperity.

You have the free will and freedom of choice.

Choose wisely.

And now a little ditty from “Private Eye” published in their Modern Nursery Rhymes corner on their issue No 1101.

Jack Sprat eats lots of fat
His wife eats lots of sweets
He has had a coronary
And she has diabetes.

Many thanks to Terry for this piece of enlightenment.

The Dorothy Metaxas Recipes

Following on the above Mrs. Dorothy Metaxas gives us three recipes for healthy eating over Christmas.

These recipes are for diabetics and all the family.



Mrs Dorothy Metaxas

Black Olive Dip

Serve with raw vegetables or spread on wholegrain bread or toast.

Ingredients: -

225g/8ozs pitted black olives
2 tablespoons olive oil

2 garlic cloves finely chopped
Pinch of dried red chilli flakes
½ teaspoon ground black pepper
1 tablespoon tinned (or bottled) capers (drained and rinsed)
Grated zest and juice of a lemon
1 tablespoon chopped parsley

Method: -

Blend all the ingredients in a blender until smooth or if preferred left slightly chunky.

Dorothy has taken this recipe from “Healthy eating for Diabetics” by Anthony Worrell Thompson and Azmina Govindji. It costs £12.99. and its ISBN Number is 1856265056 £12.99

Her recipe no 2 is : -

Thai Prawn and Melon Salad

Serves 4

Ingredients:

2 garlic cloves crushed
1 tablespoon runny honey
2 teaspoons thai fish stock (nam pla)
juice of 2 limes
1 tablespoon grated lime zest
2 red chillies finely diced
175g/6ozs cooked and shelled shrimps or prawns
50g/2ozs unsalted roast peanuts (optional)
1 Galia or Ogen melon peeled and chopped into 2.5cm/1 inch dice
4 tablespoons chopped coriander leaves
1 tablespoon chopped mint

Method: -

In a large bowl combine the garlic, honey, fish stock, lime juice, lime zest and chillies, fold in the shrimps/prawns and peanuts if using. Add the melon and stir to combine. Garnish with the chopped coriander and mint. Chill.

Taken from “Healthy eating for Diabetics”.

We think we shall try this one at The Diabetic, anything with prawns and melon, that's us.

Her third recipe is a mouth watering one for all those Chocoholics out there:-

Hot Chocolate and Chestnut Soufflés

Serves 4

This is a Christmas treat recipe particularly if served with ice cream.

Ingredients: -

55g/2ozs dark Swiss chocolate (70% cocoa)

115g/4ozs unsweetened chestnut puree

1 tablespoon castor sugar

1 egg yolk

2 egg whites stiffly beaten

1 tablespoon butter or margarine to grease 4 ramekins

Method:-:

Pre heat oven to 200°C/400°F/gas mark 6. Break the chocolate into chunks, put into a small pan with 15ml/1 tablespoon water and heat very gently until the chocolate has completely melted. Add the chestnut puree and castor sugar and cook stirring until the sugar has dissolved. Remove from the heat and stir in the egg yolk mixing thoroughly. Fold in the stiffly beaten egg whites using a large metal spoon. Transfer the mixture to the four lightly greased ramekins.

Stand the ramekins in a roasting tin with enough water to come half way up their sides. Bake in the centre of the oven for 15-20 minutes until risen and set. Serve in the pots.

Dorothy has taken this recipe from "The 30 minutes Diabetic Cookbook" by Azmina Govindji., The book cost £8.99. and its ISBN number is 0007149719.

So there you are, Dorothy has given you three and completely different

recipes for you to try over the Christmas Holidays.

You can't complain even chocoholics are catered for.

Our thanks once again go to Dorothy for taking time of her busy schedule, to provide us all once again with healthy and mouth watering eating.

Harry the Computer Guy

As all is not doom and gloom we shall bring you for the Christmas period, the thoughts of Harry the computer guy when he visited a friend of mine.

This someone who shall remain anonymous had trouble with his computer, and he asked Harry the computer guy to come over and sort it out.

Harry in his usual flamboyant way and like a concert pianist, clicked a couple of buttons and instantly solved the problem

Harry gave my friend a bill for a minimum service call. As he was walking away, my friend called after him, "so what was wrong?"

Harry replied "It was an 'ID ten T' error"

My friend didn't want to appear stupid, but being curious nonetheless inquired, "An 'ID ten T' error? What's that, in case I need to fix it again?"

Harry grinned and said, "Really, haven't you ever heard of an 'ID ten T' error before?"

"No" my friend replied

"You had better write it down then, for future reference".

So my friend wrote down.....I D 1 O T error.

I believe my friend has gone off Harry for the time being, and I don't blame him.

Please visit our world wide website
www.diabetes.org.im

Bike Egypt and or Hike Peru.

The Douglas Bader Foundation in conjunction with the Limbless Association of the United Kingdom are organizing two special fund raising holidays.

The first under the heading BIKE EGYPT is from 7th to 14th March 2005 this holidays will be a cycling holiday of 400 kilometres along the banks of the Nile.

Experience the fantastic wonders of Egypt and take part in an adventure of a lifetime.

Then from 10th to 19th September it is HIKE PERU.

This is a trek along the Inca trail to see Machu Picchu, and experience the breathtaking Andes.

Something that you cannot miss and it is for a good cause, so go for whichever challenge you fancy or even go for broke and go for both.

These are major fund raising initiatives for both these charities.

For information packs for either event or both call **EMMA** on **01303 862 996**.

Get fit, enjoy yourself, and feel great.

The Budding Journalist

Hi, another quarter and it's me again. So how have you been keeping over the last few months? well I hope, and living in health and happiness.

This quarter we are going to progress the diabetes theme a bit further, so here goes.

“We now come to the question, how does diabetes develop?

Your body is a marvellous machine and can do all sorts of wondrous things automatically, and without you even

realizing it. You don't have to think it out, it just does it.

The amount of sugar in the body of a normal person is very carefully controlled by their own body and you have to do nothing.

We obtain sugar from the food we eat, either from sweet things, or after the digestion of starch foods, carbohydrates, like bread, potatoes, pasta, rice etc.

Under certain circumstances however, sugar can be made in the body by breaking down body stores.

This will occur when the food supply is reduced or when more sugar is needed, such as following injury or during illness.

The conversion of the sugar into energy requires the presence of the hormone insulin, which is produced by the pancreas.

Insulin is released when the blood sugar rises after meals and its level falls when the blood sugar decreases, for example during exercise.

Therefore it can be seen that insulin plays a vital role in maintaining the correct level of blood sugar, particularly preventing the blood sugar from rising too high.

When there is a shortage of insulin or if the available insulin does not function correctly, then the patient is suffering from diabetes.

The consequences of diabetes are as follows: -

- 1) Because the blood sugar is not converted to energy, the amount of sugar in the blood builds up and spills into the urine.

- 2) In an attempt to compensate for the lack of energy, the liver makes more sugar than normal.

- 3) Since there is an inadequate amount of insulin to convert the sugar to energy, another energy source has to be found. The body stores of fat and protein are therefore broken down to

release more sugar into the bloodstream and there is a consequent loss of weight.

4) In the complete absence of insulin, the breakdown of fats may be excessive and substances called “ketones” will be found in the blood and will spill into the urine.

The presence of ketones in these individuals may be demonstrated by means of urine tests.

Some ketones are acids and if very large amounts are present as for example in severe insulin deficiency, they cause the very serious condition of diabetic keto-acidosis, or what is known as diabetic coma.

As I have pointed out in a previous Newsletter, prior to the discovery of insulin, this was always fatal”.

Next quarter we shall deal with types of diabetes and their problems.

I must reiterate once again diabetes seems daunting, but if you look after yourself you can live a long and normal life, so please keep your appointments at the Manx Diabetes Centre, make an effort and keep your blood sugars under control.

If you need any glucometers for your blood testing the Manx Diabetes Centre would be very glad to supply you with one.

Always remember that the best people are diabetic.

This is John Collins saying look after yourselves have a Happy Christmas and a prosperous New Year. See you next time. T.T.F.N.

That “Why” again

Once again we are indebted to Lynne who wants to know about that “Why” again. In particular: -

1) Why do banks charge a fee on “insufficient funds” when they know

that there is not enough money in the account?

2) Why do we press harder on a remote control, when we know the batteries are flat?

3) Why does someone believe you when you say that there are four billion stars, but check when you say the paint is wet?

4) Why doesn't glue stick to the inside of the bottle or the tube?

5) Why doesn't Tarzan have a beard?

6) Why does Superman stop bullets with his chest, but when they throw the revolver at him he ducks?

7) Why do Kamikaze pilots wear helmets?

8) Why does no one ever tell you about the speed of darkness?

9) How can they calculate that tomorrow will be twice as cold as today when today is zero degrees?

10) If it is true that we are all here to help others, what are the others doing here?

11) If someone with a split personality threatens to commit suicide, is it a hostage situation?

12) Why do they sterilise needles for death by lethal injection?

Your Christmas cracker points to ponder over the festive season.

Chairman's Christmas Message

Once again it is that time of the year when we reflect on the choices we have made during the past twelve months and enjoy the company of our families and friends.

We, the Friends of the Manx Diabetes Centre must contemplate as to whether we have succeeded in achieving the aims that we had set out to do when we started the present calendar year.

Sometimes we all start with the best of intentions and through one thing or another it is impossible to achieve our objectives through no fault of our own

However I am happy to report that during the course of the year, a year that has proved most fruitful, not only in an increase in membership, but in taking our first monumental step in complying with our mandate, for we gave the Manx Diabetes Centre our first piece of major equipment.

My Committee is happy to report that the Group bought an HbA1C machine for the Manx Diabetes Centre that has been the highlight of our year.

The Machine cost £3,000. and as already mentioned in our leading article was presented on 16th November last.

This is the first item of equipment of many that we hope to be able, with your help, to present the Manx Diabetes Centre with.

Also during the course of the year the Group continued to help diabetics on the Island, and attended major events and many car boot sales with tremendous success.

I would like to thank all the ladies and gentlemen that came to help in our fund raising activities and contributed to the success of our objectives.

As usual the public rose to the occasion, and knowing that all funds collected would be used on the Island for the benefit of the Manx Diabetic and their medical carers gave generously.

During the course of the year a local Doctor came to us for help, wanting to be sponsored for diabetic research.

We approached others, and we understand that this Doctor has now been sponsored and we would like to wish him well in his endeavours.

We are glad that our approach was responsible in helping this Doctor to achieving his ends.

2004 saw musical chairs at the department of the DHSS.

I would like to take this opportunity to thank the out going Minister Mrs Clare Christian for all her help during very turbulent years and for the wonderful Manx Diabetes Centre that we now have, which is the envy of diabetes centres across the water.

I know I was obnoxious in fighting for the Centre, but I also know that Mrs Christian understood my motives and I thank her most profusely for her patience and understanding.

The Friends of the Manx Diabetic Centre wish Mrs Christian health and happiness in her departure from the DHSS.

We wish well to the new Minister Mr Steve Rodan and hope and trust that during his tenure of office, that his department will continue to progress the health of the Manx Diabetic.

During the course of the year we were in constant communications with the department of the DHSS, in a series of matters to further the well being of the Manx diabetic, and our medical carers, our primary concern.

We would like to thank the Minister Mr Rodan who gave the necessary instructions for the Diamond Register, to be properly installed at the Manx Diabetes Centre.

This software which the DHSS had paid £12,000 to acquire, had been bought and received at Nobles in 2001, but the Diabetes Centre could not use it as it could not as yet been made to talk to the path lab.

**Ideas for Fund raising for 2005 would be very much appreciated.
If you can contribute with ideas please ring Jan on
(01624) 613702**

I am glad to report following our approach that work was started on its installation on 8th November 2004.

On 20th August last we lost the services of Dr Alison Blackman at the Diabetes Centre as she had to return to her practice full time due to her surgery partner being long term sick.

The Chairman and his wife gave a dinner on the night of her departure in recognition of her services to the Manx Diabetic, at which a presentation was made and which was attended by members of the Diabetes Centre.

Doctor Geoff Gill sent a personal and very amusing taped message that was very much appreciated by Alison, and everyone present

We have also pressured the Minister for a replacement to Doctor Alison Blackman, and we were initially told that she was at present not being replaced and that in the short term, the commitment would have to be met from existing staff.

As these existing staff were not doctors and as the waiting lists had started to back up we put a question in the House thanks to our Trustee Mr John Houghton MHK. He was promised by the Minister in his reply in the House, that the DHSS were looking at the possibility of appointing an additional full time specialist, but that in the meantime they would try to appoint a Locum Doctor to cover.

A change in policy which the Friends of the Manx Diabetes Centre welcomes and thanks the Minister.

We will be keeping a watch-in-brief so that we can get an eventual successful outcome in the shortest possible time.

The Group is also pursuing the possibility of getting the wonderful staff of the Prosthetic and Orthotic clinics to have a presence on the Island on a two day weekly basis.

This is at present an on going argument and we know the Minister is looking at this most sympathetically.

We hope to bring you more information in the near future.

The Group ventured into its first public forum in an endeavour to help our clinicians and the department of Health, with whom we had been closely working on the obesity front.

We arranged a forum to discuss Obesity. This was the first forum of its kind to be held in the Isle of Man, and took place at the Manx Museum on 20th May last.

The meeting was very well attended and we had hoped that more MHK's and MLC's and Doctors would have availed themselves of the opportunity to have been present.

It was a tremendous success and an hours edited version was broadcast on Sunday Opinion on 4th July over Manx Radio.

The Group would like to thank Manx Radio for their help and of course Mr Roger Watterson, who took the chair and without whom, the venture could not have been possible.

I thank all those that in any way supported the Friends of the Manx Diabetes Centre during the course of the year.

For it was your generosity that achieved our first piece of equipment for our medical carers at the Manx Diabetes Centre.

The Group has come a long way since it was first mooted by the Centre and my thanks go to all members of your Committee who have worked so unselfishly and with such diligence during the course of the year.

This year also saw our first milestone the first Annual General meeting and I would once again like to thank Mr. Eddie Shallcross and Dr Alison Blackman for their exhilarating

and informative addresses on that evening.

During the course of the year two of our committee meetings have been attended by representatives of the DHSS that wanted the committee's opinion on matters concerning the well being of the Manx people.

We are very happy to entertain these kind of contacts and encounters with Groups and people that, like us, have the well being of the Manx patients and their carers at heart.

Our committee is always open to any Group who may want to come, talk and enlist our help so that we can act together.

Please get in touch with our Secretary Mrs Jan Ramagge on (01624) 613702 or e-mail her at secretary@diabetes.org.im

On the 10th November I was asked to give an hour long address at Keyll Darree at Nobles to the current clinical leaders at Noble's Hospital, which proved most successful, and I would take this opportunity to thank them for their kind invitation.

The Diabetic, the leading diabetic newsletter on the Island continues to grow and be very well received in our community. It's circulation is now well over 200 printed every quarter and extra printings have to be done over the next three months to keep up with requests for extra copies.

The Diabetic can now be found at waiting rooms at the hospital and all surgeries on the Isle of Man, not to mention in the waiting rooms of some of our leading business companies.

Of course you can also get it on our world wide website, being read as far away as New Zealand.

If any of your friends want a copy of The Diabetic please ask them to give us a ring on (01624) 613702 or just visit our website at www.diabetes.org.im

The Friends of the Manx Diabetes Centre look forward with confidence to the coming year, and wish you all health and happiness during Christmas, and may the New Year fulfil all your desires and bring you prosperity.

Enjoy the festivities and may you live long and prosper.

May your God be with you always, and even thou you may from time to time forget him, pray, so that he never forgets you.

Chairman
Friends of the Manx Diabetes Centre.

Your thought and resolution for the
New Year.

“ If you want long life, or to live forever, never take a day off, make sure you live consecutive days”.

**Collection Boxes
Are now available for business
premises.**

Anyone near your residence who you can convince to have one would be very much appreciated. Just ask and we shall deliver one



Hope it's a white Christmas