

i The Diabetic i

The best and most informative Diabetic Newsletter on the Isle Of Man

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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.

New Doctor at Manx Diabetes Centre

**We need more staff-----Consensus of opinion at Diabetes Centre as 20 to 30 patients now ring the Centre for advice on a busy day and 15 to 20 ring on a quieter day
Diamond Register at last fully operational after having been bought in 2001**

In this Issue

- * **Your New Doctor at the Diabetes Centre speaks to The Diabetic.**
- * **Why you need a regular HbA1c test.**
- * **Mrs Ann Birtles the Senior Diabetes Specialist Nurse.**
- * **At last the Diamond Register is now working.**
- * **Next blood testing day**
- * **A well earned award**
- * **Important things to know**
- * **Free prescriptions**
- * **Eye Clinic**
- * **Annual review check list**
- * **Diabetic Nursing service**
- * **Car Boot Sales**
- * **Who really counts all these?**
- * **Risk of heart attack at 40 for today's obese children**
- * **It's those notices again.**
- * **Disabled facilities**
- * **Lenses and frames**
- * **Having a bad day?**
- * **The Budding Journalist**
- * **Next AGM**

Manx Diabetes Centre

Your New Doctor at the Manx Diabetes Centre speaks to The Diabetic

We are now onto a full compliment of doctors at the Manx Diabetic Centre as promised by the Minister for Health and Social Security Mr Steve Rodan, to the Chairman of the Friends of the Manx Diabetes Centre and to whom we are most grateful for the appointment of Dr Amutha Krishnan.



Dr Amutha Krishnan

The new Doctor at the Manx Diabetes centre

We would also like to thank Mr John Houghton our Trustee for raising the matter in the House.

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So who is this lady that will now be looking after your diabetes?

Some of you may have met her already, but those of you who have not will be pleasantly surprised by her demeanour, manner and above all knowledge.

Dr Amutha Krishnan was born in Madras, India in 1973.

Her parents are both teachers and she has two brothers, both of whom are software consultants, the younger works in India, and her elder brother in America.

Being the youngest in the family had its advantages, as at an early age she found that if she cried, she got what she wanted as being the apple of her father's eye he would not allow her to cry. Spoilt, she muses, but she quickly emphasises that her family is the most important thing in her life.

Her education started at a primary school in Madras, and she had an advantage, her parents being teachers.

From there, she progressed to Secondary School and then onto University where she studied medicine.

At the Medical College in Madras she got her degree in Medicine (MBBS) until eventually after much study she got her MRCP(UK) at the Royal College of Physicians in the United Kingdom.

Prior to coming to the Isle of Man she was the Senior House Officer at the Mohan Hospital, Chennai, India.

When she came to the UK her first appointment was at St Mary's Hospital, Isle of Wight, from where she came to the Isle of Man.

She had been told that the Isle of Man was in the middle of the sea, and that it took three hours by boat to get here, but as it was her husband, also a doctor, who had got the initial post at Noble's she naturally followed him, and has never regretted having come over.

However, to finish her qualifications she took the post of Senior House Officer at Tameside General Hospital Ashton Under-Lyne and then returned to take a similar post at Noble's.

Dr Krishnan had worked with Dr Khan in the diabetic field from April 2003 to January 2004 before her appointment to the Diabetic Centre.

Prior to that she has worked with diabetics when she was at Tameside General Hospital

Her present title is Staff Grade Physician (diabetes and endocrinology) Noble's Hospital, Isle of Man. This title hides a multitude and diversity of responsibilities.

Dr Krishnan's duties at the Manx Diabetic Centre include; holding three diabetic clinics and one medical clinic every week, an endocrinology clinic and adolescent diabetic clinic every fortnight, and a diabetic antenatal clinic once a fortnight.

She sees some 40 patients on a weekly basis at the Manx Diabetic Centre.

Her other responsibilities include, reviewing medical inpatients on a weekly basis, the training of junior trainee doctors in the general medical care and bedside clinical teaching for those preparing for the membership exams, participating actively in clinical audit departmental educational meetings and teaching programmes for the SHO's.

Conducting a journal club at the diabetic centre, and actively involved in updating protocols in diabetes and endocrinology in association with Dr Khan.

She also works in some clinics with Dr Nigel Harrison and her other duties at Noble's are too many to mention here, but we can assure you that the DHSS takes more than full advantage of her considerable clinical knowledge.

Asked what she would like to see

done to improve the Manx Diabetes Centre, without hesitation she replied “more staff” as for the throughput of patients they require more personnel in certain of their departments.

She felt that it was most important to ensure that all patients get the message that they must keep their appointments.

The keeping of appointments she emphasised was in the patients interests and essential to their long term wellbeing.

Her hobbies when she has a chance to relax is her family, reading and music, and to this effect she is sent books and music from India in her own regional language.

Dr. Krishnan is married to Dr. Krishnan, who is also a Staff Grade Physician at Noble’s Hospital and they have an eight year old daughter who attends school at Marown.

Her next objectives are to get comprehensive training in diabetes and endocrinology and general medicine.

The Diabetic and the Friends of the Manx Diabetes Centre would like to take this opportunity to wish Dr Krishnan and her family well in all their endeavours, and we are sure that all diabetic patients attending the Diabetes Centre will find her advice productive, and to their benefit and long term wellbeing.

A full *curriculum vitae* of Dr. Amutha Krishnan will be available shortly on our website at www.diabetes.org.im on our profile page.

Why you need a regular HbA1c test

As you may recollect the Friends of the Manx Diabetes Centre presented the Manx Diabetes Centre with a £3,000 HbA1c blood testing machine last November.

This machine is all important to the Centre as it measures the long term blood sugar of diabetic patients which is very important in their diabetes care, as it will indicate how well controlled your diabetes readings are over the past three months.

As you may be aware the blood in your body is composed amongst other things of red blood cells (these are the ones that carry oxygen) and white blood cells, (these white cells are the ones that fight infections).

When you eat, the sugar that you ingest and digest enters you red blood cells, and as our “Budding Journalist” explained in an earlier issue get attached to the red blood cells.

Therefore the HbA1c machine can measure how much sugar gets attached to the red blood cells and shows them as a percentage reading for the last three months.

The recommendation from the Manx Diabetes Centre is that if this percentage is between 6.6 and 7 then you are all right. but if it is over 7 then your doctor will tighten your controls.

That is why this machine is vital to the Centre, as it gives a reading to ensure your control can be made tighter if necessary and thereby monitor your sugar levels better.

Regular checkups with this new machine that the Centre now has been presented with, is very important to your blood sugar control.

This, as you will know is also done for you when you have an appointment at the Manx Diabetes Centre and are sent to the Blood Clinic a week prior to your appointment.

So now there is no excuse for you not to know your HbA1c number when you next visit the Manx Diabetes Centre. If it is not done at the Blood Clinic they will do it for you on the spot.

This is why it is most important that

you keep your appointments.

Your HbA1c number is an indicator as to whether you have to alter your lifestyle or not.

If you have to alter your lifestyle then, make sure you do, as otherwise you could develop long term problems.

This is something that no one at the Centre wants you to have.

There is a booklet available on this very subject entitled; For people with diabetes; 7 Life's better under 7.

This booklet is published by Sanofi-Aventis and is available to you from the information rack at the Manx Diabetes Centre reception area.

Any other information on this subject can be acquired from the General Support Line of Sanofi-Aventis on Telephone 0845 6066887.

Alternately you can write to them at 50 Kings Hill Avenue, West Malling Kent, ME19 4AH

Mrs Ann Birtles, the Senior Diabetes Specialist Nurse at the Manx Diabetes Centre.

All Diabetic Centres have a Senior Diabetes Specialist Nurse, and the Manx Diabetes Centre is no exception.

Our Senior Diabetes Specialist Nurse is none other than Mrs Ann Birtles.

Ann has been at the Manx Diabetes Centre since its inception at the old ward block at old Nobles.

Ann was born in Cheadle Hulme, Cheshire, as she so ably puts it "in the front bedroom of my mum and dads house"

Her first schooling took place at Queens Road primary school from where she progressed to Cheadle Grammar School for girls.

She said that she had a wonderful and colourful uniform.

Unfortunately in those days they did not, for obvious reasons allow the girls to polish their shoes. (ring 613702 if you cannot work out why, and we will be delighted to tell you)



Mrs Ann Birtles
The Senior Diabetes Specialist Nurse
at the Manx Diabetes Centre.

After leaving school she went to work as a cashier in a grocery store, pending a nurse training course at the South Manchester School of Nursing at Withington Hospital.

She holds a BA with honours from the Liverpool John Moores University in Healthcare Practice, Specialist Practitioner and ENB higher award in diabetes. She is not only a Registered Specialist Practitioner but also a Registered Nurse Prescriber.

Between 1993 and 1999 She undertook study courses in HIV, Diabetes, Terminal Care, Wounds and Dressings, Pregnancy, Moving and Handling, Male Catheterisation, Resuscitation and District Nurse Strategy.

Since then her impressive list of achievements include a study course in resuscitation and defibrillation, not to mention an Insulin Pump Course at Harrogate.

As is the norm with Ann she was involved in her community and she was the tutor at the local 6th Form

College teaching Health and Social Care, a subject that came second nature to her being a District Nurse.

Asked how the Isle of Man diabetes facilities compared with those in which she had worked before across the water, she replied "100% better, everyone works together as a team, there is more and better space available, and we are able to develop more ways of working. This is evident when going off Island to conferences, as many of the innovations mooted there, we are already practicing at the Centre"

The Editor asked what would she like to see done to improve the Manx Diabetes Centre Again the perennial staff problems rose it ugly head, her two words were, "More Staff".

"More support for the Chiropody department, someone else to help the nursing service secretaries, and help with the support phone lines". The list seems endless as every person at the Centre has their work cut out.

Patients requiring assistance were now running as she put it on a busy day from 20 to 30 enquiries, and on a quieter day from 15 to 20 calls per day in addition to 50 patients being seen by the team on a Monday, and 25 on a Friday, with less patients being seen on a Wednesday as they are given longer appointments on Wednesdays for more support or advice.

They had been lucky, she points out because Pam Unsworth, the paediatric nurse of the Children's ward, had moved into the Diabetes Centre to help with the younger diabetic patients.

Ann emphasised that the Diabetes Centre was there to help patients and she wanted them to understand that the Centre should be a safe house for all people.

The question of Obesity was discussed and why it was so important in the care of diabetes. This she said

was so important because of the risk factors, as obesity causes life threatening diseases.

It was her opinion that it was essential for diabetics to look after their weight, this could only be achieved through getting the community involved in Health Education.

Ann felt that her objectives and priorities were partly managerial, partly educational and partly patient care.

The blood testing days were also discussed, which were, as she explained very important, not only because of finding people with diabetes who would otherwise have gone undiagnosed, but also from a health promotion and educational point of view.

In addition to the normal Blood Testing Days, the Centre decided to try an experiment and they borrowed the mini bus from the Lions club last October and did a mini blood testing day. They tested 200 people and found four with high sugar levels, this was not a surprise, but proved most interesting.

Ann is married to Roger who works at the Bank of Scotland on the Island. Prior to coming to the Island he was a policeman in Manchester. They have two sons.

She came to take up her post in June 2000, but she knew the Island as her parents had brought her here on holiday when she was just six years of age, and she had fond memories.

True to form she has thrown herself whole heartedly into Island affairs and she is a member of the Civil Defence, an adult helper at 1st Malew Scout Group, and a lesson reader at Santan Church.

She enjoys walking in the country side, reading and learning new skills.

She was awarded the Chief

Constables Certificate of Merit last year for courageous actions at the scene of an accident.

Her message to all diabetics: -

“We are here for you. We are on the side of the people who come to us.

We are here for the diabetic and everyone at The Manx Diabetes Centre is here to help them.

Please remember that we are at the end of a telephone for any help you may require.”

Oh, and by the way, in addition to all the above when she finds a little time for herself she proudly says that in her spare time she is the domestic manager of one husband, two sons, one Labrador and two geese.

The Diabetic and the Friends of the Manx Diabetes Centre wish Ann and her family long life and happiness.

The Diamond Register is now working.

The Diamond register which will be able to talk to the Path Lab and input all information on diabetics on the Island was finally up and running properly on Friday 11th February last, when representatives from Diamond were over to finish its proper installation.

This software was bought by the DHSS in 2001 at a cost of what they claim to be some £12,000 and it is only now that it is properly up and running.

Following the intervention of the The Chairman of the Friends of the Manx Diabetes Centre with the Minister for Health and Social Security, the Minister gave the direct orders for its immediate and complete implementation.

The Chairman would once again like to thank Mr Rodan for his personal intervention, and prompt and decisive action, following the Chairman's approach, which brought about the full

operational facilities that had been partly unavailable to the Manx Diabetes Centre since 2001.

It is now hoped that with the Diamond register working properly it will add another dimension to the facilities at the Manx Diabetes Centre, which is second to none across the water, the pride of diabetes medical delivery on the Isle of Man and a credit to our DHSS.

Blood testing day

The next blood testing day organised by the Lions Club and attended by the staff of the Manx Diabetes Centre will take place on Saturday June 25th at the Tower House in Douglas from ten in the morning till four in the afternoon.

Please get all your friends who do not have diabetes to attend, as you never know.

Remember that it is the expert opinion that there are as many people walking about who have diabetes and don't know it, as there are diagnosed diabetics.

So every one is welcomed to attend. It is in the interest of your friends to know. if they are diabetic or not

The sooner they know the sooner treatment can commence.

The Diabetic has been waiting for this blood testing day, as the results of which, with the material we have already collated from previous blood testing days, will give us a reliable statistical cross section of our population for averages on diabetes, obesity, and high blood pressure for the Island

We shall be publishing these statistical results in our September Newsletter, which I am sure will prove most interesting and a real eye opener.

We shall also be sending our findings to the DHSS for their perusal and action if they consider necessary.

These wonderful people give of their spare time to make these Blood Testing Days a success so please don't let them down get all your friends to attend.

A Well Earned Award



Mrs Patricia Ann Larkham

Pat as we all know her, the longest serving member at the Manx Diabetes Centre, as she is now the only one left from when it started in a cupboard at Noble's in 1991 was presented with the City & Guilds Further Education Teaching Certificate at the Isle of Man College of Further Education in Douglas.

This course which is categorised as the process of teaching rather than a subject, Pat had undertaken during the past two years.

The Certificate was presented at a ceremony at the Isle of Man College on Friday 25th February last.

Pat is the Diabetes Educator at the Manx Diabetes Centre.

The Diabetic and the Committee of the Friends of the Manx Diabetes Centre would like to congratulate Pat on her achievement and wish her every success in all she sets out to do,

Important things to know

What I am going to impart, you

probably already know, but I believe that there may be some new diabetics who may not be aware of some important elements that may affect their lives.

Free prescriptions

In the first instance if you are having medication for your diabetes you are entitled to free prescriptions.

This is something that the Chairman fought for and got for all diabetics in the infancy of diabetic care on the Isle of Man.

Being a diabetic this benefit is yours as of right.

You must have an exemption certificate to present to your Pharmacist when you go for a prescription, so that you can get all your prescriptions free.

So to obtain your exemption certificate you should telephone Crookall House on telephone 642612.

Please ring them without delay if you do not already have an exemption certificate.

Remember everything that is prescribed you get free on prescription, but you must have an exemption certificate.

Ensure that you have one.

Eye Clinic

You may or may not be aware that the Eye Clinic runs a liaison service to help patients with eye problems.

If you have serious sight loss and would like to discuss services or assistance that may be available to you, please ring the Eye Clinic Officer on telephone 650385.

This is a service that you should avail yourself of.

They are there to help you, so give them a ring if you have any eye

problems.

Please do not ignore any eye problems that you may have as this may cause you complications in later life.

Annual review check list

It is important to remember that your annual review is to enable you to lead a normal and healthy life.

It must be about what you want and need, as well as what healthcare professionals recommend.

Do not miss these annual reviews.

It is essential that you keep all appointments at the Manx Diabetes Centre.

So please keep your appointments.

Diabetic Nursing Services

The Diabetic nursing service is available to all diabetics on the Island.

The Manx Diabetes Centre runs a telephone advice line on telephone 650860.

You can reach them anytime from 8.30 to 9.30am and from 1.30 to 2.30pm, Mondays to Fridays, if you want to speak to a nurse.

If you ring outside these hours please leave a message and they will get back to you.

This service that the Manx Diabetes Centre provides is not an emergency number, so if your call is urgent contact your GP.

Please understand that on what they call a busy day they receive from 20 to 30 calls and what they term a normal day from 15 to 20 calls.

Therefore be patient if initially you are unable to get through. Try again and keep on trying.

All at the Centre have your wellbeing at heart and are waiting to help you.

Car Boot Sales

Margaret and Jan have restarted their car boot sales, and they have already done two since the beginning of the year.

However they are stepping up their attendances at car boot sales, to two car boot sales per month and in this connection they would be very grateful for any donations to their stall.

If you have anything you don't want and you feel it is saleable at a car boot sale, please get in touch with Jan on telephone 613702, or if you live in the south please get in touch with Margaret on telephone 822936.

Your contributions would be gratefully accepted.

We do not have to tell you that all monies raised will stay on the Island and will be used for the benefit of diabetics and our medical carers, as in accordance with our mandate we have already demonstrated with our donation to the Centre of the HbA1c machine.

It goes without saying that many people come to their tables and talk about diabetes and what the group does to help diabetics on the Island.

Help the Group to help yourselves.

Many thanks in anticipation for anything you may wish to donate.

Who really counts all these?

I have always wondered who spends their time compiling these statistics? How do they count them?

For example it was announced over the Christmas period that every person in the United Kingdom ate 14 Brussels Sprouts each.

Now I ask you? How was this done to arrive at this precise number of 14 per head of the population?

Did they visit every home and asked each individual member of the household how many sprouts they had eaten and when?

Or did they just visited every farm in the land, and every importer of Brussels Sprouts and counted every one that they sent to every shop in the UK, and then after Christmas visited all the shops and deducted what was left on the shelves from what they originally received and then divided by the UK population?

How many sprouts did you have? If you can remember or counted them, as I had none, I don't like them

Let us see what other things our statistical friends have come up with, so here is a sampling of the more interesting numbers. Our statistical friends must have been very busy during 2004.

Kimberly Quinn

The number of websites that mentioned her at the start of 2004 were **246**. However at the end of 2004 our entrepreneurs say that there were **320,007** websites that mentioned her name. How exhilarating their life must have been counting them during 2004.

Lost Limbs

According to our good fellows there were **800** false limbs left behind in swimming pool lockers at Water World in Stoke on Trent during 2004

I can only presume that they were there every evening ferreting around, or with clipboards counting the people that were hopping about outside the swimming pool on their way home.

Wasted petrol

The Motor Industry Research Association claims that they have

worked out that **4,500,000** gallons of petrol were required to overcome the aerodynamic drag of the fans cars with St George flags fluttering during Euro 2004. These people are so exact aren't they?

Stop Smoking, Save Money

These wonderful people have worked out that if you had stopped smoking 20 cigarettes per day on 1st Januray 2004 you would have saved yourself **£1,894**

Maybe this is an incentive to stop smoking?

Of Earth Shattering importance.

We are being told that the number of seconds in 2004 were **31,622,400**.

This is really a must know factor in your life, as it is earth shattering, because without this knowledge you are unable to live a healthy and happy life.

We would be very interested to know how this knowledge will change your lives, if it does.

Please let us know

Lost Letters

We are told that the number of letters lost by the UK Post Office last year was 14,400,000 letters.

Questions? If they were lost how did they count them? more important, who spent their time counting lost letters?.....the mind boggles.

They have been travelling world wide.

The number of people who saw the right nipple of Janet Jackson on live TV were **144,000,000**. Again what exacting figures, they must really be exact for such a sight. And how long

did it take to count all these people as it was only a nipple flash. Sorry couldn't resist it.

Pet Owners

According to Direct Line pet owners took **8,000,000** "sick" days off work last year to get over the death of their pets.

Bush-v-Our Tone

Our friends were also at the White House and at 10 Downing Street.

We are told that President Bush sent out **2,000,000** cards this Christmas, not one more not one less.

They were also at 10 Downing Street, where they counted Mr Blair's Christmas cards.

We presume that after three or four goes they came up with **1,260** Christmas cards that he was sending

We are trailing again.

Me thinks Mr Blair has got less friends than Mr Bush.

Risk of heart attack at 40 for today's obese children

We may not have discussed obesity recently in the Diabetic, but the fact remains that this epidemic is still with us.

Only recently Professor Weissberg, the medical director of the British Heart Foundation launched its Real Valentine Appeal to raise £1 million.

Raising the appeal to fund more specialist heart nurses to support heart patients in their homes, he warned that obese teenagers risked having heart attacks in their forties.

He pointed out that the rising level of obesity in children and adolescents made them more likely to develop diabetes. That in turn put them more

likely to have heart disease earlier in life.

Dr. Weissberg, himself a cardiologist, explained that one in four school children in England is overweight or so fat it threatens their health.

Also until recently Type 2 Diabetes was found only in those aged 40 and older, or in younger people with a genetic risk, but that at least 18 centres in the United Kingdom reported cases in children with Type 2 diabetes over the last two years.

He pointed out that at least 2.7 million patients faced severe disability through its irrevocable effects.

He was of the opinion that many people did not realise what impact living with heart disease could have.

He emphasised that they could be pretty powerless to do anything for the patient in hospital, and they would just have to send them home to slowly die.

So, please please, look after yourselves and your children.

Its those notices again

We are back to those notices again, and our first contribution comes from Helga who saw the following advert in one of our local papers during the sales.

CARPETS: -

"Suitable for anywhere in the home with the beauty and anti-static properties of natural wool. Usual price **£11.20** per square yard. SALE PRICE **£599** per square yard."

Notices

If you have any notices left over, just plaster them anywhere you can.

We came across this notice and thought, oh what a wonderful notice in a dustbin, for after all notices are there

to be put wherever they are needed even if it's on a stupid location.



In any event how could this dustbin be “out of order”? It does not even have a lid.

Disabled facilities.

The Chairman was recently in a pub, for Sunday lunch.

The person behind the bar saw him walk to the bar to collect the drinks and take them to the table.

Whilst sitting waiting for their food to arrive, he decided to go to the toilet.

He went through a door into a long corridor. On his left was a ladies toilet, then a disabled toilet, and at the far end of the corridor was the gents toilet, from which the gentleman that had been serving him was coming out.

The conversation went like this, as he tried to get into the disabled toilet.

“Excuse me” the man said “you can’t go in there.”

“Why not?” the Chairman asked.

“Because you can’t. The gents toilet is at the end here.”

“But I want to go in here.”

“I have told you, you can’t.”

“Why Not?”

“Because, can’t you see that that is a disabled toilet, you have to go to the gents up here”.

“I see” the Chairman replied, and promptly bent down and pressed the release button on his prosthesis and the

leg fell to the ground.

“Can I go in here now”? he innocently asked.

The Man nearly had a heart attack and in a panic said, “Oh my God, you can go wherever you like mate” and legged it back to the bar.

The moral of this true story to everyone who has a prosthesis: -

If you want to walk properly without anyone noticing that you have no leg, and that you are normal, because you are, and because you are like everyone else, you can do so.

It is all in the mind, tell yourself you can do it, and you **WILL** do it, so best foot forward all you lovely people.

If you are in a wheelchair, leave it behind and as the song says, start walking.

Lenses and frames

What someone was told recently when they went with a prescription for a new pair of lenses.

“If we use one of your old frames then the lenses will cost £135.00”.

However if you buy new frames from us, then we can make a deal for you.

A new pair of frames (priced at £99) and the lenses will cost you £109.00.

What would you like to do, supply your own frames and we supply the lenses, or you get the frames and the lenses from us?”

What do you honestly think they opted for?.....It just beggars belief.

Having a bad day?

Having a bad day? Things getting you down? Read and cheer up, there are others worse than you according to our friend Petunia.

Iraqi terrorist Kay Rahnajet didn’t pay enough postage on a letter bomb,

It came back return to sender. He opened it, and was blown to bits.

So you think you are having a bad day?

The average cost of rehabilitating each seal after the Exxon Valdez oil spill in Alaska was \$80,000.

At a special ceremony, two of the most expensively saved animals were being released back into the wild amid cheers and applause from the onlookers.

A minute later, in full view of them all, a killer whale ate them both

Still having a bad day?

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle.

Intending to jolt him away from the deadly current, she whacked him with a handy plank of wood, breaking his arm in two places.

Up to that moment, he had been happily listening to his walkman.

There now, feeling better?

The Budding Journalist

I hope that you all had a good time over Christmas and the New Year, and that the last three months have brought you what you have always wanted.

It is now time to look forward to the next nine months with anticipation, health and hope of a future that will bring you and your family the happiness that you all desire and deserve.

I did promise you that in this edition of The Diabetic we would be dealing with types of diabetes and their problems. So here goes.

What I must point out first of all is to categorically dispel any idea of anyone having “mild diabetes”.

This does not exist. If anyone tells you that you have or they have “mild diabetes”, just ask them, if they have ever heard of a women who is “mildly pregnant?” No there is not. No such thing exist, no woman can be “mildly pregnant.”

Similarly there is no such thing as having “Mild Diabetes”.

You are either diabetic or you are not, and if you are, then at present. I am afraid it is for life.

There are two types of diabetes, Type 1 and Type 2.

Type 1 is the insulin dependant diabetic (IDDM) or juvenile diabetes. About 30% of people with diabetes have Type 1 and are insulin dependant, due to the failure of the Pancreas Beta cells to produce insulin. The cause of which is not known, this usually develops under the age of 40, but may occur at any age and usually develops fairly rapidly.

Type 2 diabetes is the non insulin dependant diabetic (NIDDM) also known as maturity onset diabetes., but with the obesity epidemic is now being found in children.

This is treated by various methods and is common among the elderly and overweight. It develops due to insufficient amount of insulin being produced or insulin not working properly.

This type of diabetes usually appears in people over the age of 40, and tends to have a more gradual onset, and may be found incidentally.

People with non insulin dependant diabetes still produce insulin although it may be in inadequate amounts.

They do not need to inject in order to survive and in most cases can be treated by diet alone or a combination of diet and tablets.

Those with insulin dependant diabetes on the other hand because they produce little or no insulin will not survive unless they are treated with insulin.

However not all those that take insulin are necessarily dependant on it, some may also take tablets, but without it perfect control of their diabetes is not possible.

In the insulin dependant diabetic there is a complete or near complete absence of insulin due to the destruction of the insulin producing cells of the pancreas.

There are some tendencies for insulin dependant diabetes to run in families but the condition is far from being entirely inherited.

The exact cause of the damage to the insulin producing cells is not known for certain, so we will deal with the factors that may be involved in our next issue.

This is John Collins saying please look after yourselves and keep all your appointments at the Manx Diabetes Centre.

See you in the next issue, T.T.F.N.

Next AGM

The 2nd AGM of the Friends of the Manx Diabetes Centre will take place at Keyll Daree on Thursday 5th May next at 7.30 in the evening.



Keyll Daree
Noble's Hospital
Keyll Daree is the Combined

Education and Training Centre at Noble's, and is the building on the right hand side as you turn to go up the little hill to the Hospital

All information will be sent to our members nearer the date, and we look forward to welcoming you all there

If any of you have no transport, please let us know and we shall endeavour to arrange some for you.

Membership

If you want to join our Group please use the form at the back of this newsletter or please ring Jan on telephone 613702 or give the form or Jan's number to a friend and she will send you or your friend a membership form.

You can also e-mail Jan at e-mail secretary@diabetes.org.im

The Friends of the Manx Diabetes Centre not only have the best and most informative newsletter on the Island, but we are the ones that look after the interests of all diabetics on the Isle of Man

Join the Friends of the Manx Diabetes Centre, NOW.

The Half dozen McNuggets.

A friend of mine took the kids to a McDonalds across, and he saw on the menu that he could have an order of 6, 9 or 12 Chicken McNuggets. So he asked for half a dozen nuggets.

"We don't have half a dozen nuggets" said the teenager at the counter. "You don't" he inquired. "No, we only have six, nine or twelve", was the reply, "So I can't order a half dozen nuggets then, but I can order six?" "That's right" she said.

So he shook his head and ordered six McNuggets

