

The Diabetic

MERRY CHRISTMAS AND HAPPY NEW YEAR

Issue No: 11



Date: December 2005

The best and most informative diabetic newsletter on the Isle of Man

LEADING FROM THE FRONT

A Charity registered in the Isle of Man. Charity number 894.

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Death toll in Pakistan is now more than the total population of the Isle of Man
Please return all loaned blood pressure machines to the Centre as other patients require them

If you are on the net keep an eye on your e-mail for your newsletter

What has happened to the disabled legislation?

In this issue

- * *Dr Khan and Pakistan*
- * **RETURN ALL LOANED BLOOD PRESSURE MACHINES**
- * *E-mail*
- * *The Disabled parking debate*
- * *What is happening to our Disability Law*
- * *The Christmas Message*
- * *Wanted*
- * *Effective Diabetes Management*
- * *The Goose offering*
- * *Christmas Traditions and where they came from*
- * *DisabledGo*
- * *The Pneumo Jab*
- * *You think you have Petrol problems?*
- * *The Obesity Update*
- * *Diabetes Nursing Service*
- * *The Budding Journalist*
- * *The Chairman's Report*
- * *The last Laugh*

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Happy Christmas to all

Dr Khan and Pakistan

With the devastating events unfolding in Pakistan *The Diabetic* decided to interview Dr Emran Khan the Consultant Physician, Diabetologist and Endocrinologist at the Manx Diabetes Centre, who has family and friends back home.



The Presentation in the UK.
Dr Emran Khan & Mrs Zarmina Khan
with the Manx Flag and the
representative of Edhi International
Foundation UK.

Just imagine, the death toll in Pakistan
is now over 85,000 people.

This is more than the total population of the Isle of Man. With one blow they have lost more than everyone living on the Island.

Dr Khan, alive to the needs of his countrymen, and knowing the existing problems on the ground, from family friends and hospital reports, decided to raise monies and instituted a relief appeal that started on Manx Radio and snowballed out of all expectations, with the backing, the generosity and pure humanity of the Isle of Man population.

Dr Khan's appeal reached all those who during his five years on the Island benefited from his expertise, care and concern for the Manx Diabetic.

They in turn, responded to the necessity of his countrymen, and his Island friends rallied to his cause.

Dr Khan explained that his mail bag has been extraordinary, and the comments expressed in the thousands of letters he has received have shown him that he was not alone, and that his many patients and friends did not take him for granted, but were grateful for him being on the Island.

Like he was there for them in their time of need, they had stood up to be counted in his hour of distress.

At the time of the hand over, in London, to the charity of his choice, Edhi International Foundation UK he and his wife Zarmina were able to present them with £32,768.00 on behalf of the Manx people.

The following is the contents of a letter (which *The Diabetic* has had sight of) handed to Dr Khan by Edhi International Foundation UK thanking the Isle of Man people for their generosity, and reads:

Dear Dr Khan
Donation of £32,768

Thank you very much for your generous donation of £32,768 (thirty two thousand seven hundred and sixty eight pounds only) in form of approximately 300 cheques which will be utilised for the victims of the earthquake disaster in Pakistan and Kashmir.

Receipts to the individuals will be sent within the next few days.

The people of the Isle of Man and its Government has shown generosity to Edhi International Foundation UK for supporting our cause towards building a new orphanage in Muzzafarabad.

God bless you all for raising such a substantial amount, and we hope the people of the Isle of Man will continue to support our cause. Dr Khan played a very important role, in raising this amount for which our foundation is very thankful.

Yours sincerely

Signed

On Behalf of

Edhi International Foundation UK.

(If anyone would like a copy of this letter we would be delighted to send them one on request. Please enclose a stamped addressed envelope).

Dr Khan pointed out that he had chosen this charity because he had first hand knowledge of what they did in Pakistan, they had very little overheads and the fact that the charity works at ground level.

Since his return from the presentation in London the £32,768 has risen to a total of over £35,000.

Dr Khan emphasised that the problem is still on going, and the catastrophic conditions that now exist in Pakistan will be aggravated with the advent of winter.

Many more people are at risk of dying from the very harsh conditions winter

will bring. without the appropriate shelter and food being readily available.

He had heard that in just one hospital there were 150 paraplegics as a direct consequence of the Earthquake, which is an intolerable burden on a Hospital with limited facilities.

Because of the number of children that have been orphaned he is hoping to have an orphanage opened in the name of the Isle of Man if enough funds become available.

Dr Khan intends to continue his fund raising efforts and is devising ways and means to go about it and continue to raise funds.

He is extremely grateful to the Manx people for coming forward and donating so generously to aid the Pakistan disaster.

Dr Khan is also grateful to the Isle of Man Government for its donation of £100,000 to Oxfam for the Pakistan Appeal.

Dr Khan has always helped us and it is only proper that in turn we support his endeavours.

The Diabetic wishes him well in his relief fund appeal and we shall keep you posted as to how things develop.

Remember that the story may be out of our television screens, but the very real problems still exist.

Our best wishes go to him, his family and friends, and this year when we sit around a table with our own family and our friends, let us spare a little thought for those who are disadvantaged, and those who through no fault of their own cannot enjoy, what we, on the Isle of Man take for granted.

RETURN ALL BLOOD PRESSURE MACHINES

Do you still have a Blood Pressure Monitor on loan from the Manx Diabetes

Centre and have not bothered to return it?

We have been asked by the staff at the Manx Diabetes Centre to bring to the notice, of all those patients who have blood pressure machines to please return them to the Centre as they are urgently needed for other patients.

This now presents a very real shortage of expensive equipment loaned in good faith. It must be realised that these machines are expensive, and if you do not return them they will have to be replaced.

These machines are lent to patients on a two or four week basis, but then it is expected that they must be returned as they **DO NOT BELONG TO YOU.**

This is an urgent matter. We have suggested to the Centre that they send a letter asking for their return within **7 days** and failing this the offending patient should be sent a **bill for the FULL amount** of the Blood Pressure Monitor replacement.

You know who you are, so get your skates on and take them down to the Centre as quickly as possible. like yesterday.

It is a disgrace to take advantage of the facilities of the Manx Diabetes Centre and your fellow diabetic patients, who need to make use of what you, without logic or reason are holding on to, and depriving your fellow patients of the same facility that was graciously extended to you.

Remember the staff know who you are. Please pay strict attention to their requests.

**Notice on the loo's in a Restaurant in
Tobago called the
Mango Trees.
Men's Loo: Man Go
In the ladies loo: Wo Man Go**

E-mail

Due to the popularity of *The Diabetic Newsletter* and the numbers that are being printed, we have been asked by members to send it to them by e-mail in an endeavour to save the high postage and printing costs.

This we are trying to do with members that we know have e-mail.

If you have internet access all you have to do is: -

- a) Log on to www.diabetes.org.im
- b) When it comes up click at the heading that says NEWSLETTER.
- c) When all the Newsletters come up please go to the last Newsletter.

This will be **No. 11** which is the **December 2005 issue**.

d) Then just use your normal procedure to PRINT.

Those of you who receive it printed and have net facilities please send us your e-mail address so that we can, as from the March issue send it to you this way.

Remember you can contact us via editor@diabetes.org.im or telephone (01624) 613702. It is just that the number of Newsletters now being printed and sent out is overwhelming our physical resources.

As we have pointed out before, we have been approached by many members in an endeavour to save the high cost of postage, paper, envelopes and above all the cost of printing.

Naturally you are at liberty to print as many copies as you like and send them to, or just give them to friends.

The Editor of *The Diabetic* looks forward to hearing from you.

**Do Arachnophobes
have their own website?**

The Disabled Parking Debate.

On the Night of Monday 7th November Mr Phil Braidwood, the Minister for Transport rang the Chairman to inform him that the Pole at Regent Street had been taken away.

The following day, Tuesday, in the House of Keys, a question from Mr Houghton MHK had been set down for answer asking the Minister for Transport, "Why has your department not removed the pole which is obstructing a disabled parking space in Regent Street Douglas?" This was a question that was do wn for written answer, so we thought we would print it just in case our readers were not aware of its contents.

Mr Braidwood in his written answer explained that: "I can advise that the pole referred to has been removed. I can also advise that my Department has recently reviewed the provision of disabled parking facilities in Regent Street and now proposes to remove and relocate the 3 spaces to the former bus stop outside Admiral House on Loch Promenade. This will, in my Department's opinion, make access to these spaces easier and they will still be within walking distance of the Regent Street Post Office."

The Diabetic would like to thank Mr Braidwood for his prompt action, and sincerely trust that when these three disabled parking spaces come into line, that his department puts the poles at the beginning or at the end of a bay, and not in the middle, which was the original object of the problem, as otherwise we shall be back to square one, no one being able to get out of their cars once again.

The Minister and the Chairman did discuss other venues with a similar problem but the Minister explained that

he was under the impression that Regent Street was the only problem pole. The Chairman respectfully agreed to disagree with the Minister.

So the Editor thought he might just show Mr Braidwood another parking bay, of the many, with a Pole in the middle, which makes it impossible to get out, if you are properly parked.



This is Prospect Terrace

The Regent Street pole was mooted in the House in May last when the then Minister for Transport promised to resolve it.

It has taken till November, 6 Months and another question in the House for the situation to be resolved. Let us see how long it takes the Department to sort this one out.

The Diabetic has started counting.

**Only in America
Do they have drive-up ATM machines
with
Braille lettering.**

What is happening to our disability Law

Now that we have the Disability Rights Commission (DRC) act in full operation in the United Kingdom, we ask the Question once again: - “When

are we having similar legislation implemented on the Isle of Man to safeguard the Manx Disabled?”

We seem to have asked this question before but have as yet not had a reply.

June 2004 was the first time that the Minister was approached by “*The Diabetic*”, for an overview of what the Isle of Man Government intended to do in response to the UK Acts that were coming into effect on the 1st October 2004.

So whilst we wait for a reply, we might as well have a very quick run through of the main points of what the Law says across the water.

There are two Acts of Parliament - The Disability Discrimination Act 1995 and The Disability Rights Commission (DRC) Act 1999. that introduce and provide a means of enforcing rights preventing discrimination against disabled people.

The UK Disability Discrimination Act aims to end the discrimination which many disabled people face.

The Act gives disabled people rights in the areas of employment, access to goods, facilities and services, and with landlords having to provide disabled facilities in their properties whether buying or renting land or property.

It also allows the British Government to set minimum standards so that disabled people can use public transport.

The act defines a disabled person as someone with “a physical or mental impairment which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities”.

From 1st October 2004 new duties under the DDA will affect all employers with fewer than 15 employees and anyone who provides a service to the public.

The provisions include those that require employers to consider making changes to the physical features of the premises that they occupy in order to enable free access for disabled persons.

There are two ways that an employer might discriminate against a disabled employee or job applicant.

a) by treating them less favourably than an able person because of their disability, or b) by not making reasonable adjustments.

Discrimination against disabled people by trade organisations is also covered as is Access to Goods and Services.

Though some adjustments have gradually been in force since 1996, the final stage, which means service providers may have to consider making permanent physical adjustments to their premises, came into force on 1st October 2004.

The new duties will apply to service providers where physical features make access to their services impossible or unreasonably difficult for disabled people. It will be up to the service provider to ensure that if they cannot provide their service at their premises, then they have to provide it elsewhere to make certain that the disabled person is attended to.

The Act is so comprehensive that it also applies to those who are self employed and do not have premises.

Please remember that disabled does not mean that a person must be in a wheelchair, this Law covers all kinds of disability, including people with autism and poor sight.

The UK act also provides for an improvement in the standard of Education for Children with Special Educational Needs and makes it unlawful for education providers to

discriminate against disabled pupils, students and adult learners.

It also provides for schools to plan to increase accessibility to premises for disabled pupils.

The Diabetic believes that our Government has a lot of catching up to do.

This is a very important and necessary provision of facilities for disabled people, and we sincerely trust that in the not too distant future the disabled on the Island, will, without delay, be rewarded with similar strong and decisive legislation as their counterparts now enjoy across the water.

The Isle of Man Disabled Discrimination Law or by whatever Title it shall come into force, has been a long time coming, and we hope that our Legislators will give it the priority and the urgency it deserves for its introduction, before the next election.

The three wise men brought gifts from the orient, so even their presents were made in China and Taiwan

Christmas Message by the Rev. John Guilford.

The Rev John Guildford is a Trustee of the Friends of the Manx Diabetes Centre.

Once again he rises to the occasion to bring us his annual Christmas message

“It seems incredible that another year has passed and it is time, once again, for our Christmas message! 2005, though, has been quite a year in the Guilford household, a special year, one not to be forgotten. Why? Well in January we were given the gift of a child; our first grandchild, Joshua Jacob. Trish and I were told that we would enjoy being grandparents, but nothing could have

prepared us for the joy Josh has brought into our lives; he has turned our world upside down!



The Rev John Guilford and Josh

There is quite a correlation between our experiences this year and the event we hold the Christmas season to celebrate. In a very personal way Josh has brought light into our lives, but the arrival of the child that we remember on the 25th December, brings light to the whole world. Josh, as I have already said, has turned our personal world upside down, Jesus, if we will listen to him, will turn everybody's world upside down.

None of us can be happy with what is going on in the world. I catalogued a few things last year and in 2005 things have certainly not improved too much. The terrible happenings in London in July, the continual bombings in Iraq and the Middle East, the sabre rattling from countries such as Iran, the increase of violent crime in our cities, and if that isn't enough the world has to put up with the natural disasters like those experienced by Pakistan, Mexico and The US.

It may be that we believe ourselves incapable of making a difference, but this isn't true. However to change our world a good place to start is with ourselves. Trish and I can of course have a personal relationship with Josh. In the

same way, by giving us the gift of the Christmas baby, God invites us to have a personal relationship with Him and in so doing to discover His will for our lives and our world.

I am reminded of the famous painting by Holman Hunt; I believe Hunt painted three versions of the painting, one of which hangs in St Paul's Cathedral. Hunt portrays Jesus as the light of the world standing outside a door that is covered in thorns and brambles and has clearly not been opened for some considerable time. Jesus is knocking on the door; he can't enter because there is no handle on the outside. We have to open the door and invite him in. As we celebrate Christmas this year, perhaps we can give some thought as to whether we need to open that door and invite Jesus into our lives?

I wish you and your loved ones a healthy, happy and peaceful Christmas and an exciting New Year".

Carol singers have changed since we were children, now they charge £1 for miming and £2 to sing live.

WANTED

The Manx Diabetes Centre are wanting to set up a display of past and present equipment to show how the care of diabetes has improved over the years.

In looking for old equipment the staff at the Centre invite all diabetics on the Isle of Man to donate or to lend to the Centre their old testing equipment.

If you have any equipment that you think might be of use for this display please hand it in at the Manx Diabetes Centre reception, marked for ALLAN not forgetting your name address and telephone number.

Please also indicate whether you want

to donate it, or just loan it to the proposed display. Many thanks.

The Goose Offering



The Goose in our Garden

This Goose in our garden did land.
Where it came from, no one can understand.

It may be it was telling us
that Christmas was on hand.
We fed it and let it go
We explained it was a stupid thing to do
In some other place she would not have
been so lucky.
For in our house we did prefer the turkey
When she had rested,
But not before, she had been told to be
more careful where she alighted.
With blessings and good wishes off she
flew
So that she could celebrate Christmas
and live anew.

Effective Diabetes Management.

In the face of an emerging worldwide epidemic of type 2 diabetes the Global Partnership for Effective Diabetes Management has launched the first Global recommendations designed to help physicians overcome common

barriers to achieving recommended treatment goals for diabetes management.

Despite increasingly stringent clinical practice guidelines, more than 60 percent of those with type 2 diabetes currently have glucose levels above the recommended targets, putting them at increased risk for serious complications such as cardiovascular disease, the leading cause of diabetes related death.

Because of the progressive nature of type 2 diabetes, the longer patients remain uncontrolled, the more extensive the diabetes related damage such as Blindness and Kidney failure, and the harder it is to keep glucose levels in check.

Needles to say that with the vast majority of people with type 2 diabetes not at recommended treatment goals the stakes are high.

Because of this they claim that a sense of urgency and proactive management strategies are now required to get more patients to recommended goals.

The Global Partnership for Effective Diabetes Management has issued what they term “10 Practical Steps to Better Glucose Control”.

These 10 Practical steps to better Glucose Control can be accessed at their website. www.diabetespressoffice.com

At the end of August, the total number of British Citizens diagnosed with Type 2 Diabetes for the first time exceeded two million.

Christmas Traditions and where they came from Who is Father Christmas?

He’s based on a real person, St Nicholas a bishop who once lived in what is now Turkey. He became well established as Santa in the 1920’s.

Why does Santa come down Chimneys and why do you hang stockings.

The legend is that St Nicholas dropped a purse of money down a chimney and it landed in a stocking that was hanging out to dry.

The Christmas Card how did it originate?

The custom of sending Christmas Cards was started in the UK in 1843 by Sir Henry Cole a civil Servant.

The first postal deliveries with the penny post had started three years before and Sir Henry was keen for people to use the service. He commissioned a friend John Horsley to design the first card and sold them for one shilling each. They depicted Nativity scenes.

As the years went by, Christmas cards become more popular. They started to be mass produced in about 1860. In Victorian times snow scenes and robins became more popular as the postmen at the time wore red uniforms and were nicknamed "Robin Postmen".

Why does Rudolf have a Red Nose?

This was created by the US department store Montgomery Ward in 1939 for its Christmas Promotion.

Why do we give presents?

We give presents because we are imitating the Three Kings that brought presents to Jesus in the stable. Gold represents a gift for a king, Frankincense is a gift of worship and Myrrh is a sign of mortality.

What about the Christmas cracker?

This was really adapted from the French custom of wrapping sugared almonds and other sweets and twisting them in coloured tissue paper.

Pastry Chef Tom Smith on a visit to Paris noticed them and when back in London sold the idea of bonbons in paper containing a romantic note called a "Kiss Moto".

He later developed the Christmas Cracker from this humble beginning.

Traditionally why do we eat turkey?

In the old days people eat peacock, swan or boar's head. In the 18th century it was Henry the VIII who began eating turkey, but it didn't catch on until Victorian times when turkey or goose became popular. Today over 90% of us eat turkey on Christmas day.

Why are there twelve days of Christmas?

There are twelve days of Christmas because this is how long it took the three wise men to visit Jesus in the manger,

It was not until 500 years later that the names of Casper, Melchior and Balthasar became linked with Christmas.

The Twelve days of Christmas are from Christmas Day to the 6th January, the Epiphany.

Why do we celebrate Christmas on the 25th December?

No one really knows It could be that the Roman mid-winter festival called Saturnalia and the winter solstice took place at about this time of year

It was not until 200 years after the birth of Christ that his birthday was celebrated, and not until 440AD that the 25th December was given as his official birth date.

Why are mince pies not made from mince?

In the middle ages they were really mince pies. They were made from mince pheasant, rabbit, poultry. Apples, raisins, and candid peel. Eventually the meat was left out altogether. Aren't you lucky? Incidentally its supposed to be good luck to eat one mince pie on each of the Twelve days of Christmas.

Do you know what classifies a white Christmas?

We are told that there have only been seven white Christmases in the United

Kingdom during the 20th Century.

This is how a white Christmas is classified to be a White Christmas. If a snowflake falls in a dish on the roof of the London Weather Centre during the 24 hours of the 25th December, it is officially a white Christmas.

No wonder there have been only seven in the past one hundred years, someone must have missed them. By the time they got onto the roof the snowflake had melted.

Talk about catching a falling star?

Would Santa be able to give all the children presents by himself?

By the way, it has been calculated that poor old Santa would need 200,000 reindeer flying at 200,000 times the speed of sound to deliver a present to every child on earth.

He would have to visit 1,000 homes per second, carry 500,000 tons of gifts at a speed of 3.6 million miles per hour.

Scientists have worked this out. Some people will go to any lengths to draw attention to themselves at Christmas. Interested? For a full breakdown visit. www.religioustolerance.org/santa2.htm

*Promise your eyes a
White Christmas
Don't drink too much alcohol.*

DisabledGo

We did mention DisabledGo in our last Newsletter so we are just giving you an update of what is what, and notice of the now changed date that the website will be up and running.

As you already know, DisabledGo is an award winning information service designed to empower disabled people to get out and do what they want to do.

By accessing DisabledGo before you

go out, you will have at your fingertips the disabled facilities that the venue you propose visiting has to offer.

DisabledGo has been expanding with tremendous success across the UK and is currently working in partnership with 40 pioneering local authorities to produce access guides to different towns and cities.

The guides are very detailed and will be available free of charge on the DisabledGo website at www.disabledgo.info

Thanks to the support and vision of the Isle of Man Government in looking after and trying to minimise the problems of its disabled citizens, DisabledGo is now coming to the Isle of Man.

Trained researchers have been surveying 1,200 venues across the Island, covering everything from libraries to nightclubs, restaurants to places of interest.

The idea of the access guide is to 'tell it as it is' so that people can decide for themselves what is suitable for their specific needs.

Every venue included in the access guide is visited in person by a trained researcher and the research template used has been developed in consultation with hundreds of groups of, and for disabled people. This makes DisabledGo unique.

To have a peek at what the website looks like in the United Kingdom, please log on to their website www.disabledgo.info

Alternately, if you want more information or would like to nominate any venue to be looked at, please contact, Anna Borthwick, the Partnership Manager on her e-mail at anna.borthwick@disabledgo.info or on Telephone 01438 842710.

DisabledGo – Isle of Man will now be launched in February 2006.

From that date all systems for the Isle of Man disabled will be DisabledGo.

The Pneumo Jab

If you are 65 or over, you will by now know that all surgeries on the Isle of Man have issued their elderly patients with leaflets asking them to make sure that they get their pneumo jab.

If you have not heard of it, then please get in touch with your surgery so that they can advise you of what it is all about. Everyone aged 65 and over should now be immunised to help protect them against pneumococcal infection which can cause diseases such as pneumonia, septicaemia (blood poisoning) and meningitis.

The leaflet describes these diseases and explains how you can protect yourself by having the pneumo vaccine.

It also has a question and answer section that will cover all your queries.

So if you haven't had one yet, get in touch with your surgery.

Be Alert
The Island needs lots of lerts.
However if you think we already have
too many lerts, then be a loof

You think you have Petrol Problems.

Once again Matt in Edinburgh has come up with the goods, and knows why we are having to pay more for our petrol.

He has heard on the grapevine that the US Government, after the Katrina and Rita debacle apologised to all US Citizens for having to put up the price of petrol once again.

This time their excuse was:

“We are sorry for having to put up the

price of petrol once more.

We had to put the price up, because our fuel reserves have run low.

Admittedly we have not been able to check the levels of our oil reserves recently.

This is because our oil is situated in Texas, The Gulf of Mexico, Saudi Arabia and Iraq, whilst our Dipstick is in Washington.”

Many thanks, keep them coming.

The Obesity Update

A report by the Department of Works and Pensions on the 17th October last, admits that the war on child obesity is being lost in the United Kingdom.

These failures in the battle against child obesity and poverty are attributed to the fact that the quality of health and education between Britain's richest and poorest groups is widening.

At a conference organised by Oxfam and the Trade Union Congress on the same date Labour MP Mr Ed Ball said, “We cannot call for an end to world poverty if we cannot take the necessary actions to end child poverty in our own backyard”.

Meanwhile the World Health Organisation claims that deaths from diabetes will soar by a quarter over the next decade as the number of overweight Britons continues to rise.

The report points out that 76% of men and 69% of women are now overweight.

The report urges governments, the food industry and even city planners to make changes to combat obesity.

The Diabetic sincerely hopes that the powers that be on the Isle of Man, take urgent action on this all important issue. Not only to save our citizens from unnecessary long term complications, but to save the Isle of Man Health Services massive amounts of monies in

future budgets.

You know that it's time to go when the cannibals are picking parsley

Diabetes Nursing Service

We would like to remind you that the Manx Diabetes Centre has a Diabetes Nursing Service telephone advice line.

This service, at the Centre can be contacted on Telephone 650860.

Please understand that for obvious reasons this service is only available on Mondays to Fridays from 8.30 to 9.30 am and from 1.30 to 2.30pm if you want to speak to a Nurse.

Outside these hours please just leave a message.

Also please remember that the above number is not an emergency number, so if your call is urgent please contact your GP.

The wonderful staff at the Manx Diabetes Centre are there to help you, so please ensure that you only use this number when you need advice.

The Budding Journalist

Hi there, three months have elapsed and its me again. Did I say three months, my gosh it's Christmas again. How time flies. Oh well, let us put more thoughts to paper.

Let us start from where we left off.

Let us have a look at Type 1 diabetes.

Under normal circumstances, the sugar in the Blood comes from the food that we eat. This is used by the individual body cells and used in the production of energy. Any excess sugar in the blood is stored either in the liver for later use, or in the fat stores of the body.

Without the pancreas producing insulin to police the sugar, insulin must

come from another source, hence the necessity to have regular injections of insulin in order to control the sugar levels.

The Blood sugar rises after every meal, and without insulin to restrain it there would be no control. That is why diabetics who do not produce insulin must have an injection prior to having a meal, or just after, so that they can bring the sugar level down to normal, by giving themselves an extra insulin boost to convert sugar to energy and thus make it available for use by the body cells.

We are now going to briefly look at the causes of non insulin diabetes, Type 2 diabetes or maturity onset diabetes.

This usually appears in people over the age of 40, But this has been aggravated with the obesity explosion we are now experiencing. How common this condition is and how it relates to obesity is considered a major cause of the present increase in type 2 diabetes.

However now it is appearing more and more in obese children.

In type 2 diabetes the pancreas does not make enough insulin. The insulin is ineffective and the condition is made worse by obesity and inactivity.

In simple terms if you are overweight this means there is more of you and consequently you need more insulin. Therefore your pancreas has to work harder. It stands to reason that if there is less of you, you are going to need less insulin and there is less work for your pancreas to do.

If you are physically fit, this does not mean that you are ready to take part in the Olympic Games, but if you are reasonably active, then that will tend to make your body more receptive to insulin and again your pancreas has less work.

If your pancreas is made to work very

hard for these reasons, for a long period of time, it will naturally get tired and worn out and it eventually will not make enough insulin. So in effect tests have proved that many people with non insulin dependant diabetes are overweight.

Obesity is an increasing health problem and of course the risk of diabetes increases with increasing weight.

In the next issue we shall talk about the causes of Obesity.

So until then have a good Christmas and a happy new year. Remember all the best people are diabetic so don't overdo it during the festivities. Enjoy, and look after yourselves. T.T.F.N.

The Chairman's Report

Once again this has been a year of consolidation and the Group as usual has been to the fore of Diabetes care and diabetic problems on the Isle of Man



The Chairman

We have continued to build on 2004 and all members must be congratulated for their support and endeavour during the past year

Our ladies continue to raise monies for the Group with Car boot sales and fairs.

We would like to take this opportunity to thank all those that have donated to the Group which makes donations in equipment to the Centre possible

Our ladies were very annoyed, but not

much discouraged when they were, after they had set up and paid their rent money, thrown out of the Onchan Community Centre for being a Charity.

During December the Group are about to made donations to the Centre of 4 Digital cameras for the Podiatrist Department for when they are on home visits, and an Audio Doppler for the Antenatal diabetic clinic.

At our AGM in May a presentation was made to Dr Alison Blackman for her formidable work in the development of Diabetes Care on the Isle of Man,

The Diabetic, our Newsletter has continued to lead from the front, and is at the cutting edge of the fight for the welfare of all diabetics on the Isle of Man..

It has grown from strength to strength, with well over 250 copies being printed every quarter, and is now found at all medical outlets that matter.

Naturally the costs of printing and postage has soared.

In an effort to help, members have asked for the Newsletter to be sent them by e-mail in an effort to save some of the high cost of postage and printing.

As from this December quarter Newsletter your Committee are instituting this option.

This is being done with a link to our website at www.diabetes.org.im another first for the Group.

Our website continues to be well received, and we have reports from all over the world that it is being visited and read in particular the Newsletters posted on the site.

We thank Harry at Fagan's lounge for his had work in maintaining our website to such a high standard.

The Group has continued to be invited by the Lions to the Blood Testing days all over the Island.

As reported in our Newsletter we have been able to collate enough information to provide statistics .

In our September quarter Newsletter we were able to give statistical forecasts on the diabetic population of the Isle of Man.

We sincerely hope that the DHSS will have taken on board. these alarming figures.

We have continued to fight on behalf of amputees on the Isle of Man, for the facilities at the Prosthetic and Orthotic Department personnel to attend clinics on the Island once every week instead of once every three weeks.

In May the Group was invited to attend the public meeting of the Chronically Sick and Disabled persons Committee and representations were made to this effect, and for the Committee to take the matter up with the DHSS.

We are grateful to them for pursuing the matter and at the present time this is still on going.

The Friends of the Manx Diabetes Centre will continue to press and will not rest until such time as we have properly resolved this contentious issue.

We expect that the matter will have been favourably resolved by the time of our AGM

As some of you may have been aware the bus service through Westmoreland Road was arbitrarily withdrawn, and those who had to attend the many clinics at the Old Noble's Hospital, were being dropped at the Terrance and had to walk all the way to the Old Hospital.

Strong representations were made in the appropriate quarter with a copy to the Chief Minister.

The Chief Minister intervened and within three days of our letter he had the Bus service reinstated.

We would like to thank the Chief Minister Mr Donald Gelling for his prompt and decisive intervention on behalf of our elderly community.

The Group fought and got the Minister for Health and Social Security to bring over IT personnel from the UK to resolve the problems with the Diamond Register,

We are very pleased to inform you that The Register is now operational and the Group would like to thank Mr Steve Rodan for his prompt action.

The Friends of the Manx Diabetes Centre is not here just to push and argue for better facilities for the Diabetic it is also here to propose and help where possible.

It is not a question of only wanting, but of giving in return.

In this connection the Group during the course of the year proposed a system to obviate waiting lists and also because of the problems being experience with insurance and E111 whilst travelling in EU countries, a proposal was also made to the DHSS for them to run a local insurance facility for the Manx People.

The Minister took our proposal to the Treasury but we were informed that they did not have any mandate for such a proposal.

Nonetheless, hopefully it is still on the table, just in case at a future date the Government at some stage were to put it to the House and thereby create the mandate that they need.

Following the Committee meeting with members of the Social Services of the DHSS, we are pleased to inform our members that they took on board many of our suggestions and they have put some into practice and continued to care for the elderly in our community.

As pointed out at the beginning of the Newsletter the Pole at Regent Street at

long last has been move, and we would like to thank the Minister Mr Phil Braidwood, for his intervention with his new department, and we look forward to similar action to remove all the other ones that impinge ingress and egress by disabled people from their cars.

The Chairman of The Friends of the Manx Diabetes Centre, was invited to participate in a focus Group for the Discharge Project Team at Nobles Hospital. The object was to discuss the problems with the present discharge process of patients, suggestions and improvements and what needs to change.

As you can appreciate we cannot enumerate everything that has been done by your Group during the Course of the Year as I would run out of space. For that you shall have to come to our Annual General Meeting in May next year.

I would however not like to leave you without thanking the Committee for their wonderful and onerous work during 2005.

My special thanks however must go to Mr John Houghton MHK, one of our Trustees, for his invaluable help guidance and intervention in the House during the course of the year for the diabetic patients on the Isle of Man.

Without his help nothing could have been possible.

We cannot close without saying a big thank you to all the Staff at the Manx Diabetes Centre who have worked like Trojans during the course of the year. Sometimes looking after our diabetic community, under very trying circumstances. Let us hope that during 2006 we do not deliberately miss any of our appointments at the Centre.

From January to the end of October they have had 180 new patients referred to the Centre from GP surgeries

To all, many thanks for your help, words of assurance and encouragement during 2005 which makes the efforts of your Group that much easier.

May your God be always with you.

The Last Laugh

A Vicar and a Taxi Driver died on the same day.

Naturally they went up to heaven at the same time.

When they arrived at the Pearly Gates an Angel was waiting for them.

The Angel without hesitation said to the Taxi Driver "you go right in".

But the Angel told the Vicar that he had to wait.

The Vicar was most indignant, he remonstrated with the Angel:

"I have been preaching the virtues of your religion all my life, I am an educated man, the Taxi Driver does not have as many degrees as I have, yet you let him just walk into Heaven, and you stop me, Why am I being treated like this?"

"Well" said the Angel. "When you preached, everyone went to sleep, but when the Taxi Driver drove, everyone prayed".

May all your troubles during the coming year last as long as your New Year Resolutions.

This Newsletter is published by the Friends of the Manx Diabetes Centre. Carryn Laare Chingys Shugyr Vannin (01624) 613702 The Support Group of the Manx Diabetes Centre.

All monies collected from whatever source by the Group will be spent on the Isle of Man for the benefit and well-being of the diabetic patient and their medical carers.