



The Diabetic



The Best and most informative Diabetic Newsletter on the Isle of Man

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LEADING FROM THE FRONT

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The Newsletter of the Friends of the Manx Diabetes Centre

Carryn Laare Chingys Shugyr Vannin

The Support Group of the Manx Diabetes Centre

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

Website:- www.diabetes.org.im e-mail:- editor@diabetes.org.im e-mail:- secretary@diabetes.org.im

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.

**Presentation to Dr Alison Blackman for services to Diabetes Care on the Isle of Man
DEPARTMENT SLASHES PARKING FOR DISABLED FROM 2 HOURS TO
30 MINUTES**

**954 appointments issued in six months by the Manx Diabetes Centre, 68 did not turn up
During the same period 76 NEW diabetics were given appointments, 7 did not turn up**

The Penny Box

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Presentation to Dr Alison Blackman

The Friends of the Manx Diabetes Centre, at their AGM took the opportunity to present Dr Alison Blackman on behalf of their Trustees, the Committee, the Group and all diabetics with an engraved Quaich..



The presentation

The Presentation was made on behalf of us all by our Trustee, Mr John Houghton MHK.

The presentation was in appreciation for all the work that she has done, in

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taking diabetic care from being none existent in the 20th Century to the fantastic facilities we now enjoy in the 21st.

The Quaich was engraved “Alison, for diabetic care, Friends of the Manx Diabetes Centre” and the date. It is interesting to note that the Quaich was engraved with the date 05.05.05.

The Chairman, in introducing Alison to those present, explained how after much pressure she had been appointed on 1st September 1991 by the then Minister for Health and Social Security Mr Bernie May.

The Chairman emphasised that all diabetics on the Isle of Man owe Alison an immense debt of gratitude for her inspiration, guidance and hard work in the establishment of the Manx Diabetes Centre as we know it today.

He said that Alison did not shirk her responsibilities and rising to the occasion set the foundations for the Manx Diabetes Centre that started from nothing, and through tenacity and perseverance in the face of tremendous opposition from the DHSS, brought us all through to enjoy modern day diabetic care.

Mr Ramagge pointed out that it had taken him 10 years of arguments for the appointment of Alison, and another 9 years from the appointment of Alison to the establishment of the Manx Diabetes Centre at the Old Ward Block at Noble’s in the year 2000.

Through all these years Alison, he said, was at the cutting edge of the pressure and debate to make the Centre possible.

Alison, he was adamant, was not only a credit to her profession but she was the unrelenting champion of her Manx People, and words could not do justice to her legacy on behalf of the Manx Diabetics.

The Chairman ran through the figures for the attendances at the Manx

Diabetes Centre with thousand and thousands of patients now being seen by all departments during the course of a year.

He asked the Question “What did all these thousands of people do before the advent of the facilities that we have today at the Manx Diabetes Centre”? Where did they go? They had been left to their own devices when diabetic care was none-existent.

At the time Diabetologists from across the water working with him pointed out that the care being received by the Manx diabetic from the Manx DHSS, was in the dark ages.

But the more important question the Chairman insisted was “What would all these thousands of people that attend the Centre today do if it was not there?”

Let us therefore, he reminded those present, never to forget, that no diabetic care, absolutely nothing, would be in place today without Alison.

Alison was responsible for a Centre that started in a dingy little room in the basement at Old Noble’s fourteen years ago, and blossomed into the Manx Diabetes Centre that is the envy of Diabetes Centres across the water, and which without Alison today’s Centre would never have been possible.

The Chairman was of the firm opinion that when some of us are long gone, or some may have left the Island, people will still be singing the praises of a true Manx Lady who had the vision and the interests of her Manx people at heart.

The Chairman told her that it had been a great privilege, for the past fourteen years to work with her to acquire the Centre at old Nobles in 2000, and then the present Centre at ward 7 at the New Noble’s Hospital on behalf of all diabetics on the Isle of

Man

He personally thanked her for her invaluable advice, guidance, and for keeping him sane when sheer insanity ruled the day all around them.

In inviting Mr Houghton to make the presentation, the Chairman concluded by saying that all diabetics on the Isle of Man owed an enormous debt to this remarkable Manx Lady.

In his presentation address Mr Houghton commended Alison for her work in the field of diabetic care and said that he had followed with interest the progress of the acquisition of the Manx Diabetes Centre and the invaluable work she had contributed to its development.



Mr Houghton MHK

He explained that since he had been elected to the House his interest in diabetes had not waned and that he had taken over the baton from Mr Phil Braidwood and was very pleased to have done so.

From a personal point of view he was aware of Alison's dedication to diabetes care on the Isle of Man, and hoped she would be able to expand her diabetic care in the South of the Island.

He welcomed a very well deserved presentation.



Dr Alison Blackman

Alison in her acceptance reply said that she was suitably embarrassed by all that had been said, as she had not been aware that the presentation was going to be made.

Alison said that the years leading up to the establishment of the Centre were exceptional years. Years that were important in her life, and that she would not have changed one minute of a totally embracing experience and an exhilarating journey.

She thanked the Group for a presentation that she would always treasure.

Alison was given a standing ovation.

New parking restrictions for the disabled.

We do not know if those of you who are disabled know that there have been some changes to parking facilities for the disabled in Douglas, without any notice having been given. They have just appeared.

So keep a sharp look out, because some of the disabled parking spaces are now down to **30 minutes** instead of the previous **2 hours**.

This gives those of you who have wheelchairs or unable to walk fast, very little or no time at all for doing your shopping in Douglas after having

parked your cars.



The New Signs

Also if you think you have 2 hours as has been the case before, but inadvertently are in a 30 minute bay, you may find yourself with a hefty fine, if you return after the 30 minutes are up.

So please look around you, “The Diabetic” has already made representation to our Trustee Mr John Houghton MHK who has take up the matter in the House.

He has also taken up the question of these ridiculous posts that are set on the pavement in line with the middle of the disabled parking space, and not in line with the front of the bay

As you know, these posts don't allow you to open the door of the car, to get out when you park.

These two things are now being looked at by the pertinent department; following Mr Houghton's intervention in the House of Keys so please you also take it up with your own MHK.

What the department concerned should be doing is concentrating on is fining the able bodied people that park in disabled places the £500, and not increase the problems of the really disabled people of our community.

It is essential that disabled people take action and ensure that logic prevails.

The No Show Disgrace.

This Newsletter has been extolling the virtues of keeping appointments at the Manx Diabetes Centre, in fact keeping appointments at all clinics at Noble's Hospital, and this also applies to appointments at your surgery.



The Manx Diabetes Centre

It now transpires that in the six months from September 2004 to February 2005, no fewer than 1030 appointments had been issued by the Manx Diabetes Centre to diabetic patients to attend the clinic, but 75 did not even bother to turn up let alone ring to say they could not make their appointments, they just left the Doctors waiting.

Of these 1030 patients 76 were new diabetics.

Of these 76 new diabetics 7 did not show for their appointment, or even apologise for not turning up: Sheer utter madness.

All the above no shows represent well over **26 clinic hours** of members of staff waiting for someone to appear.

26 clinic hours that could have been given to other patients.

THIS IS TRULY A DISGRACE.

What do these people think our second to none multi-disciplinary team at the Manx Diabetes Centre are there for?

Do these no shows think that diabetes medication is given out for fun?

Do these no shows think it is good manners not to turn up for an appointment without letting the Clinic know they can't make it?

Do these no shows believe that their long term health as a diabetic will be enhanced if they don't bother to turn up for an appointment?

Let me tell them that if they don't keep their appointments and don't look after themselves they can find themselves with death dealing ailments just waiting for them around the corner.

To enlighten them, and name but a few: -

a) **Micro vascular disease:** This is due to damage to the small blood vessels in particular parts of the body.

Do you still want to ignore your diabetes appointment?

b) **Blindness** 18% of patients have retinopathy at the time of being diagnosed.

Diabetes is the commonest cause of blindness in people of ages between 45-64 years.

Do you still want to ignore your diabetes appointment and wait until there is no remedy and you go BLIND?

c) **Heart Disease:** - Ischaemic or Coronary heart disease affects the blood supply of the heart, manifested as angina and myocardial infarction, **heart attacks.**

The Podiatry department at the Manx Diabetes Centre have produced a leaflet on Ischaemic Risk and poor circulation affecting the blood vessels to your feet. Get one, read it, and weep.

Do you still want to ignore your diabetes appointment or would you prefer to DIE from a HEART ATTACK?

d) **Macrovascular:** - Where the large arteries to the heart, brain, legs and feet become narrow or blocked

Come on, do you still really want to ignore your diabetes appointment?

e) **Cerebrovascular Disease:** - Affecting the blood vessels in the brain leading to **strokes**

Keep ignoring your diabetes appointment and you may be rewarded with a nice big STROKE.

f) **Kidney damage:** - In the UK nearly 20% to 25% of the national average of people with diabetes develop kidney failure every year.

Do you still want to ignore your diabetes appointment because you have chosen to DIE from KIDNEY FAILURE?

g) **Peripheral Vascular Disease:** - Affecting the blood supply to the legs, causing intermittent claudication, i.e. pain in the legs when walking and gangrene if severe.

People with diabetes are 25 times more likely to have a leg amputated than non diabetics.

Ask the Podiatry department at the Manx Diabetes Centre for their new four leaflets on the subject. Maybe that will convince you to keep appointments.

Oh I know, don't bother, you would prefer to have your legs AMPUTATED? Just ignore your diabetes appointments and you will get your wish.

So all you bright sparks out there who get appointments to the Manx Diabetic Centre and don't bother to turn up, which of the above would you prefer to be afflicted with and to DIE from?

Do we not understand that the multi-

disciplinary team at the Manx Diabetes Centre is there to minimise all these problems.

That without diabetic treatment you can easily fall prey to any of these complications and much more.

It is essential that you attend the Manx Diabetes Centre when given an appointment so that they can try to ensure that you have a long and healthy life.

A diabetic under proper treatment can live as long as a non diabetic person, and live without any real problems, but only with the proper and regular medication and treatment that the dedicated staff at the Manx Diabetes Centre, or your GP can provide.

If you do not want to attend the Manx Diabetes Centre and prefer to embrace all these problems, and live in your own painful little world, fair enough: That is your prerogative and it is up to you, your choice, but please please, let them know you don't want to go to the Manx Diabetes Centre, or are not going to turn up.. **Please act responsibly.**

The Second AGM

The Second Annual General Meeting of the Friends of the Manx Diabetes Centre was held on Thursday 5th May 2005 at Keyll Daree, the Combined Educational and Training Centre at Noble's Hospital, the Strang.

In welcoming members and friends the Chairman said that this was an eventful milestone in the history of the Group, which was growing from strength to strength and was now recognised as the leading contender in the fight for diabetic care on the Island.

The Friends of the Manx Diabetes Centre were the ones leading from the front in the interest of all diabetics on the Isle of Man. The only ones that

were alive to their care needs, and the needs of their medical carers.



The Chairman Mr Henry J Ramagge

The minutes of last years meeting were approved and were duly signed.

The Chairman then took the meeting through the accounts, itemising them with detailed explanations in revenue and expenditure.

The biggest item of expenditure being £3,000 spent on an HbA1C machine for the Manx Diabetes Centre in accordance with the Group's mandate that no money would be sent off Island, and at the request of the clinical staff at the centre.

The accounts were accepted and approved.

The main thrust of the Chairman's report this year, was the emphasis that the Friends of the Manx Diabetes Centre had now taken a leading role in the diabetic debate on the Isle of Man and in its activities in safeguarding the interests of the Manx Diabetic.

We were now important enough to be considered and invited to address the clinical leaders, the decision makers of our hospitals.

They were, he said, now aware of the Group's existence and of the Groups important function within our community. We were - he was most emphatic - the unquestioned leaders of

diabetic opinion on the Isle of Man.

We are now the powerful leading +contender in the shaping of diabetic opinion and care on the Isle of Man.

The Chairman told those present, that what must be realised was, that the Friends of the Manx Diabetes Centre were not only in existence to collect monies, and to ensure that all monies collected are spent on the Isle of Man, but that the Friends of the Manx Diabetes Centre were also here to safeguard the interests of the Manx Diabetic,.

The Chairman said that they were the Diabetic Group on the Island leading from the front to ensure that there weren't any diminutions of what we had already gained for the Manx diabetic, and to make it abundantly clear to the powers that be, of what the Manx Diabetics are entitled to. Not as concessions but as of right.

The Group, he insisted would take up the cudgels with whom ever it may be and promised that the Group would fight the diabetic corner with anyone, as always, to make sure that the Manx Diabetic is taken proper care of, and that their interest are paramount.

He was most emphatic that our Group was not only here to take, but most important to propose, to give, to safeguard the interests of all diabetics and to ensure that our arguments are heard, and that they are acted upon.

He went through the main activities of the Group during the past twelve months.

Explaining that the Group had presented the Manx Diabetes Centre with its first piece of equipment to the value of £3,000 for a state of the art HbA1C machine which he was please to say had proved invaluable in its use.

He thanked all members who had contributed and made the donation to the Centre possible saying it was their success story.

He praised Dr Khan and his staff for their collaboration during the past year and for their excellent work on behalf of all diabetics on the Island.

He welcomed the appointment of Dr Amutha Krishnan to the compliment of the Centre.

He told the meeting that the Newsletter now had a print run of over 250 units every quarter and that it was being very well received.

The Website was a roaring success and continued to offer substantial information. It was being read all over the world as there was feedback with copious e-mails to the Chairman, Secretary and Editor.

He thanked our Group member Harry, of Feegans Lounge for its upkeep and the provision of its facility.

The Chairman then dwelt on the Obesity Forum that the Group held at the Manx Museum, supported by many representatives of our lay and professional community that proved a great success.

The debate under the chairmanship of Mr Roger Waterson was recorded, edited, and broadcast on Manx Radio, on Sunday Opinion. The Chairman thanked the Members of the Panel, Mr Waterson, and Manx Radio for giving maximum publicity.

This was the first time that such a debate had been held on the Island and showed the Group's commitment to the Manx People.

He brought to the notice of the meeting, that the past year had seen musical chairs at the DHSS, when a change of Minister for Health and Social Security had taken place.

Even though he may not have seen eye to eye over 24 years of arguments with the many Ministers, for the diabetic centre at old Noble's in 2000 and then all over again at new Noble's, he accepted that they both had to recognise and maintain their position.

He therefore thanked Mrs Christian for all her help. Even though it was drawn out and protracted, eventually she agreed to the Diabetic Centre we enjoy today. He praised her for the wonderful facilities the DHSS has provided for diabetics on the Island during her term of office.

In welcoming the New Minister Mr Steve Rodan he said that he hoped and trusted that Mr Rodan shall continue to enhance diabetic care on the Isle of Man, and that the Group shall be keeping a very sharp eye on the matter.

Leading from the front the Friends of the Manx Diabetes Centre left no stone unturned in the pursuit of the wellbeing of our diabetic patients and our medical carers during the past year.

The Chairman thanked our Trustee Mr John Houghton MHK for his wonderful and persistent work with his questions in the House on behalf the Group and all diabetics on the Isle of Man.

There were many issues that were raised with both Ministers for Health and Social Security during the past year.

He brought to the notice of the meeting, the fact that in three months no diabetic doctor had replaced Dr Blackman when she had to go back full time to her surgery.

In November 2004 the Manx Diabetes Centre was already having to make appointment for patients in September 2005. as it was humanly impossible for one doctor to cope with the work of two.

The Chairman took up the matter directly with the Minister, and with the help of Mr Houghton in the House the Minister immediately appointed Dr Amutha Krisnan to the post.

Again in 1999 a diabetes register had been mooted. In 2001 the DHSS at a cost of some £12,000 bought the software for its implementation. By

November 2005 the Centre had as yet not been connected to the Pathlab.

The Friends of the Manx Diabetes Centre once again intervened, and Mr Rodan brought over technicians from across the water to install the elusive connection with the Pathlab, so that the Centre could directly access blood sugar levels and the many other blood results of patients attending the Centre.

He thanked Mr Rodan for his prompt and decisive action.

When the New Hospital opened the Group welcomed, after a long drawn out argument by the Chairman, and friends in the House, the facilities that the Minister Mrs Christian provided for the Manx Diabetes Centre.

However, the Group had to intervene again with the help of friends in the House, as the Prosthesis and Orthotic departments had been given a room the size of a cupboard to operate from.

Mrs Christian re-sited these wonderful people to Westmoreland Road which was specially reopened for this purpose for which the Chairman thanked her.

However the Group is now actively involved in getting these experts to come on a weekly basis instead of at three weekly intervals as it currently is, as this is not conducive to proper care for disabled people. Dr Khan is supporting this request, and intervening on behalf of the Group.

In an endeavour to help the DHSS with the waiting lists and no show problems, the Committee of the Friends of the Manx Diabetes Centre presented the Minister with a comprehensive paper for the solution.

At present our proposals are being studied by the DHSS and we have received a communication from the General Manager of the Medical Directorate to the effect that they have been producing an out-patients

strategy, which encompass many of the ideas we have raised.

During the course of the year two committee meeting were attended by representatives of the DHSS.

In January we received Dr Paul Emerson of the Isle of Man Public Health Department.

The Obesity question was paramount for discussion, which spawned the Isle of Man Obesity Forum..

The Chairman was also approached by The Patient Development Manager of the Health Service Division for the Group's participation in an elderly care project that the DHSS was setting up.

The Meeting in October 2004 was extremely informative and most productive. It lasted over two hours and 24 points were put forward and discussed.

Though the Chairman enumerated the main points at the AGM, we shall not print them here, as they were dealt with at the time in our Newsletter Number 7 of December 2004. You can access this on our website www.diabetes.org.im if you so desire.

The Friends of the Manx Diabetes Centre, are most grateful for the opportunity given to them to put their points forward for discussion on behalf of the Manx People.

On 10th November 2004 the Chairman was invited to give a talk at Keyll Daree to the clinical leaders and the decision makers at Noble's Hospital.

The talk entitled "If you want anything never debate, always argue" and a question and answer session lasted well over an hour.

It dealt with the evolution of Diabetes care on the Isle of Man, from the dark ages culminating with how he acquired the Manx Diabetes Centre with the help of Dr Alison Blackman, and of friends in the House and in

Tynwald.

What methods the Chairman used to convince the DHSS, the House of Keys and Tynwald of the need for a Manx Diabetes Centre for the Manx Diabetic patient over a twenty four year period.

Copious notes were taken by those present on how to go about pursuing aims and how to achieve them.

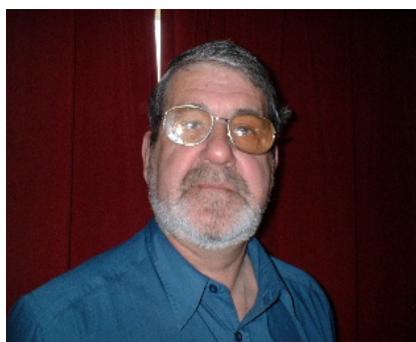
Once again the Friends of the Manx Diabetes Centre were at the forefront of the care debate for the Manx diabetic people

He thanked the Committee for their onerous and diligent work, and all those who in any way helped the Group during the past year.

He asked for the help and support not only of members but of all Diabetics, if the Group was to continue to stamp their input on the diabetic decision makers of our Island,. and he looked forward with confidence to the year before them without fear or compromise on behalf of all diabetics on the Isle of Man.

The Meeting then dealt with the election of Officers for the coming year.

The Chairman Mr Henry Ramage and the Deputy Chairman Mr J Ludford-Brooks were unanimously re elected as was Mrs J Ramage. as Secretary/Membership Secretary.



The Deputy Chairman
Mr J Ludford-Brooks.

The Committee was re-elected on

block and consists of Dr Alison Blackman, Mrs Dorothy Metaxas, Mrs Margaret Bailey, Mrs Brenda Williams and Mrs Marian Ogden.

The post of Treasurer was left in abeyance and the Chairman undertook to take on these duties until such time as a Treasurer could be appointed during the course of the year.

The two motions were unanimously approved with Messrs Horwath Clark Whitehill Audit LLC being re-elected to serve as the Group's accountants for the coming year.

Under any other business the presentation was made to Dr Alison Blackman which has already been highlighted in our opening article.

It was agreed that the next AGM would take place on Thursday 4th May 2006.

Our New Collaborator.

We are very pleased to inform you that as from our September Newsletter we shall have a new contributor.

He is none other than David Blackman the son of Dr Alison Blackman.

David is studying Medicine at the University of Manchester.



Mr David Blackman

David who was born on the Island on 4th March 1985 started University in September last year and will finish his

studies in June 2009. His formative years were spent at Castle Rushen High School on the Isle of Man.

He will be sending us dispatches entitled "Letter from Manchester" which will not be on medical topics but of a general nature.

He is walking in his mother's footsteps, but not in her shadow which still means he has a lot to live up to.

However not to be outdone he has produced as his first coursework a paper on Charcot Neuroarthropathy.

If you think the word is long his thesis runs to 3,933 words and has been very well received by his tutors.

The work which encompasses, Epideminology, Pathophysiology, Diagnosis, and Treatment of the Charcot foot, is professionally presented in a bound see-through folder with detailed diagrams and photographs which leave nothing to the imagination.

As all diabetics know the Charcot Foot is a realistic problem that some of us have to contend with if not treated properly and in time.

It is most common among diabetic patients and can result in deformities of the foot.

There are no precise diagnosis methods and a combination of methods is used, and as you are aware the Podiatry department at the Manx Diabetes Centre is alive to its diagnosis and treatment.

The most successful treatments consist of immobilisation.

However recent pharmacological interventions have been shown to be successful.

As David so aptly puts it "Charcot fracture may need to be treated surgically".

The Chairman having had a "Charcot Foot" for three years that eventually had to be surgically removed, knows and appreciates the

finer points of what David is saying in his fully documented exposition.

His highly detailed work was resourced from 39 papers and books on the subject of the Charcot Foot in addition to various internet sources.

When asked why he wanted to get involved in medicine and with the problems of the diabetic, he emphasised that he didn't want to be bored in his work and wanted to have a scientific background in life: In any event his interest in medicine is abundantly obvious.

If his first course work is anything to go by, then we shall look forward with avid interest to his return to the Island as a fully fledged Doctor.

If any member would like to read David's paper on the Charcot foot the Chairman would be delighted to lend them his copy, please give him a ring.

Street Collection Day

The Friends of the Manx Diabetes Centre will be holding their annual street collection on Saturday 11th June in Douglas from 10 am to lunchtime.

Needless to say we need as many helpers as possible and if you feel you can be of help for a couple of hours you are most welcome to call Jan on telephone Jan on 613702 or Margaret in the evenings on telephone 822936 or just come to the Strand Centre on the Saturday morning.

Please remember that the more helpers we have the more that we can collect, and the more that we can help our medical carers with equipment etc, that in the long term will benefit you.

Also it is very important to note that we do not send any monies off the Island and in accordance with our Mandate all monies collected are used exclusively on the Isle of Man for the benefit of the Manx Diabetic and their medical carers.

So please come along and help if you have a couple of spare hours. Thank you.

Blood Testing Day

Please Note that the proposed date for the Blood Testing Day with the Lions Club at the Tower House, Douglas, as reported in our last edition of The Diabetic, has now been changed due to a clash with the Parish Walk.

As reported in our last newsletter it had been scheduled to take place on 25th June, however to avoid the Parish Walk it has been rescheduled for a week earlier.

It will now take place on **Saturday 18th June from 10 am to 4 pm.**

Please take note of the change of date and change your diary accordingly.

Please get your friends to come and be tested.

At the last blood testing day 10 people were referred to their doctors.

If anyone is diabetic and does not know it, then it is essential that they have treatment as soon as possible.

We look forward to welcoming you there if you are not already diagnosed as Diabetic.

Remember these blood testing days are for benefit of all members of the public, so everyone is welcome.

Obesity Death toll up 33% in five years.

Official figures show that the Obesity death rate in the UK has risen by a third in the last five years to more than 1,100.

They show that obesity is killing more people than the superbug MRSA kills in a year, as Death Certificates have registered 1,104 deaths linked to obesity in 2003 as compared to 955

from MRSA.

However experts are claiming that this figure is higher than the UK health Authority care to admit, and that these figures are a huge underestimate of the true position.

They are pointing out that at least four fifths of Type 2 diabetes is now being caused by obesity, which in turn leads to cardiovascular disease and cancers.

Cancer is strongly related to obesity and cancer kills more people than anything else.

The National Audit Office in the United Kingdom is now claiming that obesity causes at least 30,000 deaths a year.

The Diabetic keeps on reiterating that the Isle of Man is no exception to this world wide epidemic.

We must be vigilant and be watchful of what ours and our children's diet is in order to avoid becoming an obesity statistic.

Car Boot Sales

Jan and Margaret would like to thank the many of you who very kindly brought them items for their Car Boot Sales. for which they are most grateful.

Please keep them coming as they do need whatever you want to give away in a good cause.

Don't forget you can reach Jan in Douglas on 613702, and you can reach Margaret in Castletown on telephone 822936.

New Leaflets for the Podiatry Department.

It was the year 1991 when the then Minister for Health and Social Security, Mr Bernie May agreed with the Chairman to increase the compliment of the Chiropody

department.

In those days the waiting list was eleven months if you wanted to have your feet seen by a hospital chiropodist.

An intolerable situation that created immense problem for those diabetics that needed their feet seen to as they were running the risk of amputations.

This agreement to increase the chiropody compliment by the then Minister of Health and Social Security set the foundations of the Podiatry department that we enjoy today.

Today they look after some 6,400 patients of which over 1,600 are diabetic.

In the year 2005 the Podiatry department is still developing and providing ways of improving their service to all their patients.

The excellent and knowledgeable complement of our podiatry department are always on the lookout to continue to provide a first class service.

In this connection it is interesting to note that they are now issuing leaflets to their patients after they have had their feet done, explaining the necessity of looking after their feet and how to go about it.



Mrs Julie Madrell

So we spoke with Mrs Julie Madrell
Mrs Madrell explained that they now had leaflets aimed at diabetic care set up in different colours depending on your degree of risk and range from “Grade 0” to “Grade 3”

The “Grade 0” is in green, meaning “Low Risk” and is entitled “Keeping your feet healthy”.

It States that Diabetes is a life long disease which can cause foot problems. This, it says usually occurs because of damage to nerves affecting the sensation and blood vessels, i.e. the circulation.

It says that the patients examination has shown that they have no such damage, and that if they keep their diabetes under good control and have an annual foot examination they should continue to be trouble free.

They also inform the patient that as their feet are “normal” they do not need regular podiatry, but should care for them themselves as advised on the back of the form.

Their next leaflet, “Grade 1” entitled “Moderate Risk” is in yellow and is called “preventing problems”.

It claims that the patient has good circulation but that the nerves of their feet have been affected.

The loss of sensation means that they have developed blisters and ulcers without being aware that their feet are being damaged.

The podiatrists point out that keeping good control of their diabetes and having an annual foot examination help to prevent damage.

They would also need to take extra care of their feet because they cannot feel them as they should.

Advice on the two centre pages is very comprehensive and you should adhere to what is being advised.

We now come to their “High Risk” “Grade 2” leaflet in orange under the title “Reducing the Risk”.

In this leaflet the Podiatrists point out that there has been a change in the shape of patients feet and that with the loss of sensation this means that you are much more likely to develop blisters or ulcers than when the patient had normal feeling.

The comments made in the “Grade 1” leaflet also apply, and similar advice as contained in the centre pages of the “Grade 1” leaflet should be adhered to.

The final leaflet, this time in RED, “Grade 3” under the heading “VERY HIGH RISK” explains how to go about “Preventing another Ulcer”.

This is very blunt speaking and tells the patient that diabetes has affected the nerves of their feet.

This means that they cannot feel them properly and that you cannot feel an ulcer forming.

Again the advice is that diabetes must be kept under good control and that they must see their podiatrist regularly.

Once again detailed advice is made available to prevent further ulcers.

The Podiatry Department are giving out these leaflets with every examination that they are now making.

Make sure that when you next visit the Podiatry Department that you are given one of these leaflets so that you are aware of the condition of your feet and you know what the assessment of these excellent carers are.

Then you will be able to take whatever action is necessary to ensure that any problem is minimised.

The Diabetic would like to thank Mrs Madrell for all her help.

Prosthetic & Orthotic Awards.

This years Prosthetic and Orthotic Awards will be held on Thursday 3rd

November.

These awards are organised by the Limbless Association and the Douglas Bader Foundation.

This year's awards dinner will be hosted at the conference of the International Society of Prosthetists and Orthotists.

This is the only event dedicated to the celebration and recognition of the outstanding achievements by users, carers and the industry that supports them.

The awards honour individuals who have been an inspiration, a role model and a symbol of hope to others in their quest to rebuild their lives as well as health care professionals who have made a sustained and significant contribution to the rehabilitation service.

"The Diabetic" now has proposal forms for any person who might want to nominate anyone from the Isle of Man for the User Awards or for the Professional Awards.

Nomination forms are available from the Prosthetic and the Orthotic departments at Westmoreland Road, tel 642243 and please ask for Libby

Also from the Chairman of the Friends of the Manx Diabetes Centre on telephone 01624 613702.

All nominations must be in by 30th July 2005 to the Awards Secretary, C/O Limbless Association, Roehampton Rehabilitation Centre, Roehampton Lane, London. SW15 5PR.

For further information please ring, The Limbless Association on Tel: - 208 788 1777, or the Douglas Bader Foundation on Tel: - 1442 826662.

Is your Granny to blame?

A University of Texas study to the effect that your granny may be to blame for your diabetes, has been

published in the Journal of Physiology.

The study which maintains that the diabetes risk may have been set by your Granny, claims that children may be at increased risk of diabetes if their Grandmothers had a poor diet while pregnant and then breast feeding; their clinical studies are suggesting.

Scientists found insulin resistance which can lead to diabetes, may be promulgated across two generations.

They showed grand of springs of rats denied proper nutrition during pregnancy were at greater risk of obesity and insulin resistance.

What can we say, now you know who to blame, but go out and love your Grandma.

Our Website visited in South Africa.

As you may recollect in a past Newsletter we told you that our website was being read as far afield as New Zealand.

Well, today we can report that it has been visited in South Africa and Nigeria.....but for the wrong reasons.

The Chairman received E-mails addressed as follows chairman@diabetes.org.im asking for the Friends of the Manx Diabetes Centre to provide details of their bank account as one had Thirty Six Million pounds available in South Africa, another from Nigeria had Sixty Five million pounds available, and anyway they would like to send us the first Ten Million as a trial run.

These people say that once the transfer has been effected 65% of the funds transmitted will be for them, they will give us 20%, and that 10% will be for charity with 5% set aside for both our expenses in effecting and receiving the transfer.

Doesn't they appear to be very

generous thinking of us in that way?

Now if you ever receive anything on similar lines, just ignore them as all they want is to get their hands on your Bank details so that they can get into your bank account and spirit away your monies. They really have no money to send you.

So please ignore all these advances, file them where they belong...in the waste paper basket.

One consolation though, at least we know that our website is alive and well and is being read all over the world.

Our Budding Journalist.

Hi it's me again. Three months have elapsed since the last Newsletter and I hope you are all keeping well.

As you may recollect we were talking in the last issue about types of diabetes.

Today we shall be looking at the symptoms and causes of diabetes so that you may be able to recognize the possibility of diabetes in any of your friends.

Anyway here goes.

Diabetes can be caused by a number of things such as: -

a) Damage to the insulin producing cells as a result of viral and other infections.

b) An abnormal reaction of the body against the insulin producing cells.

c) Diseases of the Pancreas.

d) Reaction to drugs.

e) Obesity.

f) Hereditary; naturally if any of your parents has diabetes, then there is the risk of inheriting, but not the condition itself, which will only develop as a result of the influence of some other factor. Thus there are a large number of people who never develop diabetes, even though they have an inherited tendency to do so.

Before the advent of the obesity

epidemic diabetes could occur at any age, but was very rare in infants and became much more commoner in the middle and older age Groups. Amongst younger people the sexes were most equally affected by diabetes, whereas in the older age group diabetes was more common in women. This was the norm, however with the obesity epidemic now afflicting our community more and more children are being diagnosed diabetic and it is also affecting the incidence of diabetes in our older age group.

The main symptoms of diabetes are as follows:-

i) Thirst and a dry mouth.

ii) The passing of large amounts of urine.

iii) Weight loss.

iv) Tiredness.

v) Itching of the genital organs.

vi) The Blurring of vision.

All these symptoms vary considerably in their severity and rate of onset, but they can all be rapidly relieved by treatment. So once again we must stress that it is essential to keep your appointments at the Manx Diabetic Centre to ensure that you maintain a high level of well being, and so that you can lead a healthy life just like everyone else.

In the next issue we shall discuss these six main symptoms in more detail.

Till then look after yourselves and remember the best people are diabetic.
T.T.F.N

The Medical Dictionary.

How many times do we go to your doctors and they tell us what we have and we all say, yes, yes, yes and come out none the wiser for our troubles?

So we have decided to give you access to their very hush hush medical dictionary so that you too can

understand what they are talking to you about, and there is no excuse for you to be in the dark anymore.

In fact we are doing away with the mystique that surrounds their pronouncements. Here goes: -

Artery;.....The study of paintings.

Bacteria:.....Back door to cafeteria.

Barium:.....What doctors do when patients die..

Benign.....What you be after you be eight.

Caesarean Section...A neighbourhood in Rome.

Catscan.....Searching for kitty.

Cauterize...Made eye contact with her.

Colic.....A sheep dog.

Coma.....A punctuation mark.

Dilate.....To live long.

Enema.....Not a friend.

Fester.....Quicker than anyone else.

Fibula.....A small lie.

Impotent..Distinguished, well known.

Labour pains....Getting hurt at work.

Medical Staff.....A doctor's cane.

Morbid.....A higher offer.

Nitrates.....Cheaper than day rates.

Node.....I knew it.

Outpatient..A patient who has fainted.

Pelvis.....Second cousin to Elvis.

Post Operative.....A letter carrier.

Recovery Room.....Plans to do upholstery

Rectum.....Nearly killed him.

Secretion..... Hiding something.

Seizure.....Roman Emperor.

Tablet.....A small table.

Terminal Illness....Getting sick at the airport.

Tumour.....One plus one more.

Urine.....Opposite to you're out.

Now that you have the technical jargon of the Doctors, at your fingertips you have armed yourself (ha ha! armed yourself) with the knowledge, and you will never feel bamboozled with their technical pronunciations.

Go out there and meet them, and the world head on, and on a level playing field.

No doctor is now going to lead you up the garden path in your life ever again. Tally Ho and Good Luck.

Show them what you're made of.

The Southern Agricultural Show.

The Group will be attending the Southern Agricultural Show on Saturday 30th and Sunday 31st July next and we look forward to seeing you there.

Don't forget that if you can help we will welcome you for any part of the day which you can make it.

Remember that the Southern Agricultural Show is over a two day period and therefore some of our members helping need a little respite for lunch etc.

We do not have to mention, that if you have anything that you may not want and feel that it is saleable we would be delighted with your donation.

So please get in touch with either Jan on Tel 613702 or Margaret on 822936.

Thank you very much.

The Penny Box.

We have been working now for some time on our Penny Box so we are enclosing one for you to save your pennies and help us. We do not want you to put in silver or any other denominations. All we want is your surplus pennies.

The idea is that you have the Penny Box near your telephone, in the kitchen or in a convenient place and you put your loose pennies into the little box when you come back from shopping or

whenever you may have any pennies left over and don't want them weighing down your pockets or purse.

When you have filled the Penny Box you send what you have collected to us and you keep the Penny Box and just start with the Penny Box all over again. Before you start, all you have to do is fold it along the creases and it will make into a Penny Box. It will also save you carrying all that weight about, and it is all in a good cause.

Remember that our mandate states that all monies collected will be spent exclusively on the Isle of Man for the benefit of our diabetic patients and our medical carers. **No monies collected, is, or will be sent off Island.** Incidentally the little box will hold about one pound.

Saving in this way over a period of time is not painful and will not break the bank, but many one pounds make a lot of one pounds, that will help the Friends of the Manx Diabetes Centre to buy equipment for our medical carers. In the final analysis it will help you, and anyway it will be a lot of fun.

If you need more boxes for your friends please ring Jan on telephone 613702. Remember put in only coppers. Good luck, happy saving.

Matthew sent us a note saying "here is a copper for your collection box".

Enclosed was the following picture,



At least someone has a sense of humour.

The Last Laugh

There was a feud between a Pastor and his Choir Director.

It seems the first hint of trouble came when the Pastor preached on "dedicating yourselves to service" and the Choir Director chose to sing "I Shall Not Be Moved".

Trying to believe it was a coincidence the Pastor put the incident behind him.

The next Sunday he preached on "giving". Afterwards the choir squirmed as the Director led them in the hymn: "Jesus Paid It All".

By this time the Pastor was losing his temper. Sunday morning attendance swelled as the tension between the two built up.

A large crowd showed up the next week to hear his sermon on "the sins of gossiping". Would you believe, the Choir Director selected "I Love To Tell The Story".

There was now no turning back. The following Sunday the Pastor told the congregation that unless something changes, he was considering resignation.

The entire church gasped when the Choir Director led them in: "Why Not Tonight".

Truthfully no one was surprised when the Pastor resigned a week later, explaining to the congregation that Jesus had led him there, and Jesus was leading him away.

The Choir Director could not resist: "What a Friend We Have in Jesus".

On the back page is a membership form. If you are reading this and are not a Member please return it completed.

If you are a member please give it to a friend.

Remember all monies collected from whatever source is spent on the Island.