

St.Albans and District Diabetes Support Group

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&
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DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

What we are going to cover this evening

- ▶ Our Support Group and Diabetes UK
- ▶ Signs, Symptoms and Types of Diabetes
- ▶ Managing your Condition
- ▶ Education & Training
- ▶ Nutrition & Foods
- ▶ People, Facts and Figures
- ▶ Q & A

Our Support Group

- ▶ The group has been running since the early 1990's
- ▶ We meet at 7.30pm on the first Tuesday of the Month
(except January and August)
- ▶ At the Post Graduate Centre, St. Albans City Hospital
- ▶ Each meeting we share information and have a guest speaker covering various topics
 - ▶ Diabtetes Consultant, Eye Care, Dental Care, Nutrition, Diabetes UK, Herts Ambulance Service and many others
- ▶ We have been supported for many years by Dr Colin Johnston, Senior Consultant for Diabetes for our local Health Trust
- ▶ We are affiliated to Diabetes UK and are part of their Eastern Region.



Diabetes UK

- Know Diabetes. Fight Diabetes

- ▶ Diabetes UK is the major Diabetes charitable organisation in the UK
- ▶ They provide advice and support to anyone with Diabetes, as well as supporting their families and carers
- ▶ There are support groups all across the UK
 - ▶ Watford, Welwyn Garden City, Hitchin, Stevenage, Luton and many more
- ▶ They provide very useful information for newly diagnosed people with the condition
- ▶ Diabetes UK carry out a range of different types of diabetes research, to help people living with the condition

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

What are the common signs and symptoms of Diabetes?

- ▶ Being really thirsty.
- ▶ Going to the toilet a lot, especially at night.
- ▶ Feeling more tired than usual.
- ▶ Cuts and wounds take longer to heal.
- ▶ Losing weight without trying to.
- ▶ Blurred vision.
- ▶ Genital itching or thrush.



Types of Diabetes

- ▶ **Type 1** diabetes is a serious, lifelong condition where your blood glucose level is too high because your body can't make a hormone called insulin.
- ▶ **Type 2** diabetes is a serious condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin.
- ▶ There are others, but 98% of people are either Type 1 or Type 2

Cure or Prevention

- ▶ **Can Type 1 or Type 2 be cured or prevented?**
- ▶ Unfortunately, there's currently no permanent cure for either Type 1 or Type 2 diabetes.
- ▶ There's evidence that some people with Type 2 can put their diabetes into **Remission** by managing their **life style** and **losing weight**.
- ▶ Following a very low-calorie diet under medical supervision, or having surgery are some ways you can put your Type 2 diabetes into Remission.

Remission - Type 2 Diabetes

- ▶ **Diet and lifestyle changes for diabetes remission**
- ▶ So far, the strongest evidence suggests that a low-calorie diet could help people lose weight and go into remission. This comes from testing a [low calorie](#) management programme but that doesn't mean it's the only option.
- ▶ We also know that some people in remission got there by losing weight through the [Mediterranean diet](#) or a [low-carb diet](#). Everyone's different and what works for some may not for others.
- ▶ Diets aren't the only way people with Type 2 diabetes have gone into remission - some have had bariatric (or weight loss) surgery. About 30 to 60% of people who have bariatric surgery go into remission.

Monitoring your Condition



<https://estateplanning.coop.co.uk/community-group-talks/>

- ▶ HbA1c (*Haemoglobin A1c*) testing, 3, 6 or 12 monthly.
- ▶ HbA1c testing measures average blood sugar levels for the previous 2 to 3 months.
- ▶ Carried out at hospital or a GP practice nurse facility.



Managing Your Condition

- ▶ Insulin, Slow and Fast acting (*various brands and manufacturers*)
- ▶ Slow acting (background Insulin) - 1 or 2 injections a day
- ▶ Fast acting, injections before meals, normally works within 15 mins and lasts 4 or 5 hours
- ▶ Injections typically for Type 1 but can be use for Type 2
- ▶ Type 2 normally managed by life style (diet and exercise) and medication (e.g.: Metformin tablets)
- ▶ Keep Blood Pressure and Cholesterol under control

Education and Training, DAFNE and DESMOND

- ▶ **DAFNE** - Dose Adjustment For Normal Eating
 - ▶ Leading structured patient education programme for adults with **Type 1** diabetes in the UK.
 - ▶ It provides advice, guidance and skills to self-manage their condition and to estimate the carbohydrate in each meal and to inject the right dose of insulin through a skills based education programme.
- ▶ **DESMOND** - Diabetes Education and Self Management for Ongoing and Newly Diagnosed
 - ▶ Helps to deliver high quality patient education to people with **Type 2** diabetes, or those who are at risk of diabetes.

Lows and Highs

- ▶ **Hypoglycaemia** - Hypo
- ▶ Low blood sugars
- ▶ Unable to function correctly
- ▶ Can lead to unconsciousness and a coma if not treated

- ▶ **Hyperglycaemia** - Hyper
- ▶ High blood sugars
- ▶ Longer term complications

Pre-diabetes - More than half of all cases of Type 2 diabetes could be prevented or delayed

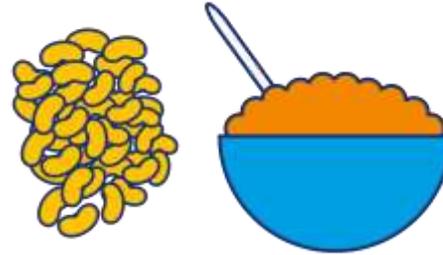
- ▶ Reduce your risk of developing Type 2 diabetes by:
- ▶ **Eating Well** - eat regular meals, choose slowly absorbed (low GI) carbs, cut down on the amount of fat you eat, particularly saturated fats, eat more fruit and veg, include more beans & lentils, eat at least two portions of oily fish per week, limit sugar and sugary foods, reduce salt intake, drink alcohol in moderation.
- ▶ **Moving More** - physical activity and exercise classes can help to improve your blood glucose levels, improve fitness, lower blood pressure and prevent excess weight gain.
- ▶ **Losing Weight, if you're overweight** - calculate your body mass index (BMI), and measure your waist. If your BMI is 25 or above consider what weight loss measures will work for you or ask for help from your GP, online (Diabetes UK website), or local slimming groups.

Diabetes UK nutrition guidelines for the prevention and management of Diabetes

- ▶ The guidelines recommend:
- ▶ An individualised approach to diet taking into consideration the person's personal and cultural preferences
- ▶ People to eat more of certain foods such as vegetables, fruits, wholegrains, fish, nuts and pulses
- ▶ People to eat less red and processed meat, refined carbohydrates and sugar sweetened beverages.
- ▶ One size does not fit all
- ▶ Based on YOUR food preferences

10 tips for healthy eating with Diabetes

- ▶ 1. Choose healthier carbohydrates



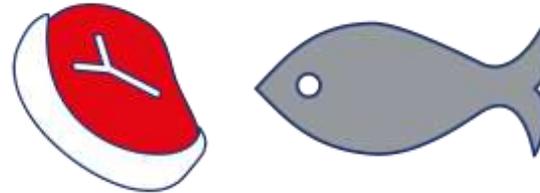
- ▶ 2. Eat less salt



Each 254g pack contains:

Energy	Fat	Saturated	Fibre	Salt
2264kJ 542kcal	20g	6.4g	7.5g	2.4g
27%	28%	32%	8%	42%

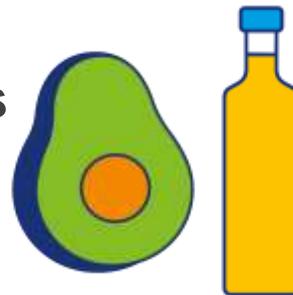
- ▶ 3. Eat less red and processed meat



- ▶ 4. Eat more fruit and veg



- ▶ 5. Choose healthier fats

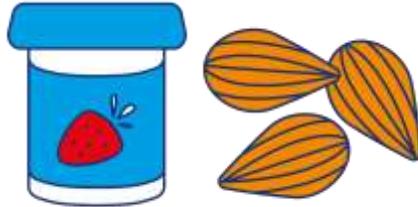


10 tips for healthy eating with Diabetes

- ▶ 6. Reduce your amount of sugar



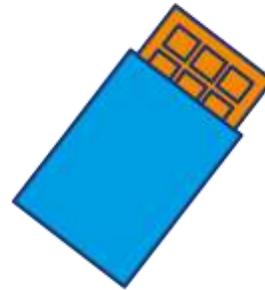
- ▶ 7. Be smart with snacks



- ▶ 8. Drink sensibly



- ▶ 9. Don't bother with so call Diabetic foods



- ▶ 10. Get your minerals and vitamins from foods



Foods to eat more of & Foods to eat less of

- Fruits
- Vegetables
- Wholegrains
- Pulses
- Unsalted nuts and seeds
- Fish - oily fish
- Unsweetened milk
- Unsweetened yoghurt
- Olive oil, rapeseed oil, avocado

- Red meat
- Processed meat
- Refined carbs
- Sugary drinks
- Very processed foods / ready meals
- Biscuits, cakes, chocolate, pastries
- Crisps, chips

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated fat 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



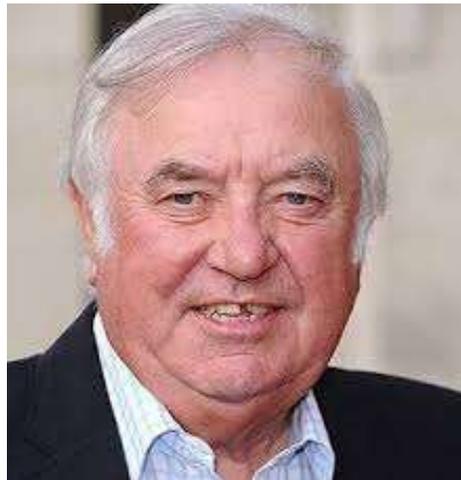
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

People with Diabetes



Facts & Figures

- ▶ 3.8 million people diagnosed with the condition in the UK, 500,000 probably have Type 2 but are un-diagnosed.
- ▶ Type 1, 8%
- ▶ Type 2, 90%
- ▶ Other Types, 2%
- ▶ By 2025 it is forecast that 5 million people in the UK will have Diabetes

Facts & Figures

- ▶ One in six people in a hospital bed has diabetes.
- ▶ In some hospitals over a quarter of beds are used by people with diabetes.
- ▶ In 2017/18 there were 53.4 million items prescribed for people with diabetes.
- ▶ Almost 80% of the money the NHS spends on diabetes is on treating complications.
- ▶ The NHS spends at least £14 billion a year on diabetes and it's complications. That's approx. 10% of its entire budget.
- ▶ People with diabetes are more at risk of heart attack, heart failure and stroke because of damage to the heart and blood vessels caused by high blood sugar levels over a long period of time.
- ▶ Everyone with diabetes should get their cholesterol, blood pressure and blood sugar levels checked each year.

A couple of useful websites

Our Website

<https://st-albans.diabetesukgroup.org/>



Diabetes UK

<https://www.diabetes.org.uk/>



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Questions??

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**Thank you for
inviting us.**