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# The Diabetic

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The Newsletter of the **Friends of the Manx Diabetes Centre**  
**Carrjyn Laare Chingys-Shugyr Vannin**

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

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

## **\*Dr Blackman Resigns from the Manx Diabetes Centre\***

**The Friends of the Manx Diabetes Centre present their first major  
piece of equipment to the Manx Diabetes Centre at Noble's**

## **ANOTHER DISASTER FOR THE DHSS AT THE BLOOD TESTING DAY IN DOUGLAS**

10 people found to have high blood glucose

**ONE** was sent to the A&E at Noble's for immediate and urgent treatment

**TWO** were sent to the Emergency GP Service

38% tested overweight or obese and 38.3% tested with high blood pressure

**Dr Khan awarded Fellowship of the Royal College of Physicians**

**New laws for the disabled come into force in the UK on October 1<sup>st</sup>.**

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### Dr Blackman resigns from the Manx Diabetes Centre at Noble's

A bad day for all diabetics on the Isle of Man was the resignation of Dr Alison Blackman from her post as Hospital Practitioner in Diabetes at the Manx Diabetes Centre.



Dr Alison Blackman  
Founder of the Manx Diabetes Centre

All diabetics on the Isle of Man owe Dr Blackman an immense debt of gratitude for her inspiration, guidance and hard work in the establishment of the Centre.

Without her the Manx Diabetes Centre as we know it today, would not have been possible.

When there was nothing she sowed and nurtured the seeds for the future of diabetes care on the Isle of Man.

When the DHSS didn't want to know about the Manx diabetic, Dr Blackman was the tower of strength that all diabetics turned to in their hour of need.

Alison was the one that stood up to be counted, and rising to the occasion set the foundations for the Manx Diabetes Centre.

She started from nothing in a dingy room in the basement at old Noble's.

From humble beginnings, a room with no windows, shared by the breast prosthesis cupboard, and with the scales in the corridor, she had to do everything herself from testing urine, weighing and measuring the patients prior to their consultation.

Dr Blackman developed a working relation with the pathlab to arrange the pre clinic blood system, the microalbuminuria testing on the Island.

At a later stage two nurses were attached to the little clinic, Pat Larkham and Jan Trueland, and then Dr Blackman pushed for the need for development, and through hard work and perseverance in the face of DHSS opposition, the Centre is now the envy of Diabetes Centre's across the water.

It was the then Minister for Health and Social Security, Mr Bernie May, that appointed her to her post in September 1991 at Noble's to keep the now Chairman of the Friends of the Manx Diabetes Centre quiet, or so he thought, a big mistake.

As the saying goes from little acorns

big trees grow.

Dr Blackman did not rest on her laurels, she set about her task with unrelenting vigour and enthusiasm, and led by example.

After much cajoling and extreme pressure not only from Alison but from Member friends in the House of Keys and Tynwald, the DHSS had to succumb and abide by a resolution for the establishment of a proper Diabetic Centre with a multi-disciplinary team, with diabetologist, diabetic nurses, doctor, nurses, dietician, podiatrists, secretaries etc.

It took ten years for her appointment and a further **TEN** years to achieve the Manx Diabetes Centre, with Dr Blackman never giving up, she was at the cutting edge of the pressure and debate to make this possible.

Through all those years Dr Blackman, was not only a credit to her profession, she was the unrelenting champion of the Manx people, in the history of the development of diabetes care on the Isle of Man, and words cannot do justice to her achievement on behalf of us all.

Her tenacity and vision will go down in the annals of diabetic care on the Isle of Man, as the light of hope that shone through, when diabetic care on the Island was none existent.

As Dr Gill, the Consultant Physician and Lecturer in Diabetes and Endocrinology at the Royal Liverpool University Hospital, an eminent diabetologist from across the water put it, the DHSS at the time was keeping the Manx diabetic patient "in the dark ages of diabetic care"

It was Alison Blackman who brought us all through, and took us by the hand into the 21<sup>st</sup> Century.

Dr Blackman has always been running a weekly diabetes clinic at her Ballasalla surgery for her GP based diabetic patients.

She is adamant that she will continue to do so in the future, thereby maintaining her interest in diabetes, as who knows what the future might hold or what may happen, she might still be back.

A full profile of Dr Alison Blackman can be seen on our website, on our profile page, at [www.diabetes.org.im](http://www.diabetes.org.im)

Mr and Mrs Ramagge gave Dr Blackman a dinner at the Tapas bar at Port Jack, on Friday 20<sup>th</sup> August, the night of the resignation, which was attended by some members of the Manx Diabetes Centre.

Dr Geoff Gill though invited by Mr Ramagge, was away in Malta but before he left he sent his friend Dr Blackman a taped message, in recognition of her tremendous achievement in the development of the Manx Diabetes Centre, and in the face of extreme odds, bringing diabetic care to her Manx people. The tape was played at the dinner.

Dr Blackman was presented by Mr and Mrs Ramagge with a pair of Goblets, showing a Knox knot design with the words

Alison  
Champion of the Manx Diabetic  
from  
Jan and Henry 20.08.04

Needless to say, though a sad night, a tremendous time was had by all.

## **The Birthday that raised £1,700 in lieu of presents**

The Chairman celebrated his 70th birthday on 10<sup>th</sup> July last.

Since this photo has been plastered in the press in Gibraltar, held up by Eddie's Taxi drivers on the Chairman's last arrival at John Lennon Airport at Liverpool, and treated as the butt of (excuse the pun) jokes everywhere, the

editor thought you might as well have a look at it yourselves so that you don't feel left out



This is the cover of the invitation that Jan sent out to friends over the heading "Who is this cute kid that will be an (xxx xxxx) on the 10<sup>th</sup> July 2004?"

You must admit the Chairman was a bonny baby.

In his invitation, he had respectfully asked for his friends to send cheques made payable to the Friends of the Manx Diabetes Centre in lieu of presents for himself.

The Party was held at the Hilton and raised £1,625 pounds, with monies being received from those friends who attended and those other friends who couldn't make it. The Chairman and Jan rounded it up to £1,700.

After consultation with the Manx Diabetes Centre, Dr Khan has requested an HbA1C machine from Bayer for the Centre.

The Machine, valued at £3,500 has been agreed to with Bayer, at a price of £3,000.

The Friends of the Manx Diabetes Centre will be making up the shortfall from their own central funds.

What is an HbA1C machine you might ask?

It is a machine that makes an immediate difference in diabetes management. It is distributed by Bayer Diagnostics and is designated as their DCA 2000+ Analyser.

This machine will give in clinic

analytical results, so there is no waiting as the results will be available in 6 minutes.



The DCA2000+ Analyser

If you haven't been to the blood clinic then the machine can do it whilst you wait for your appointment at the Manx Diabetes Centre itself, thereby obviating the necessity of the patient having to make two visits to the hospital..

You do not have to give blood from a vein, like you do at the Blood Clinic, it works on your blood testing principle, and blood is taken from a finger prick and then a capillary action.

It provides outstanding accuracy and precision, is entirely self contained and offers an invaluable indication of diabetic control over the preceding three months period, monitors long-term well being and diabetic control, and helps make diabetic management in minutes.

As you know, a tighter glycaemic control leads to a reduction in eye, nerve, cardiovascular and kidney disease.

It is simple to use, and self contained.

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

and that no monies collected will be sent off Island. The first, but not the last.

The Chairman, though having personally thanked all donors in writing for his birthday fund, would through "The Diabetic" like to thank all his friends, once again, for their wonderful and generous gesture that has made the donation of this valuable piece of equipment to the Manx Diabetes Centre a success.

The Chairman would also thank all our members and other friends of the Group that have contributed to our General Fund.

The Party was attended by leading dignitaries and friends, both from the Island, across the water, and Gibraltar.

The Chairman is very grateful to his very good friend the Minister for Health and Social Security of Gibraltar, who made the journey to be with him on this auspicious day.

The Chairman gave a present of a little three minute egg timer to all the ladies attending the festivities. He explained that the egg timers had been made from the ashes of his amputated left leg, so that they would be reminded of him forever.

He asked them to keep it safe just in case he needed to be cloned at a later date.

The toast was proposed by the Chairman's son Matthew, who received a tremendous ovation.

It was a most memorable evening, enjoyed by all, commemorating his own personal world record of 25,568 consecutive days that he had managed to stay alive.

## **Another disaster at the blood testing day in Douglas.**

Once again it was the turn of

Douglas to be the venue for the Lion's Blood Testing day, which took place on Saturday 19<sup>th</sup> June and was held at the Methodist church on the prom.

The facilities provided were excellent and a credit to the management of the Methodist Church.

The Lions club's organisation of the event was to the standard of what we have all now come to expect, and their ability to make these experiences a reality, with their endeavour and planning, is what make these events what the Manx public have come to know, expect and appreciate.

The Multi-disciplinary team of the Manx Diabetes Centre was out in force, led by the Senior Diabetes Specialist Nurse Mrs Ann Birtles.

They not only excelled by their expertise, patience and knowledge in all departments, but, are now the primary force that make these blood testing days such a complete success.

Their compliment comprised the members of the podiatry department, the dietetic department and all members of the Diabetes Centre and other recruited helpers

The multi-disciplinary team of the Manx Diabetes Centre were manning ten stations



Finger pricking in action

The Editor was talking with Mr George Waft MLC and they were in agreement that preventative care was the essential necessity for all patients

on the Isle of Man

The Chairman pointed out that last year the Diabetes Centre held 2,800 patients appointments, there were 880 retinal photos taken, 1623 diabetics are on the books of the Podiatry department and over 1,000 clinic appointments were held by the dieticians

They both could only come to the same logical conclusion, in that all these people, before the advent of the Diabetic Centre, were mainly left to their own devices until complications caught up with them, and then it was all hands to the pumps in trying to resolve the impossible and the uncontrollable situation.

The activity that was taking place in the hall on the second floor of the Methodist Church could not have been possible, to the scale of the event without the personnel of the Multi-disciplinary Team of the Manx Diabetes Centre.

But we digress.

The system on this day was somewhat different to that of previous blood testing days in that everyone that attended was put through all the tests, and there was no options available as in the past as to what test to take.

The Manx public, as usual rose to the occasion with a steady stream of people coming to be tested.

The event which was held from 10 am to 4 pm recorded 300 members of the public who had come to be tested.

As this year everyone had been tested by all the disciplines available, it turned out to be a disaster for the DHSS from the diabetic point of view.

Out of the **300** people tested, **10** were found to have high blood glucose.

**That is 1 in every 30.**

**One** of these **10** people had to be sent direct to the **accident and**

**emergency unit at Noble's Hospital for immediate treatment.**

**Two** were sent to the **emergency G.P. Service**, that operates at the weekends.

The other **seven** were sent with a note to their **G.P's**, for further assessment and if necessary for eventual referral to the Manx Diabetes Centre.

**Never in all the years that blood testing days have taken place has such a high number of those tested been found to have high blood glucose.**

The trend now is that one new diabetic is being referred to the Manx Diabetes Centre on a weekly basis, and the above is now coming into line with this trend.

We now come to high blood pressure.

Out of the 300 people tested **115** people were found to have **high blood pressure** and were referred, with a note of their condition to their **G.P's**. That is **38.3%** of those that attended.

What about overweight or obese, you might well ask?

Remember that if your BMI number is under **25** you are OK over that you are either overweight or obese. In previous newsletters we have given you how to arrive at your BMI number. You can access these on our website at [www.diabetes.org.im](http://www.diabetes.org.im) and look up the previous newsletters.

Well: -

from **25- 30** there were **66**  
from **30-35** there were **38**  
from **35-40** there were **9**  
over **40 +** there was **1**

making a total of **114** people, representing **38%** of those tested in Douglas that day.

Looking at it dispassionately, it was a disaster for the DHSS as regards the health of the Isle of Man.

How much is all this going to eventually cost our health services if they do not do something drastic now and the trend just continues unchecked.

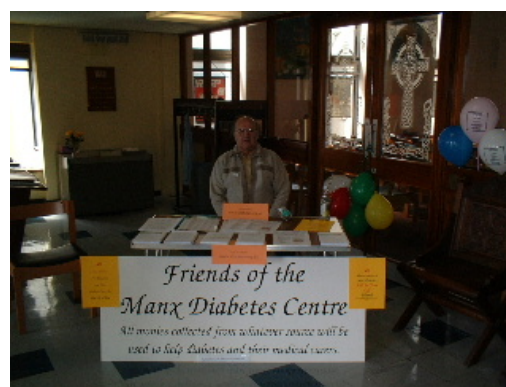
Preventative care should be the order of the day.

But as Mrs Ann Birtles so succinctly put it for the Newsletter. "A good day, because we have identified people who unknowingly were at risk, and who have been referred to the pertinent health departments, which otherwise would not have been the case".

"We have found" Mrs Birtles pointed out, "10 new people with diabetes which otherwise if left untreatable would have developed complications in later life"

This just shows how important these testing days have become.

The Lions club being perfectionists, said through their spokesman Mr John Gaggs "The Lions club are disappointed with the numbers that turned up, but very pleased with the number of people who were found to have possible diabetes, none of whom had any idea that anything was wrong"



The Friends of the Manx Diabetes Centre

The Friends of the Manx Diabetes Centre as usual, were represented at

the event and the Chairman spoke with everyone who came to be tested and gave out 276 packs explaining the functions of the Friends of the Manx Diabetes Centre and its primary mandate. that all monies collected by the Group will be used exclusively on the Isle of Man for the benefit of diabetics and their medical carers.

Unfortunately the organising of these Blood Testing days on a regular basis has become a necessity, and has grown out of all proportion to the early endeavours.

No doubt this is because of the existence of the Manx Diabetes Centre with its multi-disciplinary team which is now the envy of those across the water and second to none.



General view of the proceedings

We must ensure that we all keep up the good work for the benefit of the Manx diabetic patient, and if we can help just one person into diabetic care we will have achieved our objectives.

The message to the DHSS, is that without screening and testing, their financial expenditure on diabetes and its complications can only increase without preventative care.

This is the fundamental criteria not only for diabetes complications, but for all complications in all disciplines across the board. Preventative care must be in place.

We have pounded this message to the DHSS ad nauseam for the past

twenty years, yet no one at the DHSS seems to have ever put a battery in their earpiece.

The next blood testing day will take place in October at Castletown at a venue and date to be announced

## Dr Khan awarded Fellowship of the Royal College of Physicians.

It was a very memorable day, not only for Dr Khan but also for our own Manx Diabetes Centre when he was awarded the accolade and elevated to Fellow of the Royal College of Physicians in the UK



Dr Emran Khan

If you had visited our profile page in the past you would have seen the detailed career of Dr Khan, and you would then have been able to appreciate how well deserved and merited this new distinction will crown his other achievements

We should all be proud that Dr Khan has been recognised with such a prestigious appointment, as this not only enhances the standing of our Manx Diabetes Centre. but puts diabetes in the Isle of Man at the forefront of diabetes medicine, not only on our beautiful Island, but makes our Diabetes Centre the envy of those across the water and indeed world

wide.

The Friends of the Manx Diabetes Centre, and "The Diabetic" would like to congratulate Dr Khan on his elevation to Fellow of the Royal College of Physicians, and we are delighted for him and his family for a well deserved and prestigious award, in the secure knowledge that this will not be the last honour that will be bestowed on him in his future career.

We know that in his endeavours in the field of medicine he will acquire many and other distinguished awards.

Well done

## **Congratulation to the New Minister for Health and Social Security.**

The Friends of the Manx Diabetes Centre sent a letter of congratulations to the New Minister, Mr Steve Roden on his appointment as Minister for Health and Social Security.

The Friends of the Manx Diabetes Centre pledge their support in all his endeavours provided they are taken in the interest of all patients, and whatever decisions are taken will enhance the health and welfare of all the Manx people.

We are sure that the new Minister, responsible to the electorate, will continue and enhance the work of his predecessor, and ensure that the new hospital facilities will truly be an exercise in excellence for all departments.

Our humble suggestion to the new Minister is to maintain and enhance the patient's requirements as paramount.

It is the hope of the Friends of the Manx Diabetes Centre that the new Minister will have a productive and successful term of office and that the health of the Manx people will be his foremost consideration in all his

dealing and decisions.

We know that in his previous appointments he has proved that he is Chief Minister material, and we have the utmost confidence that he will discharge his new appointment with the diligence, efficiency and impartiality that has been his trademark in all his other appointments.

As usual The Friends of the Manx Diabetes centre will be keeping a watching brief on behalf of all diabetics on the Isle of Man.

## **A Wedding to Remember**

One of our beautiful dietitians got married on Friday 6<sup>th</sup> August at the picturesque Christ Church Laxey.



Ruth and Will Ward

Ruth Hartley, the baby of the dietetic department at the Manx Diabetes Centre married Will Ward, a teacher at Ramsey Grammar School.

The marriage ceremony was conducted by the Rev John Guilford who is a well known local business man in his spare time, and a Trustee of the Friends of the Manx Diabetes Centre.

As usual, with all Rev Guilford's ceremonies it was moving and most uplifting, and with the reverence that

benefits the occasion.

The reception was held at the Mount Murray Hotel and the following day there was an evening for special friends at their house prior to going on honeymoon to Fiji and Australia.

Ruth's off the shoulder dress was stunning and she carried a bouquet of pink roses and cream fuchsias.

The Friends of the Manx Diabetes Centre wish them both all the best in their future life together.

Picture provided by Petunia to whom we are most grateful.

## **The obesity debate: thanks to Manx Radio and Mr Roger Watterson**

The Chairman of the Friends of the Manx Diabetes Centre would like to thank Manx Radio and in particular Mr Roger Watterson for the presentation of the obesity debate on Sunday 4th July on their programme Sunday Opinion.

The hour long edition of the debate on obesity held at the Manx Museum on 20<sup>th</sup> May last, was extremely well done and a credit to Mr Watterson who had to struggle with the initial recording, but produced an exacting and very informative review of the nights proceedings.

Many of you rang the Chairman asking to congratulate Mr Watterson for his wonderful and interesting presentation.

Without Mr Watterson and Manx Radio the debate would not have been possible, and we are all indebted to them for bringing to the notice of the public, this tremendous problem that is afflicting our Island.

This was the first time that such a debate had been held on the Isle of Man and we would like to take this opportunity to once again thank all

those that attended and participated with their informative contributions.

## **Count down to disability day in the UK.**

Major changes to the Law that will affect ALL businesses come into force in the United Kingdom on 1<sup>st</sup> October next.

From that date anyone that provides a service to the public, from the post office, to big business, the swimming pool, cinemas, or the local Doctor's surgery, will have to remove any physical barriers to ensure disabled persons receive a fair service and access to their premises.

Whenever a person or company is providing a service to the public, then this is likely to be covered by the new law.

In addition, if a staircase or some large steps, are making it difficult for disabled people to use a service then the business should be thinking of a reasonable alternative method for providing the service.

For example if someone's office is on the second floor and there is no lift, then the company should consider providing a home visit for a disabled client who couldn't get to their office.

The Disability Discrimination Act became law in 1995 when it was made unlawful to treat disabled people less favourably for a reason related to their disability.

In 1999, new duties were introduced which involve, for example, making "reasonable adjustments" for disabled people, such as providing extra help or making changes to the way services are delivered.

The New law coming into force on 1<sup>st</sup> October in the UK tightens the requirements to enable disabled people to be provided as of right access to

their lawful business.

A draft bill is also being considered to give people even greater muscle. In it, thousands of people with multiple sclerosis, HIV, and most forms of cancer, will be covered under the Government's new draft disability Bill.

At present, protection is granted only once the symptoms of the degenerative conditions become clearly visible.

The department of work and pensions estimates that an extra 73,000 people in the UK will be covered by extending it to the time of diagnosis.

At the recent emPOWER Westminster conference attended by Minister of State at the Department of Health, John Hutton MP, vital new Standards and Guidelines for Amputee's and Prosthetic Rehabilitation Medicine were launched.

The Standards report, running to 81 pages can be acquired from Sandy Weatherhead, British Society of Rehabilitation Medicine, c/o Royal College of Physicians, 11 St Andrew's Place, London NW1 4LE.

Alternately you can ring 01992 638865 or e-mail; [admin@bsrm.co.uk](mailto:admin@bsrm.co.uk)

The price of the publication is £12 and that includes postage and packing.

## **My spell in chequer tolled me sew**

I have a spell in chequer  
It came with my pea sea  
It plainly marques for my revue  
Miss steaks I kin knot sea  
As soon as a mist ache is maid  
It nose bee four two long  
And eye can put the error rite  
It's rare lea ever wrong  
Eye strike a quay and types a word  
And weight four it to say  
Weather I am wrong or write

It shows me strait a weigh  
I have run this poem threw it  
I am shore your pleased to no  
It' letter perfect awl the weigh  
My spell in chequer tolled me sew.

Many thanks to Harry for the contribution.

## **Soemthnig ncie**

Petunia this time presents an interesting theory, read it and see what you think: -

Aoccdrnig to a rscheearcher at an Elingsh uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer is at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae we do not raed ervey lteter by istlef but the wrod as a wlohe.

Are tehy rghit or are tehy wonrg? Let us konw.

## **DIABETES ALERT**

Matthias Schults for the Harvard School of Public Health has told the American Diabetes Association that the large amount of rapidly absorbable sugars in soft drinks greatly increased the risk of obesity and diabetes.

It is not that sugar everywhere is important, he said, but it seems that sugar specifically in liquid form may be relevant. So sodas and other energy-providing drinks may lead to an over consumption of energy that would lead to obesity and weight gain.

It is already known that obesity and an unhealthy diet raised vulnerability to Type 2 diabetes, in which the body stops making enough insulin to regulate blood sugar levels. But the

latest study focuses on just one type of drink.

Type 2 diabetes usually develops in middle age. It has been diagnosed in a million British patients, and it is thought to be undetected in up to another million.

In May last, a report said that there may be 1,400 children in the UK with undiagnosed Type 2 diabetes.

Two years ago it was unknown in British children.

## An A.B.C. of Dietetics



Mrs Dorothy Metaxas gives you an A to Z insight into the many and varied aspects of a Dieticians work.

\* **A Anorexia.** Bulimia and Binge eating, are eating disorders which may be treated by a specialised regimented eating plan.

\* **B Bones.** Prevent thinning of the bones (osteoporosis) with a high intake of calcium, mainly found in dairy products (low fat of course).

\* **C Coeliac Disease.** Caused by an intolerance to gluten- the stretchy part of flour, it affects the absorption of food. The only treatment is diet.

\* **D Diabetes.** Diet is an essential part of the treatment of diabetes, every diabetic should see a dietician. Many of you see us many times.

\* **E Elderly.** Good eating habits

right into old age mean we can keep fitter longer.

\* **F Fibre.** No need for laxatives! Increase fibre by eating wholemeal bread high fibre cereals and fruit and veg. Constipation can be a thing of the past!

\* **G Gastrointestinal tract.** GUT almost every condition of the gut from mouth to anus can be treated by therapeutic diet.

\* **H Haemoglobin.** A low haemoglobin (anaemia) may be caused by a poor diet. Increase lean red meat eggs and fruit and vegetables for good supplies of iron.

\* **I ICU.** The sharp end of a dietician's work treating critically ill patients in intensive care

\* **J Jaundice.** Yellowing of the skin may be one of the signs of liver disease which can be treated by diet.

\* **K Kidneys.** Malfunctioning kidneys, called renal disease. requires very specialised dietetic treatment.

\* **L Lipids.** One of which is cholesterol. If raised may lead to heart disease or strokes. Reduce saturated (animal) fats.. A low cholesterol is particularly important in diabetics.

\* **M Menu Planning.** Particularly important for the catering of special diets in hospital.

\* **N Nutrition** A dietician lives, breath and sleeps Nutrition.

\* **O Obesity.** Overweight is now a national epidemic. Cut these calories by reducing fatty and sugar foods. Hugely increasing the number of Type 2 diabetics.

\* **P Paediatrics** The correct feeding of children both in health and when sick is a dietetic priority.

\* **Q Quetlet Index.** Or BMI, this is a worldwide index used to measure obesity.

\* **R Radiotherapy.** Chemotherapy and surgery are all used to treat cancer. A dietician can give advice when poor

appetite is a problem.

\* **S. Salt.** Reduce salt particularly if you have hypertension (high blood pressure). Again normal blood pressure is particularly important in diabetics.

\* **T Tube feeding.** Used if a patient is unable to eat sufficient quantities by mouth.

\* **U Undernutrition** or Malnutrition can be caused by disease or injury and may delay recovery if not treated.

\* **V Vegeterians/Vegans.** A varied diet is essential. Don't be a veggie who doesn't eat vegetables.

\* **W Weaning.** Gradually start solid foods at 4-6 months to keep baby healthy.

\* **X Xmas.** Dieticians eat drink and are merry!!!

\* **Y Yeast.** One of the many constituents of food which may cause intolerance

\* **Z Zinc.** A mineral which is essential for sexual health. It is found in many foods, particularly meat.

There you are, the A to Z of the many and varied aspects of a dieticians work, as supplied to "The Diabetic" by that well known and indomitable dietician Mrs Dorothy Metaxas, to whom we are very grateful for her contribution. We hope this will be the first of many contributions to the Newsletter.

If you have never been on a diet by her or under her dietary guidance, you have not lived.

## **Do you know what your wife really means.**

Does your wife really speak in code form, and do you understand these codes.

Here are some hints for you to get tuned into her wavelength, so when she says: -

**FINE**

This is the word women use to end an argument when they are right and you need to shut up.

### **FIVE MINUTES**

If she is getting dressed, this means half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the match before helping around the house.

### **NOTHING**

This is the calm before the storm. This means "something" and you should be on your toes. Arguments that begin with "Nothing" usually end with "Fine"

### **GO AHEAD**

This is a dare. Not permission, So don't do it.

### **LOUD SIGH**

This is not actually a word, but is a nonverbal statement often misunderstood by men. A "long sigh" means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you over "Nothing" that will lead to "Fine" and eventually just "Go ahead"

### **THAT'S OKAY**

This is one of the most dangerous statement that a woman can make to a man. "That's Okay" means that she wants to think long and hard before deciding how and when you will pay for your mistake.

### **THANKS**

A woman is thanking you? Do not question it or faint. Just say you are welcome, and get out of the room as quickly as possible.

So, there you go, take care, learn, and be safe.

## **We need Helpers for functions**

Your secretary has asked the Newsletter to remind you that we need helpers at events.

She would also be very grateful for

donations of goods for sale at car boot sales and at fairs.

Your secretary is intending to have a Christmas fair and again your help with contribution of goods would be very much appreciated.

Please contact her at telephone 613702 or by E-mail at [secretary@diabetes.org.im](mailto:secretary@diabetes.org.im)

## **The Southern Agricultural Fair**

The Friends of the Manx Diabetes Society once again had a stall at the Southern Agricultural fair.



The stall at the South Agricultural Fair.

Over the two wonderful sunny days we met a lot of people interested in our Group.

The Group had prominent placards emphasising that we do not send monies off Island and that all monies collected are spent on the Isle of Man to further the well being of our Manx Diabetics and to help our medical cares

This as usual was very well received and we gave out a substantial number of packs and raised £136 pounds in the process.

Most important over the course of the two days we spoke to many people and brought them up to date with the work of the Group and what was happening at our Manx Diabetes

Centre, not least the fact the we were presenting an HbA1C machine.

The Friends of the Manx Diabetes Centre would like to thank all our helpers who took it in turns to man the stall, and in particular would take this opportunity to thank the Hon J A Brown SHK, Chairman of the Castletown Festival Committee who kindly lent us the tent to keep the sun off our backs.

The mystery square was won by Adrian of Douglas

## **The Budding Journalist**

Welcome once again to my column in "The Diabetic", the Newsletter of the Friends of the Manx Diabetes Centre.

"We have been talking about diabetes in the last two Newsletters, and we have learned about our ancestors and diabetes and how insulin was discovered.

So today we are going to find out what diabetes is.

In simple terms it is a disorder in which the body is unable to control the amount of sugar in the blood, because the mechanism that converts sugar to energy is no longer functioning properly.

Every cell in the body has a wall and the glucose has to cross that wall and get into the cell, where it is then broken down to produce energy.

The cell is a sort of little power house that produces energy in the muscles and all the other tissues of the body.

For insulin to work it circulates through the blood and it sticks to a receptor on the surface of the cell.

Inside the cell, there is a complex process which involves probably several hundred chemical reactions that basically move little special channels in the wall of the cell to allow

glucose to get in.

As with diabetes this does not happen, this disorder leads to an abnormally high level of sugar in the blood which give rise to a variety of symptoms.

If the sugar levels are uncontrolled over several years, it may damage various tissues of the body. Therefore the treatment of diabetes is essential and is designed not only to reverse any symptoms you might have had at the beginning, but also to prevent serious problems developing later.

One of the most important things for everyone to remember about diabetes, provided you look after yourself, is, that it doesn't need to necessarily have to affect your life in adverse ways."

Please keep your appointments at the Manx Diabetes Centre at Noble's as it is in your interest to be properly cared for.

See you next quarter, until then look after yourselves".

This is John Collins saying T.T.F.N.

## Membership

As usual the last page is a membership form for you to use.

If you are already a member you don't need it, but if you are not, fill it in and return it to Jan.

However if you don't need it then pass it on to a family member or your friends.

Even if you are not diabetic you can join us and help fight diabetes.

## Mannin Quilters

Just to remind you that the draw for the Quilt will take place on 11<sup>th</sup> September at the Fabric Centre, 2 Crown Street Peel, at 2 pm.

We shall give you full details of the Draw in our December Newsletter.

## Stickers

Many of you asked for stickers for your correspondence, and this has been going well. If any of you require more sticker please let Jan know on 01624. 613702 or on her e-mail: [secretary@diabetes.org.im](mailto:secretary@diabetes.org.im) and she will send you some.

## Painting Evening

The Secretary is arranging a second painting evening towards the end of October beginning of November, as the one last year proved most successful and enjoyable.

If you would like to participate and show off your artistic prowess please get in touch with Jan at 613702 or e-mail: [secretary@biabetes.org.im](mailto:secretary@biabetes.org.im) for more information..

## Collecting Boxes

We now have collecting boxes available and if you require one for your establishment or know someone who would take one please let us know.

## Contributions to the Newsletter.

Remember that we need contributions for the Newsletter.

It does not matter what the subject is about..

Tell us about your experiences, your stories, your jokes, letters. comments, anything.

The more contributors we have the better, so share your thoughts with all of us, don't keep them to yourselves.

"The Newsletter" is yours, so make use of it.

## Write or e-mail

