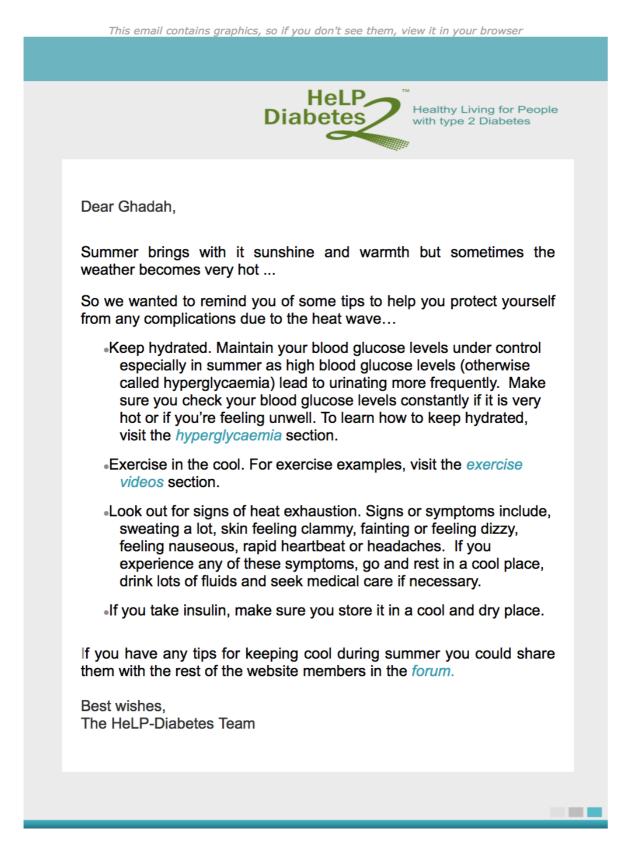
How to handle the summer heat?



HeLP-Diabetes Newsletter 12- Your diabetes is in your hands

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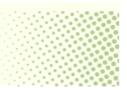
Healthy Living for Peop with type 2 Diabetes

Stories, research evidence & ideas for a happier & healthier l

Hi Ghadah

August 2014

Studies have shown that people who know more about diabetes and how to manage it have better control of their blood glucose levels and develop fewer complications.



TIP OF THE MONTH



You are the most important person of your diabetes team in managing you diabetes. The things you choose to do will have a much bigger effect on you diabetes than those anyone else can do for you

There are certain skills that can help you improve your diabetes management.

- understand exactly what diabetes is and how it can affect you. To read more abc this, visit the section on understanding diabetes.
- stay optimistic and have confidence in your ability to manage your diabetes. Lea more by visiting our happiness and well-being and confidence pages.
- try to work through negative emotions such as guilt or denial. The pages on guilt and denial provide you with tools and tips that can help you manage these emotions.
- don't be afraid to ask for support when you need it from others; whether that be a family member, friend, health professional or someone else with diabetes. To rea more about this, take a look at our support newsletter.

🗹 Tool

Have you used the diabetes care plan ?

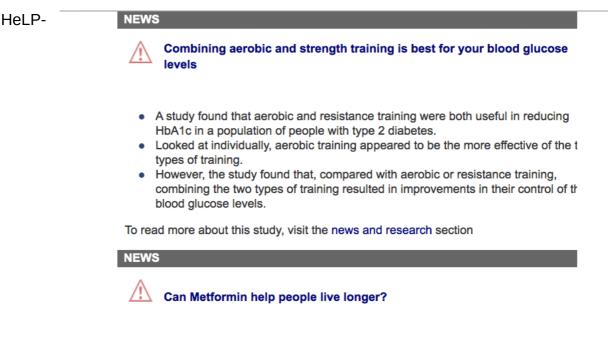
The care plan provide you with lots of tools to manage your diabetes including, a tool help you keep track of your appointments, set goals and plans to manage your diabete and a list of your yearly medical reviews.

Give it a go and tell us what you think in the forum or by replying to the newsletter.

P Video

You may find it useful to watch the three minutes video on learning to self-manage you diabetes in the what is self-management section.

Here you will find discussions between people living with diabetes and doctors on the most important aspects of self-management.



- Researchers looked at a very large sample of UK patient data and compared rat
 of survival between two groups of people living with diabetes type 2 (those on
 metformin or sulphonylureas) and carefully-matched patients who did not have t
 2 diabetes.
- Surprisingly, the type 2 diabetes group who were given metformin appear to hav
 rate of survival which is "at least as good" as the matched patients who did not
 have type 2 diabetes.

To learn more about what this study means for you if you are taking metformin or sulphonylureas, visit the news and research section

Member spotlight

One of our users has been very pro-active in looking after his diabetes, and has recorded his food intake and weight loss every day in the forum. He has lost an impress 19lb and his blood glucose levels are mostly within the normal range. Well done!

Take a look at his journal and share your thoughts and experiences in the forum.

TELL US WHAT YOU THINK

We'd love to hear your views on our newsletter. If you have any suggestions on how w could improve it, or any ideas for future editions.

Please email us at help-diabetes@ucl.ac.uk or leave us a message in our forum. We I forward to hearing from you.

Best wishes The HeLP-Diabetes team.

Whittington Health MHS ⁴UC

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Stories, research evidence & ideas for a happier & healthier l

Hi Ghadah

September 2014

We often hear about or get offered new medications. This can make us feel anxious for several reasons. This newsletter will explore such concerns and introduce some tools that you might find useful for dealing with any worries you might have about taking your medicines.

TIP OF THE MONTH



Recognising your concerns is the first step to controlling your anxiety.

Some of the common questions about medications include the following:

Will I ever be able to stop treatment?

Sometimes it is possible to stop or reduce your dose of diabetes-related medicines; fo example, if you lose a substantial amount of weight or get much fitter. We also know the living healthily can delay the need for medication.

However, diabetes is a long-term condition, which means that most people eventually take several medicines to help manage their diabetes and their overall risk most effectively.

I have heard worrying or conflicting reports about my medication in the news an don't know what to do?

Before deciding to make any changes to your medication dose or stop taking it, seek medical advice and discuss your concerns with your doctor or your diabetes care tean as some news articles will not be applicable to you.

For example, some news articles report studies that might not have come to a conclus yet or those with results that apply to very specific groups of people.

To look at examples of news and research done on diabetes and medication, visit the **news and research** section.

If you can relate to any of these concerns, visit our page on concerns about taking medication where you'll find questions about taking medications and advice on what y_1 can do to reduce your worry about taking them.

Also, If you have questions about specific medications such as how to take them; wha the side effects are; can you drive while taking them; take a look at the list of medicatic categories on the right-hand side of the **medicines** section and choose the category you're interested in.

For example if your questions are about metformin (a type of medication used for bloo glucose control), visit the glucose control page and click metformin.

Diabetes Newsletter 13- Get rid of your medication worries!

🔶 Tool

Do you have trouble remembering to take your medication? If so it might help to desig 'medicine plan' to keep track of your medicine doses and when to take them.

Visit the medicine planner and start recording your medication to help you keep track those which help control blood glucose, blood pressure and cholesterol.

Video

Many people living with diabetes type 2 are prescribed oral medication to control their blood glucose, blood pressure and cholesterol levels.

In the **people's stories** section, you will find people sharing their stories of how they started taking them and the side effects they experienced and how they managed tho effects.

NEWS



NICE considers expansion of weight loss surgery

- New draft guidelines from the National Institute for Health and Care Excellence (NICE) recommends that people with recently diagnosed type 2 diabetes with a of 35 or more can be offered an assessment for bariatric surgery.
- Those who might be at particular risk of diabetic complications, such as people c Asian origin, might be assessed if they have a lower BMI.

To learn more, visit the news and research section

TELL US WHAT YOU THINK

We'd love to hear what you think of our newsletter, if you have any ideas on how we could make it better or any suggestions for future editions, please email us at <u>help-diabetes@ucl.ac.uk</u> or leave a message in our forum. We look forward to hearing from you.

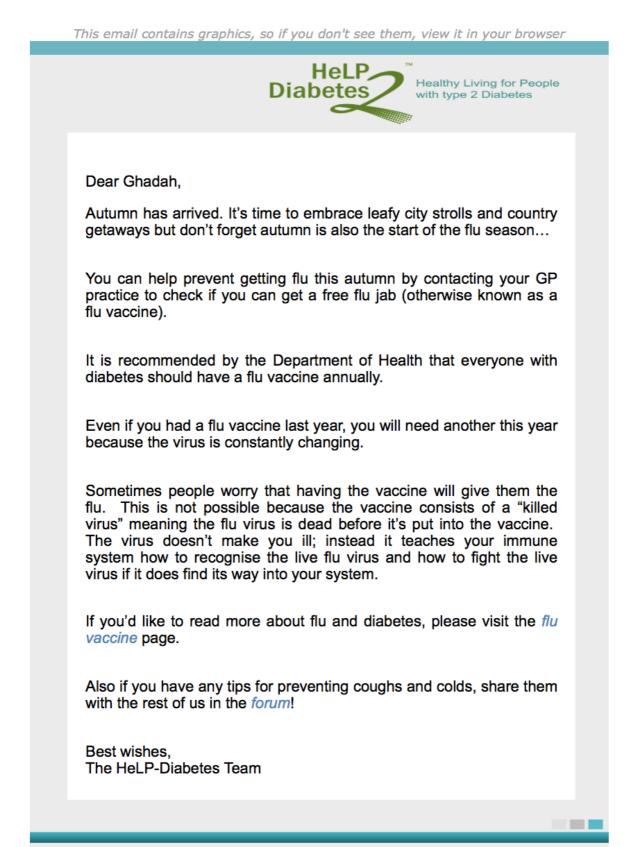
Best wishes The HeLP-Diabetes team.

Whittington Health NHS LCL

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Autumn health reminder



Not interested any more? Unsubscribe

HeLP-Diabetes Newsletter 14- What's happening this October?



Problems reading the newsletter? View it online .



Stories, research evidence & ideas for a happier & healthier I

Hi Ghadah

October 2014

October is here and lots of things are happening this month: we're saying a fond farewell to summer and looking forward to autumn with celebrations and campaigns to kick start some healthy habits



TIP OF THE MONTH

How to enjoy special occasions without over-indulging

There are many reasons to celebrate this autumn, including Halloween, Harvest Festiv Diwali, Yom Kippur, Eid and many others...

Over-indulgence on special occasions can happen to anyone so here are some tips to help you enjoy guilt-free fun....

- Plan ahead; you could ask your host what kind of food they plan to serve and make your food choice ahead of time.
- Try not to attend events when you're hungry eat something beforehand. Try not to starve yourself in order to over-indulge later because if you arrive hungry, you a more likely to overeat.
- Be careful with buffets. Decide on what you are going to have and resist the tempta for second helpings.

For more tips, visit the eating at celebrations page.

⊡∕ Tools

Two major public health campaigns are launched in October; one to encourage smoke to stop smoking-'Stoptober'- and the other one; 'Sober October' is to help people stay sober throughout October!

To help those of you who would like to join these campaigns, have a look at our page **smoking**, and visit the **alcohol** section to design a personalised plan for cutting down c alcohol.

A new look for HeLP-Diabetes

We have just updated the website based on your really helpful feedback. We hope this makes it easier for you to find your way around the website and discover new things.

What do you think of the changes?

Have a look and tell us what you think in the forum.

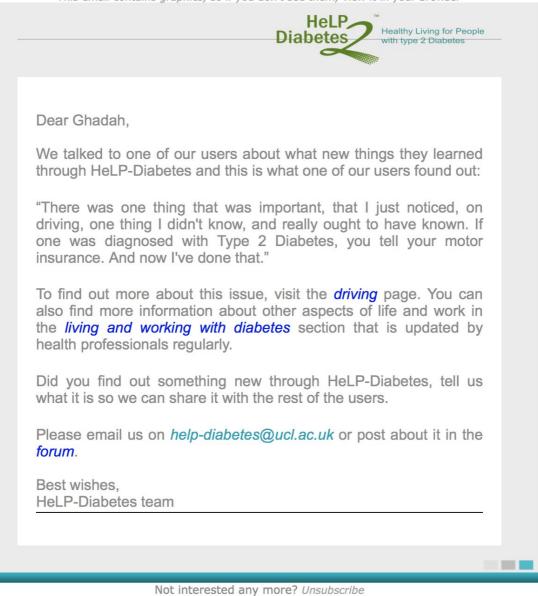
Diabetes day

This email contains graphics, so if you don't see them, view it in your browser	
Healthy Living for Peo Diabetes	ple
Dear Ghadah,	
Friday the 14 th of November is International World Diabetes Da and this year's theme is about healthy living and diabetes.	ıy
The three key messages of the campaign are:	
 Make healthy food the easy choice- visit the practical diet advice section to find out more. 	
 Make the right choices - To be able to do this it helps if you understand your food. Visit our <i>understanding food</i> section to see how different food and drink influence our bodies.)
 Healthy eating begins at breakfast time - do you have any special breakfast recipes? Please share them with us in the forum. 	
Best wishes, HeLP-Diabetes team	

Not interested any more? Unsubscribe

Get to know HeLP-Diabetes

This email contains graphics, so if you don't see them, view it in your browser



HeLP-Diabetes Newsletter 20- What can you eat?

5. Try and avoid foods or drinks that are high in fat and / or sugar, such as fizzy drinks, cakes and sweets. These foods can be enjoyed occasionally as part of a healthy balanced diet, but try not to have them too often.

The eatwell plate can help you to decide on the proportions of different types of food to give you the vitamins and minerals you need.

But depending on your individual requirements, you may want to adjust the proportions - for example if you are trying to lose weight or lower your blood glucose levels, reduce the amount of carbohydrate and increase the amount of vegetables on your plate.

There are other types of diet that you might like to try - like a Mediterranean diet, low carbohydrate diet or low calorie diets.

We have added a new page on the website looking at the <u>evidence for</u> these different diets.

We also have very exciting news!

An experienced dietician just joined the HeLP-Diabetes team and she will be very happy to answer any questions you have about food and eating. Or give you suggestions for healthy and tasty recipes.

All you have to do is visit the <u>questions I would like to ask a dietician</u> thread in the forum and post your questions there.

NEWS- Exercise of any kind can reduce waistlines

What did the study find?

- Regular low-intensity exercise might be as good as high intensity in helping obese people lose weight.
- All of the exercise groups reduced their weight compared with the no exercise control group.



• On average, all groups showed the same changes in waist circumference:- 4.6 cm at 24 weeks.

Visit the <u>news & research</u> for more information about what this study means to you.

TELL US WHAT YOU THINK

We'd love to hear what you think of our newsletter, if you have any ideas

on how we could make it better or any suggestions for future editions.

Please email us at <u>help-diabetes@ucl.ac.uk</u> or leave a message in our <u>forum</u>. We look forward to hearing from you.

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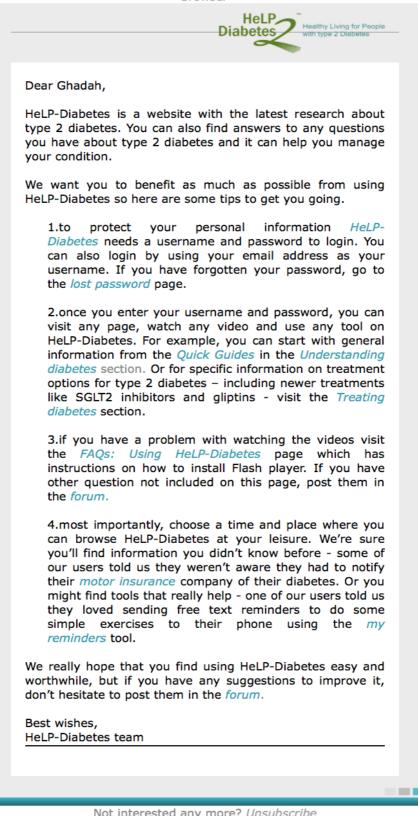


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Making HeLP-Diabetes easier

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Not interested any more? Unsubscribe





Healthy Living for People with type 2 Diabetes

Stories, research evidence & ideas for a happier & healthier life

April 2015

Hello Ghadah Alkhaldi,

Do you constantly ask yourself what can you eat? Well, let us help you find food that you enjoy *and* keeps you healthy.

A Balanced Diet

The eatwell plate is a good place to start. To make sure you get the right balance of the 5 different food groups try to eat:

- 1. A variety of fruit and vegetables each day, including pulses. They are rich in vitamins and minerals, high in fibre and low in fat.
- 2. Some milk and dairy products. If you are trying to cut down on fat, consider choosing lower-fat milk and dairy products.
- 3. Some meat, fish, eggs, beans and other non-dairy sources of protein. Meat can be high in saturated fat that raises cholesterol levels so choose leaner cuts of meat and remove visible fat from meat and skin from poultry before cooking.
- 4. Wholegrain starchy carbohydrates, as they are high in fibre for example try granary, seeded or rye bread instead of white bread, or brown rice instead of white rice. Beans and pulses are also a high fibre source of carbohydrate and offer a healthy alternative to potatoes, rice and pasta.