Eastbourne woman backs new campaign on World Diabetes Day

Thursday 12 November, 2015

Media:



Related Sectors:

Health ::

Scan Me:

This
World Diabetes Day (14 November), local woman is backing a new national campaign highlighting the importance of diabetes education.

Diabetes
UK's new Taking Control campaign highlights the huge difference diabetes education courses can make. These courses can help people with Type 1 or Type 2 diabetes take better control of their condition, giving them the best possible chance of living long and healthy lives.

Tamarra Neill
(25) from Eastbourne was diagnosed with Type 1 diabetes when she was 10 years old after experiencing some of the classic symptoms such as constant thirst and going to the loo more frequently.

Tamarra
attended the Skill for Adjusting Diet and Insulin (SADIE)
which is a local education programme for people with Type 1 diabetes. The course runs over five days over a five week period and offers
participants an opportunity to gain knowledge and learn skills to confidently self-manage their diabetes with no food limitations or restrictions on their daily activities.

She
said: “The course enabled me to have a more level playing field with my blood sugar control. I am not fluctuating as often as previously, it's also enabled me to indulge in treats. The SADIE course taught me that I was able to eat when I felt hungry not always when my next insulin injection was due as well as not having to eat so many snacks, even when I wasn't hungry just because of the level of insulin I was on meant I had to eat a set amount at set times no matter what."

“I
am now able to alter my insulin levels accordingly to what I eat, what activity I am doing, when I'm poorly and even having a simple correction dose if I have misjudged my carbohydrate intake instead of waiting for my next structured injection. I also have a better awareness of how my body reacts to the insulin and what levels I need at set times of the day and to the carbohydrate levels, as well as what correction dose level I need when high or ill."

Jill
Steaton, Diabetes UK South East Regional Manager at Diabetes UK, said: “Those who have just been diagnosed with diabetes or who have been living with the condition for some time, can find it difficult to get their heads around how to successfully manage the condition. But by attending a diabetes education course, they can instead feel empowered to take control and manage their condition with confidence.

“There
is strong evidence that when people with diabetes are equipped with the knowledge and skills to manage their condition effectively, they can improve their quality of life. They can also reduce their risk of developing avoidable complications, such as kidney disease, stroke and amputation. These are not only personally devastating, but also expensive to treat. Diabetes costs the NHS nearly £10 billion a year, 80 per cent of which is spent on managing

avoidable complications. But by giving people the knowledge and skills to manage their diabetes effectively, we can reduce their long-term risk of complications and reduce the cost burden on the NHS.

“We have launched our Taking Control campaign to highlight the importance of good quality diabetes education. We want to encourage everyone in Portsmouth who is living with diabetes to go and ask their healthcare professional for information about a diabetes education course. The campaign also calls on the NHS to make sure that everyone with diabetes has access to the education and support they need to manage their diabetes well. Everyone with diabetes should have access to education from the moment of diagnosis and then throughout their lives."

There are more than 9,500 of people living with Type 1 and Type 2 diabetes in the Eastbourne, Hailsham and Seaford area.

The 'Taking Control' campaign has been launched this week ahead of World Diabetes Day on Saturday 14 November. Join the conversation on Twitter by using the hashtag #TakingControl.

To find out more about going on an education course, speak to your GP or healthcare professional. To find out more about the Taking Control campaign and to take action to ensure everyone with diabetes has access to diabetes education, visit www.diabetes.org.uk/taking-control

– ENDS –

For further media information please contact Sylvia Lambe on 01372 731 365 or the Diabetes UK Media Relations Team on **020 7424 1165** or email pressteam@diabetes.org.uk

For urgent out of hours media enquiries only please call **07711 176 028**. ISDN facilities available.

Notes to editor:

1
Diabetes UK is the leading UK charity that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes. For more information on all aspects of diabetes and access to Diabetes UK activities and services, visit www.diabetes.org.uk

2
In the UK, there are around 3.8 million people who have diabetes. There are 3.2 million people living with Type 1 and Type 2 diabetes, and around 630,000 more who have Type 2 diabetes but don't know they have it because they haven't been diagnosed. As many as 11.5 million people are at high risk of developing Type 2 diabetes and if current trends continue, an estimated 5 million people will have diabetes by 2025.

3
Diabetes is a condition where there is too much glucose in the blood because the body cannot use it properly. If not managed well, both Type 1 and Type 2 diabetes can lead to devastating complications. Diabetes is the leading cause of blindness in people of working age in the UK and is a major cause of lower limb amputation, kidney failure and stroke.

4
People with **Type 1 diabetes**

cannot produce insulin. About 10 per
cent of people with diabetes have Type 1.
No one knows exactly what causes
it, but it's not to do with being overweight and it isn't currently
preventable. It usually affects children
or young adults, starting suddenly and getting worse quickly. Type 1 diabetes is treated by daily insulin doses - taken either by injections or via an insulin pump – a healthy diet and
regular physical activity.

5

People with **Type 2**
diabetes don't produce enough insulin or the insulin they produce doesn't
work properly (known as insulin resistance).
85 to 90 per cent of people with diabetes have Type 2. They might get Type 2 diabetes because of their family history, age and ethnic background puts them at increased
risk. They are also more likely to get
Type 2 diabetes if they are overweight.
It starts gradually, usually later in life, and it can be years before
they realise they have it. Type 2 diabetes is treated with a healthy diet
and increased physical activity. In addition, tablets and/or insulin can
be required.

6

For more information on reporting on diabetes,
download our journalists' guide: www.diabetes.org.uk/journalists-guide

Company Contact:

Diabetes UK

T. 01372 731 365
E. sylvia.lambe@diabetes.org.uk
W. https://www.diabetes.org.uk

View Online

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:
https://www.diabetesuk.pressat.co.uk