



SANG

DIABETES MAGAZINE

DIFFERENT STROKES

**Fundraising fun
from 2017**

PLUS:
**Anjula Devi's
festive feast**

**MAKING
CARBS
COUNT:
CELERIAC**



PLUS • Diabetes kit • Giveaways • News (for T1 and T2) • Food News

APPROVED FOR AGES 4+[#]

LIBERATING YOU FROM THE HASSLE OF ROUTINE FINGER PRICKING

Welcome to Flash Glucose Monitoring.

The days of routine glucose testing
with lancets, test strips and blood are over.[†]



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appointment for suitability and availability in your area***



FreeStyle
Libre
FLASH GLUCOSE MONITORING SYSTEM

To find out more information, please visit
www.freestylediabetes.co.uk



[#] The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with diabetes mellitus.

The indication for children (age 4–12) is limited to those who are supervised by a caregiver who is at least 18 years of age. A caregiver at least 18 years old is responsible for supervising, managing, and assisting the child in using the FreeStyle Libre system and interpreting its readings.

[†] A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycaemia or impending hypoglycaemia is reported by the System or when symptoms do not match the System readings.

* Reimbursement listing for the FreeStyle Libre system on NHS Drug Tariff available for reimbursement via the NHS across England and Wales, NHS Scotland and Health and Social Care in Northern Ireland. Subject to local health economy approval.

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Date of preparation: October 2017. ADCMDP170231



Editor's comment...

Some people call this time of year 'Twixtmas', as it's between Christmas and New Year. It's usually a pretty quiet time although the unlucky few don't get time off and have to work through this period. I hope that whether you are at work or play this shorter issue is still a welcome read. Diabetes doesn't take a holiday after all. And it's because we have not defeated it yet that I've put a feature in this issue which looks back at a year where many people affected by the condition – any type – have taken to the open spaces of the land to walk, run and swim to raise both awareness of what people with diabetes deal with on a daily basis, but also raise funds to help find a cure (or cures). And judging by the looks of some of these people's faces, they've had a blast along the way, gaining a sense of achievement as well as a (most becoming) virtuous glow. Plus, there's news, food news, a food report with recipes from chef Anjula Devi's *Spice for Life* cookbook, as well as information on one of the less overtly attractive winter roots, the celeriac. Wishing everyone a happy, healthy 2018!



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Sue Marshall

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KIT FEATURE:

Ascensia's Contour Diabetes app has been updated based on the wishlist of users of the original, so it's even cleverer now. Read more on P.8.



FEATURE:

A look at some of the people in the diabetes community who have taken time to raise awareness and funds to find a cure for diabetes. All ages, all abilities and all the fun, P.10.



MAKING CARBS COUNT:

Information and ideas as to what to do with the winter root celeriac. Unlikely to win in a beauty pageant, it's an affordable, nutritious option for this time of year, P.22.



Published by Desang Ltd the aim of this newsletter is to bring news and information to people living with diabetes. Please check all matters concerning how you handle your health with your healthcare team. We welcome any feedback on the magazine or ideas for future articles.

EDITOR: Sue Marshall sue.marshall@desang.net

For details of our editorial policy see *The Small Print*.

TEENAGE TYPE 1 STUDY

The results of a landmark global study involving thousands of teenagers with Type 1 diabetes have been in the New England Journal of Medicine. The research, supported by JDRF, British Heart Foundation and Diabetes UK, involved more than 4,000 teenagers across three continents.

A global team based across the UK, Canada and Australia led the four-year AdDIT (Adolescent Type 1 Diabetes cardio-renal Intervention Trial) study, with the aim of understanding more about the development of long-term complications in young people with Type 1 diabetes. The trial was designed to measure the levels of a protein called albumin in the urine, a marker for the risk of complications. The results suggest that neither ACE inhibitors nor statins significantly reduce the levels of albumin in the urine. This primary outcome provides important insight into Type 1 diabetes in adolescents and potentially opens up other avenues of

research to find ways to reduce the risk of complications in the future. The number of teenagers who remained involved in the study – some for as long as four years – is a significant achievement in itself.

While the primary outcome of the trial was negative, the secondary outcomes suggest that the drugs may have important benefits. The team found that treatment with the ACE inhibitor resulted in a 43% reduction in the rates of progression to microalbuminuria (the term used to describe higher levels of albumin in the urine). While this didn't reach statistical significance, the team believe it may be of clinical relevance moving forward. High rates of abnormal lipid levels were also reduced with statin therapy, which could reduce long-term risk for cardiovascular complications. Future work is still needed to establish the full benefits of statins and ACE inhibitors in young people with Type 1 diabetes.



Sophie Hampton from Stockport was diagnosed with T1D at the age of 11, and has been in the AdDIT trial at Stepping Hill Hospital since 2010, with nurse Sara Bennett.

ADULTS GET TYPE 1 TOO

Not only can Type 1 diabetes occur in adults, it's just as likely to appear in adulthood as in childhood or adolescence. Using data from a resource called the UK Biobank, Dr. Nicholas J. Thomas and colleagues from Exeter University applied a genetic risk score that they developed from 29 genes commonly associated with Type 1 diabetes to 13,250 people who developed diabetes over the first 60 years of their lives.

Overall, 42% of cases of Type 1 diabetes started when people were 31 to 60 years old, while 58% were diagnosed at age 30 or younger. Type 1 was equally likely to appear across the first six decades of life, whereas the occurrence of Type 2 diabetes rose dramatically with

age, accounting for 96% of cases in the 31-60 age group.

Type 2 diabetes is generally associated with obesity and is initially treated with diet, exercise, and medications other than insulin (although some do end up on insulin). Compared to the Type 2 group, those with Type 1 of all ages were generally thinner, were more likely to have begun insulin treatment within a year of diagnosis, and were more likely to have experienced ketoacidosis, a dangerous condition that arises when the body lacks insulin. The results were published Nov. 30 in Lancet Diabetes & Endocrinology. The huge preponderance of Type 2 diabetes among adults at least partially explains why Type 1 historically has been



Get 20% off Fitlegs socks! Use code **des001 at checkout. Click the pic to visit the website.**

believed to occur primarily in youth: When a child develops diabetes, it gets noticed. Among adults, there are so many with Type 2 that those with Type 1 are easily missed.

www.npr/adults-get-T1-too

T1 DISCOVERY NIGHT, NORWICH

On 26 Jan 2018 a free diabetes event (including free parking) is being held at Sportspark at the University of East Anglia Norwich Research Park from 6:00pm

An informal evening for adults with Type 1 diabetes, with a series of short presentations about research, life with Type 1 and all that comes with it, speakers lined up for the evening include Chris Aldred, aka

The Grumpy Pumper. After there will be an opportunity to meet others with Type 1 and share experiences over drinks and nibbles. Sign up now to reserve a place:

jdrf/discovery-night-norwich



LONDON T2 INSIGHTS DAY

On 24 February 2018 London Diabetes Centre is hosting an open day (10am-3pm, lunch provided) about the latest treatments and technologies for Type 2 diabetes. Suitable for people with Type 2 diabetes and their families or anyone worried about their risk of it, the event is free but places are limited. To book visit type2insightsday.org

TECHNOLOGY WORKS

The impact of medical technology on the UK economy has been examined in a new report by the Medical Technology Group (MTG) called Keeping Britain Working - How medical technology can help reduce the cost of ill health to the UK economy. Building on previous studies by the Work Foundation in 2011, this report examines eight medical treatments, including insulin pumps, to assess the financial savings and the benefits to society from returning people to the workplace. Findings include:

- £476 million annual savings from reduced long-term health costs and benefit payments.
- If that money was put back into the NHS it would pay for 20,000 nurses or 10.5 million GP visits
- Between £23,000 and £38,000 is saved each year for every 100 patients who use insulin pumps.

The MTG is calling on the NHS to stop rationing medical treatments that improves people's lives and which generate savings

for the UK economy

Type 1 and Type 2 diabetes is responsible for around 10% of NHS spending. The vast majority of this is spent on people with Type 2 diabetes, with around 10% being spent on Type 1. 80% of the cost of Type 1 diabetes is spent on treating complications – many of which are avoidable. Effective control of blood glucose levels is a key factor in avoiding complications and reducing costs. Technology such as insulin pumps can support people to manage their condition more effectively. The National Institute for Health and Care Excellence (NICE) has approved the use of insulin pumps for people with Type 1 diabetes, which means all patients eligible for an insulin pump should get funding, something that is not always the case. The NICE Technology Appraisal for insulin pumps was first published in 2003, updated in 2008 and is still relevant today. Uptake

and use of pumps, has however, been very slow.

The (MTG) is a coalition of patient groups, research charities and medical device manufacturers

working to make medical technologies available to everyone who needs them. Uptake of medical technology in the UK is not as good as it should be, given its great potential to provide value for money to the NHS, patients and taxpayers. The MTG believes that patients and clinicians need better information about medical technologies so that they can make informed choices about their medical care.

Click the pic to access the full report.



COLD COMFORT

A children's book for diabetic 'beginners' has been written by an old hand. The *Moose with the Pump* is a story about a boy who has diabetes, who wants to play safely in the snow with his sister and friends. It has been written by Yerachmiel Altman who explains the premise saying, "I've written this book to help children diagnosed with Type 1 diabetes learn the 'basics' and begins with the child's diagnosis, giving a simple explanation of what Type 1 diabetes is, and then proceeds to show meters, pumps and CGM sensors and describes activities of daily living. The aim of the book is to provide an easy way to familiarize children with the technology and some of the issues that they will be living with."

Altman himself has lived with T1D for more than 50 years. The book should help a child to see that their diagnosis is something that they'll live and work with. The book is also an excellent teaching tool for family members, teachers, classmates and others that need to become knowledgeable in diabetes.

While the boy and his sister are concerned about his inability to play in the snow, a moose wearing an insulin pump comes to visit. After discussing the issues with the visiting moose and having his fears clarified, the boy and his sister ask their mother if it would be OK to play outside in the snow. She permits them to play in the snow and to help clean the sidewalks with the moose.

Says Altman, "The book outlines some of the issues involved with diabetes care for a child from the child's perspective, describing cautions for low blood sugar, having supplies handy and having others know what to do in an emergency. Presenting this book from a child's perspective in a poetic form similar to that of Dr. Seuss keeps the story interesting. It is not to be used as a medical book and does not cover dosing, carbohydrate counting, or other specific medical issues as these should be handled by the medical team. I've done a UK version of the book due to the difference in how blood sugar is reported, using a different



The Moose With The Pump

A book about Type 1 diabetes

By

Yerachmiel Altman

&

The Moose with the Pump

scale to report glucose in the blood."

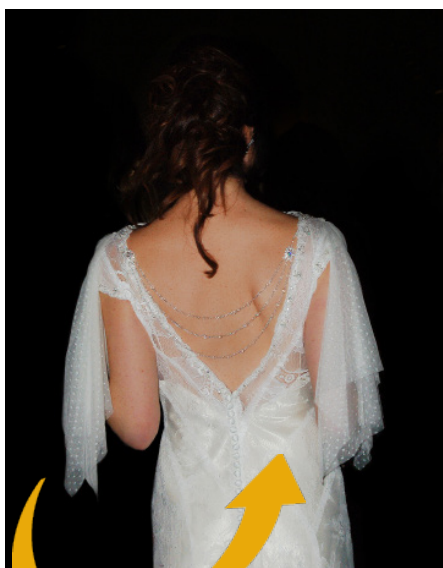
An engineer and computer scientist by profession, Altman has also written *I Can Take Care of Me*, also for children with diabetes and has come up with the concept for a game called *Insulinopoly*. *The Moose with the Pump* is available as both a physical book and a kindle download from Amazon UK

<https://goo.gl/Z0HbxM>

CONGRATULATIONS HELEN!

It was my pleasure to attend my cousin Helen's wedding in mid-December. A nurse herself, she married a fellow nurse, Danny, and they tied the knot in traditional style. Helen has Type 1 diabetes, and it was amusing and reassuring to hear her husband pledge to her as they made their vows, "I promise to always carry jelly babies with me, and to remember that if you suddenly turn into a bit of a 'psycho', it might be due to a hypo!"

In his speech, Helen's father also acknowledged how much Helen has achieved, in spite of having diabetes, and also how her daughter Heidi is able to recognize and help her if she has a bad hypo. Helen's been on an Omnipod for more than a year, so it was not a huge issue to 'hide the pump' on this special day (see the arrow below, if you must know!). Everyone had fun, and neither of us had a hypo, I'm pleased to report. And if Helen looks familiar, it's because she was the main 'face' of the Desang Kitbag Catalogue. – Sue Marshall, editor



www.omnipodeurope.com



LIBRE ADVICE

As an example of how Abbott's FreeStyle Libre system is being rolled out on prescription, this is the Regional Medicines Optimisation Committee (RMOC) position statement Flash Glucose Monitoring systems: "Until further trial data is available, it is recommended that audit data on the use of Freestyle Libre is collected through its use in limited and controlled settings where patients are attending for Type 1 diabetes care. It is recommended that Freestyle Libre should only be used for people with Type 1 diabetes, aged four and above, attending specialist Type 1 care using multiple daily injections or insulin pump therapy, who have been assessed by the specialist clinician and deemed to meet one or more of the following:

1. Patients who undertake intensive monitoring more than eight times daily
2. Those who meet the current NICE criteria for insulin pump therapy where a successful trial of FreeStyle Libre may avoid the need for pump therapy.
3. Those who have recently developed impaired awareness of hypoglycaemia. For persistent hypo unawareness, NICE recommend CGM with alarms (Libre does currently not have that function).
4. Frequent admissions (more than two per year) with DKA or hypoglycaemia.
5. Those who require third parties to carry out monitoring and where conventional blood testing is not possible.

Patients (or carers) must be willing to undertake training in the use of Freestyle Libre and commit to ongoing regular follow-up and monitoring (including remote follow-up where this is offered). Adjunct blood testing strips should be prescribed according to locally agreed best value guidelines with an expectation that demand/frequency of supply will be reduced."

Recommendations and limitations from other regions may differ.

KIT REPORT

APP UPDATE

Newer, smarter app for Contour Next One users

There is now a newer, smarter app that works with Ascensia's Contour Next One blood test meter. An update on the existing app – and available for free from both Apple's App Store as well as in an Android version from GooglePlay – it has several new features that help interpret blood test results in order to help users gain more from the tests they have already taken. Feedback on the earlier version of the app has been incorporated from users.

The latest version of the app can recognise 14 different patterns and includes 11 different structured testing plans. The My Patterns feature identifies patterns in blood glucose results that could affect the health of people with diabetes, prompts them to think about the causes, and offers easy-to-follow advice and helpful reminders.

Ros Barker, Country Head UK and Ireland for Ascensia Diabetes Care, says of the newly upgraded tool, "This latest upgrade to the Contour Diabetes app provides patients with a smarter tool that can help to make the self-management of their diabetes easier. We are very excited to be able to bring this new innovation to people with diabetes. At Ascensia we are listening to feedback from people with diabetes about their needs, and are continuing to invest in the further development of the Contour Diabetes app, so that we can provide solutions that make diabetes self-management better, easier and smarter."

In this version of the app, Blood Sugar Reports show a summary report as well as added patterns information. Within the Blood Sugar Diary section, which

is similar to a logbook but which goes beyond simply listing results, you can see blood glucose results but also carb and insulin values that you have inputted but in a way that can aid self-discovery of patterns and trends for as long as a 3-month period, one page per week. Data can be easily exported as a .csv file and can therefore be viewed on a multiple platform or imported into a spreadsheet.

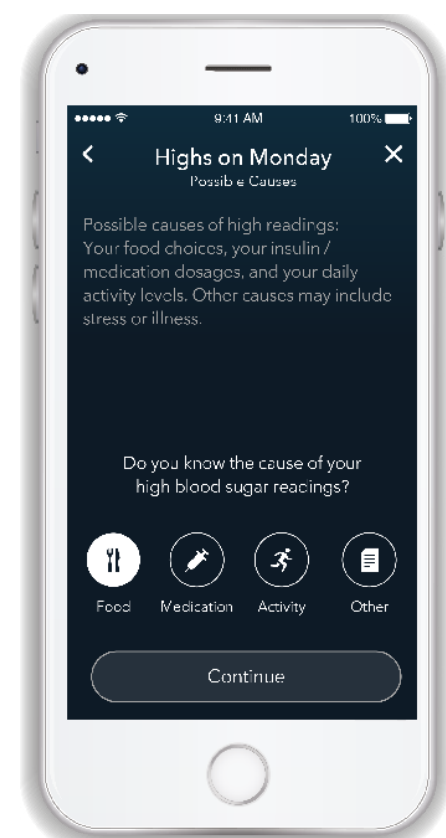
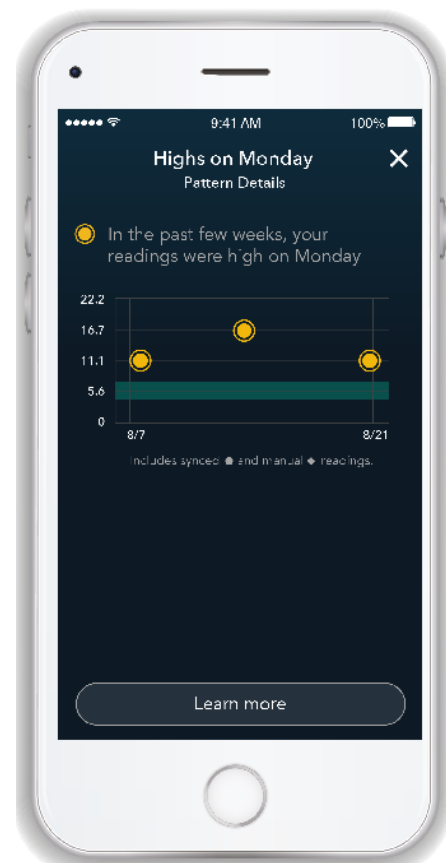
The app has been developed with the input of Dr Bill Fisher, a Canadian psychologist who has studied the science of behavior and proposed an 'information, motivation and behavior skills model for chronic diseases' which has been applied to diabetes. The three key elements – information, motivation and behavioural skills – can help people with diabetes to make the best use of blood testing and improve their self-management, possibly leading to a reduction in HbA1c levels (given time, studies of the use of this app to improve control are likely to prove this).

Says Barker, "It's the ongoing nature of interacting with the app that can lead to behaviour changes and health improvements. The app will continue to evolve in the future to include additional patterns and testing plans, as well as adding new features and functionality."

www.contournextone.co.uk

www.contournextone.ie

The updated app can track patterns and you can choose to 'learn more' if you wish. It can also suggest possible causes for patterns, which can lead to behavioural changes.





ASCENSIA DIABETES CHALLENGE

Do you have a digital solution
that has the potential to revolutionize
type 2 diabetes management?

Ascensia Diabetes Care and yet2
have launched the Ascensia Diabetes Challenge –
A GLOBAL INNOVATION COMPETITION.

The challenge is designed to support entrepreneurs and start-ups
who have innovative digital solutions that can help to improve
the lives of people with type 2 diabetes.

**200,000 EURO TOTAL CASH PRIZE FUND
AND PARTNERSHIP OPPORTUNITIES**

Our external judging panel includes:

Dr Masood Nazir,
General Practitioner,
Hall Green Health, Birmingham, UK



Robin Swindell,
person with type 2 diabetes
and active blogger at fractis.net, UK

Submissions are now open and will close at the end of January
APPLY TODAY AT ascensidiabeteschallenge.com

LIVING

MAKING A DIFFERENCE

A brief overview of some of the fundraising activities that have been undertaken in 2017 to raise funds and awareness about diabetes and for diabetes charities.



Faye Riley, who is part of the research team at Diabetes UK looks back at 2017 and says, “Great progress is being made with the Type 1 diabetes research we’re funding all across the UK. Towards the end of this year we brought you some news about a study that is the first to use a new genetic technique to find Type 1 diabetes in adults. Using key Type 1 diabetes genes to calculate each person’s risk of having the condition, scientists found that a diagnosis of Type 1 is almost equally common in those over the age of 30 as in younger people. This is really important information that could help adults get the correct diagnoses of diabetes, as it’s too often assumed that older people are more likely to only have Type 2. Then we’ve got a bunch of other projects you can explore. Professor Noel Morgan, in Exeter, is studying the immune attack in Type 1 diabetes. Professor James Shaw, in Newcastle, is working on a new approach to improve islet cell transplants to treat Type 1 diabetes. Professor Helen Colhoun, in Edinburgh, is looking for specific genes involved in Type 1 diabetes and its complications, to help develop new therapies. And that’s only scratching the surface.”

Karen Addington, Chief Executive of JDRF in the UK, has said: “Thank you to



all our supporters for making a difference. Your support has opened up opportunities across the UK and internationally for more Type 1 diabetes research year on year. Your voice helps us lobby for better access to life changing technology. Your commitment drives us to break barriers and form new partnerships to find a cure. Your generosity and determination to see the end of Type 1 diabetes is an inspiration. We at JDRF are excited about the year ahead and the progress we will make together to eradicate Type 1 diabetes for good. Thank you, again, for all that you do.”

As 2017 comes to an end, these are some of JDRF's achievements that would not have been possible without this fundraising:

- Break-through results for three major research projects into smart insulin, immunotherapy treatment and the effects of using a continuous glucose monitor



OPPOSITE: This family helped raise funds for Diabetes UK by taking part in this year's London Bridges Challenge.

TOP: James Norton, actor and Type 1 diabetic, speaks at the Sugarplum Dinner to fundraise for JDRF.

ABOVE: A 14-mile walking challenge raised money for IDDT.

continued over

during pregnancy.

- Working with partners to establish trials for newly diagnosed people to understand better the early stages of Type 1 diabetes.

- A successful lobbying campaign in conjunction with Diabetes UK and INPUT, which culminated in flash glucose monitoring being made available, in principle, on prescription. Local decision-making is still a big barrier to access. Says Addington, "Together we will overcome this and get the tech we deserve."

Wigan peers

This year, funds raised from the third Sugarplum Dinner, taking place on World Diabetes Day, came to more than £750,000. The Sugarplum Dinner was organised by Jubie Wigan, who founded the organisation Sugarplum Children after her young daughter Aliena was diagnosed with Type 1 diabetes at the age of two. Sugarplum Children is a website and fundraising initiative for children who live with Type 1 diabetes offering help, advice and support to both them and their parents, while fundraising for JDRF. Guests for the evening included actors James Norton and Jeremy Irvine, both of whom have Type 1 diabetes. Other celebrity guests included actors Jamie Dornan, Rafe Spall, Tom Ward, singer-songwriter Jack Savoretti and presenters Justin Webb and Alexander Armstrong.

Born to run

Simon Vinnicombe, who is also a parent of a child diagnosed with diabetes when he was very young, ran 100km in October around Richmond Park in London in order to raise £100k for diabetes research. His son George is now six and ran the last few yards with his dad.

Says Vinnicombe, "The idea was to try and find something fitting for Type 1. It's definitely an endurance battle caring for George, one you feel you never really win, and it always feels like it might just break



Simon Vinnicombe and his Type 1 son George.

you -- a lot like running 100km! The run was very difficult. It's hard to manage to eat enough to stay upright. You lose your mind a little after about 50k; exhaustion means that you go into an odd state of despair, but if you train enough you know you can overcome all of that, especially if you remember what you're doing it for. There is nothing I wouldn't do to end Type 1, and it's good to know that we've fought back a bit against this brutal condition.

Giving money to JDRF means being part of ending Type 1 diabetes and that's a wonderful thing to be part of. JDRF were very supportive of the event and organised a wonderful day."

Working with JDRF, Vinnicombe, who is an author and playwright by day, made a presentation to the Houses of Parliament earlier in the year. You can hear it here:

<http://georgesrunfortype1.com>

"Dexcom^{*}
gives me the
confidence

to go on long distance runs alone,
something I have never done
since being diagnosed."

Ashley - Living with T1D since 2013
Little things. Big difference.

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Discover Dexcom's alerts and alarms on your compatible smart device[†] so
you can always know when your glucose levels go too high or too low[‡].

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OUTDOOR EVENT



Inspired by outdoor adventures and handmade in Dorset, Firepot by Outdoorfood was The Seed Fund's 2017 winner, meaning that the company will now benefit from a year of business support, branding and mentoring from the philanthropic organisation's network of food and drink industry experts. Owner John Fisher called the winning product, "a game changer that can make a huge difference to eating outdoors."

Outdoorfood has created a selection of backpack-friendly meals including Chilli

con Carne, Dal and Risotto. They have a two-year shelf life, both are free from preservatives and just require hot water to prepare.

Fisher created his own range of healthy and satisfying slow-cooked meals, ensuring they were lightweight enough to be enjoyed from the heights of the Himalayas to the fjords of Chile. From polar explorers and serious sailors to weekend ramblers and happy campers, this is food with proper nutrition. We hope to hear more about this in the future!

MINERAL BOOSTER



Ojamine Herb & Fruit is made from a combination of 14 ingredients. The all-natural formulation has been proven to reverse fatty liver diseases phenotype. Pre-clinical trials showed that Ojamine's active ingredients directly repair liver cells damaged by the fatty liver diseases, which can cause Type 2 diabetes. Clinical studies

undertaken by Innovative Concepts in Drug Development (ICDD) in France have shown that these supplements can lead to a reversal of T2D.

The original formulation of Ojamine was created in India in 1971 by LK Tate, who was diagnosed with diabetes aged 44. He resolved to heal himself and was inspired to blend a mixture of natural herbs and fruits including turmeric, basil and watermelon seeds and which he believed contributed to his eventual long and healthy life. He died aged 100.

A bestseller in India and Asia, it is available in bottle, sachet and capsule form and costs £29.99 for a month's supply. www.ojamine.com

NEW BRAND

The UK has recently seen a considerable rise in avocado consumption. The EU, including the UK, is one of the fastest growing markets worldwide and already the second-largest consumer market in the world for avocados, which are delicious (if you like them!), versatile, nutritious and easy to prepare.

The World Avocado Organization (WAO) was established in 2016 and represents some of the world's largest avocado producers, exporters and importers, including Mexico, Peru, South Africa and the United States of America. The organization's primary purpose is to promote and increase the consumption, awareness and value of avocados around the world. In a move to strengthen this consumer trend, the WAO has launched a major marketing and retail initiative with a particular focus on the UK, France and Germany with a new visual identity for avocados: Avocado – the Fruit of Life, the aim of which is powerful brand recognition for the already popular fruit.

A downloadable online e-cookbook in English, French and German is the first e-cookbook dedicated exclusively to avocados. It is accompanied by dedicated channels on Instagram, YouTube, Facebook, Pinterest and Twitter.

<https://avocado-cookbook>



NEW

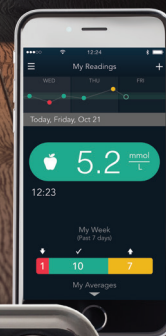
Seeing how everyday activities
affect my blood glucose.
That's illuminating.

Diabetes management is about to be seen in a new light. The CONTOUR®NEXT ONE smart meter seamlessly connects to the CONTOUR®DIABETES App to capture remarkably accurate blood glucose readings. This new system allows you to easily log daily activities to help you understand how they affect your blood glucose and manage your diabetes, smarter.



Your diabetes, illuminated

Contour®
next ONE™
Blood Glucose
Monitoring System



Order the CONTOUR®NEXT ONE meter for FREE*
by visiting www.contournextone.co.uk/DES16



Available to download from
the 18th October 2016

In this offer, CONTOUR®NEXT ONE meters are free to the first 50 responses. One meter per person. UK residents only. Meter fulfillment within 56 days, subject to availability. You are entitled, along with your healthcare professional to discuss, which meter, if any, is right for you.

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A MOVEABLE FEAST

Food is always being talked about, and often what is said is both contradictory and confusing. This report covers a few odd corners about food that crossed my desk over the past year. Some is sense, some is fun, all is interesting. I say, enjoy your food but keep your head screwed on and if there's a label read it! By Sue Marshall



Relax, you don't need to eat clean, says Aaron E. Carroll writing for The New York Times. Carroll, professor of paediatrics at Indiana University School of Medicine says, "We talk about food in the negative: What we shouldn't eat, what we'll regret later, what's evil, dangerously tempting, unhealthy. The effects are more insidious than any overindulgent amount of 'bad food' can ever be. By fretting about food, we turn occasions for comfort and joy into sources of fear and anxiety. And when we avoid certain foods, we usually compensate by consuming too much of others. All of this happens under the guise of science. But a closer look at the research behind our food fears shows that many of our most demonized foods are actually fine for us. Taken to extremes, of course, dietary choices can be harmful — but that logic cuts both ways. Food should be a cause for pleasure, not panic. For most people, it's entirely possible to eat more healthfully without living in terror or struggling to avoid certain foods altogether. If there's one thing you should cut from your diet, it's fear."

Aaron E. Carroll is the author of *The Bad Food Bible: How and Why to Eat Sinfully*, from which this coverage was adapted. Read the full article [HERE](#).

Meanwhile, back in the UK, we are

.....

eating more 'world foods', we don't all really know what they are. Researchers from Deliveroo polled Britons and asked them to correctly identify some of the world's most famous foods with some surprising, bizarre and often hilarious results.

Take it away

According to 15% of the nation the Vietnamese noodle soup Pho is a type of exotic fish, while 10% of those asked thought it was the name of a character from Game of Thrones. When it came to the Middle Eastern favourite falafel - a patty made of ground chickpeas - 5% thought it was the name of a Russian poet, while a mechanically minded 3% were convinced it was a vital component in a jet engine. The Japanese staple Ramen (a meat or fish broth) was also the subject of confusion, with 24% thinking it was a religious festival, and 13% thought

it was an Egyptian Pharaoh, possibly confusing the name with Rameses.

However, despite some culinary blunders, a staggering 86% of Brits said they had international tastes when it comes to food. The study of 1500 Brits was commissioned by the food delivery service Deliveroo, which now offers customers the choice of 80 (81 if counting alcohol) different cuisine types, so there is something for everyone on the app.

The average Brit spends £86 a month on take-aways, with London emerging as the take away capital spending £107 a month, followed by the folk of Edinburgh who spend £92 a month, and Brummies who splash out £89. More generally, the survey found that Chinese food was the nation's favourite, coming top with 58%, followed by Italian at 56%, Indian at 50%, then American at 35% and Mexican 34%.

Caffeine loving Brits consume 1,460 cups of coffee a year, on average,

equating to 93,440 cups in an adult lifetime, according to new research. Researchers looking at the hot beverage habits of the nation and discovered £676 is the average amount Brits now spend each year on coffee from shops and cafes - £43,264 over a lifetime. The survey, by syrup makers Monin, shows the nation's favourite coffee is by far and away the Latte, with 41 percent saying it is now their coffee of choice. According to the data, people from Cardiff are the biggest coffee drinkers with people in the Welsh capital having 1,825 cups a year, more than any other city in the UK.

A separate report by retail research consultancy Allegra, stated that there are now 22,845 coffee shops in the UK, a 6% increase year on year - with 2.3 billion coffees a year being bought and consumed out of home. The first coffee

continued over

FOOD REPORT

shop, The Angel, was opened in Oxford in 1652, with the second opening in London in the same year.

Lee Hyde, Beverage Innovation Manager at Monin commented on the statistics, "We are seeing a rise in coffee shops and coffee culture across the country, and this trend is being replicated in the home too. Over a third of Brits confirmed they know more about coffee than they did five years ago and coffee drinkers are finding new ways to personalise their drinks, reaching for flavours from popular vanilla to more adventurous flavours like salted caramel."

The survey revealed the average Brit has their first cup of coffee at 8am, with 51 percent of us now owning our own coffee machine at home. As many as 76% claimed they regularly experiment with different styles and flavours of coffee. Over half of those who own a machine

have a capsule machine, while 25% have a filter system and 15% own an espresso machine, but 25% admit to having a jar of instant in the kitchen cupboard to give to friends when we can't be bothered to make a proper cup.

Food for thought

The famous National Geographic publisher has unveiled a new magazine dedicated to celebrating every facet of food. National Geographic Food (UK) brings to life the great storytelling ethos of the National Geographic brand in the food arena, combining practical recipes, insightful reports and so-good-you-can-almost-taste-it photography. Whether it's the truth behind a trend, a secret history unveiled, a favourite recipe to covet or the bumpy journey from farm to fork, the 164-page magazine will champion sustainability, celebrate local culture and

people, and present it all with glorious photography and superb storytelling.

The first issue is available now and contains a feature on top chef Mitch Tonks looking at sustainable seasonal fish and how to prepare it. Sabrina Ghayour looks at five interesting ways to use harissa, while in a regular feature called 'Meet the pioneers', a chef is interviewed who is a pioneer in the current food scene. In the first month it's Ben Chapman on fusing authentic Thai dishes with UK ingredients.

The new magazine is being brought to you by APL Media Limited, which launched and publishes the successful National Geographic Traveller (UK) magazine. The magazine will retail for £4.30. As an introductory offer, readers have the opportunity to subscribe to the first three issues for £3.

www.natgeofood.co.uk

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References

1. The Society of Chiropodists and Podiatrists. Diabetes and your feet; A guide to maintaining healthy feet for people with diabetes: 16-19. Available at http://www.scpod.org/easysiteweb/getresource.axd?assetid=3512&type=0&servicetype=1&filename=/Diabetes_and_your_feet_AS_24pp.pdf. Date accessed June 2017
2. Tentolouris et al. Moisture status of the skin of the feet assessed by the visual test neuropad correlates with foot ulceration in diabetes. Diabetes Care, Volume 33, Number 5, May 2010.

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LIVING

INDIAN-INSPIRED FEASTING

Chef and author Anjula Devi's festive feast has hints of carefully selected seasonal spices, all of which include health properties. Click any of the images to download the recipe.

A champion of authentic Indian cooking, Devi runs her own Authentic Indian Cookery School and loves to create healthy and unique recipes. Devi's father imparted all of his culinary wisdom to her when she was a child and essential spices, which form the foundation of much traditional Indian cuisine, remain central to Devi's culinary approach. The fifty-year-old Tiffin tin that her father took to work every single day is always close to Devi, even today.

Speaking about Indian cuisine, Devi says, "There is a whole treasure chest of recipes, flavour combinations and beautiful ingredients which are often completely neglected, along with all of their amazing health benefits. All of my recipes are balanced and healthy; I love cooking with fresh vegetables. I want to inspire as many people as possible to cook delicious, healthy food, just like my father did all those years ago."

These dishes make a great alternative to traditional roast dinners. A range of Anjula Devi cooking utensils is currently available online and in Lakeland stores throughout the UK.

www.lakeland.co.uk/anjula

www.anjuladevi.com



Anjula Devi's cookery book 'Spice for Life' is available from Hive.co.uk. Use code Desangnov17 to get 10% off at checkout www.hive.co.uk/Anjula-Devi



LEFT: Runner bean and broccoli. ABOVE: Pulled lamb with spicy cranberry chutney. BELOW: Chicken curry. [CLICK ANY PIC](#) to download a PDF of the recipe.



Spice for Life by Anjula Devi published by Clearview Books. Photography by Dan Jones.

CELERIAC ATTACK!

If you like things a little bit gnarly, then there's a fairly high chance you'll like the look of celeriac. If not, then this is certainly quite an ugly thing, an appearance difficult to overcome if you've not tried it before, and it takes a bit of skill to getting past the exterior and preparing it for cooking. Worth it though!



Also known as turnip-rooted celery, celery root and even knob celery, celeriac is as nutritious as any root vegetable, primarily being composed of starch. These things are very solid, don't drop a celery root on your foot, it will feel like your dropped a bricks on it. Choose smaller 'bulbs' (officially a 'bulbous hypocotyl') as they may be sweeter, larger ones may be a bit tougher and woodier.

Celeriac originated in the Mediterranean but its cultivation has spread far, into Africa, North America and Siberia. It has many regional variants, with rather wonderful names like Goliath, Kojak and Snow White. A common and affordable winter root, celeriac is usually cooked before eating, but can be grated and eaten raw or added to salads. Low in cholesterol and saturated fats, celeriac has anti-microbial properties that mean it can boost immunity, helping to improve colon health and overall wellbeing. It is also high in dietary fibre and acts as an aid to healthy digestion.

Tasting very much of celery, celeriac can be added to winter stews and soups or served mashed as an accompaniment. You can make celeriac chips, and it's often used as a substitute for potatoes. Or make mash with half celeriac and half potato. Bear in mind that celeriac has half the calories of potatoes (before any butter or oil is added). Oddly, it's quite a salty vegetable, so if you are on a restricted

salt diet then perhaps avoid having too much of it, and certainly don't add salt to it. Due to its starch and salt content, it can be stored for several months (in the right cold, dark situation up to 8 months). The leaves and stems need to be used sooner as a garnish to many dishes.

Although always available, celeriac is best from September to April. To prepare celeriac, top and tail the knobbly bulb with a sharp knife, then either pare off the rest of the skin with a knife or use a peeler to get the skin off. It can be quite tough and deep, so take care (BBC's Good Food describes the skin as 'Rhino tough'). If using raw, have a bowl of water with lemon in it to put it in and avoid discolouration. The Good Food site states it takes 20 minutes to boil or 40 minutes to roast if cut in large, rough chunks.

Resources

juicing-for-health.com/celeriac

wikipedia.org/Celeriac

www.bbcgoodfood.com/celeriac

NUTRITION per 100g

(cooked): Cals 40, Carbs 10g (of which 2g sugars), 1.5g of protein, a little bit of dietary fibre, almost no fat, Manganese 8%, Phosphorous 16%, Potassium 8% Vitamin C 13%, Vitamin B-6 10% and a whalloping 34% of Vitamin K (percentages based on a recommended daily intake for a 2,000 calorie diet). Information from Wikipedia.



Basic celeriac remoulade (serves 10)

- 1 large celeriac, 1/2 sliced into matchsticks, 1/2 coarsely grated
- 150ml crème fraîche
- 4 tbsp mayonnaise
- 3 tbsp extra-virgin olive oil
- 2 tbsp Dijon mustard
- Juice of 1 lemon
- 4 tbsp chopped fresh flatleaf parsley

This creamy celeriac remoulade is quick and easy to make and a great alternative to coleslaw. In a medium bowl, mix all the ingredients until well combined. Taste, season and serve. Carbs 3g per serving (if 10 servings), 150 cals, 4g fibre, 2g protein.

www.deliciousmagazine.co.uk/celeriac-remoulade

Celeriac, pancetta and hazelnut soup (serves 4)



Recipe from *Delicious*
deliciousmagazine.co.uk/celeriac-soup

Ingredients

- 100g smoked pancetta, diced
- A knob of butter
- 1 onion
- 1 large celeriac (about 750g)
- 1 large floury potato (about 400g)
- 1 bay leaf
- 1 litre fresh chicken stock
- 25g hazelnuts
- Crème fraîche, to serve
- Extra-virgin olive oil, to serve
- Fresh chives, to serve

Method

1. Fry the pancetta in a large saucepan with the butter until golden and crisp. Remove two thirds with a slotted spoon onto kitchen paper and reserve. Finely chop the onion, add to the pan and fry for 5 minutes.

02. Meanwhile, peel and chop the celeriac and 1 potato into even chunks. Add to the pan with the bay leaf and stock and season well. Simmer for 15 minutes or until the veg are tender.

03. Meanwhile, toast the hazelnuts in a dry pan, then coarsely chop.

04. Remove the bay leaf from the soup, then whizz with a hand blender until smooth. Taste and season, then serve topped with dollops of crème fraîche, the hazelnuts, reserved pancetta, a glug of extra-virgin olive oil and snipped fresh chives, if you like.

Carb Count: Per serving 20g carbs, 350 cals, 12g fibre, 16g protein.



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