

Diabetes Community Group – Thanet

Meeting held on Thursday 6th February, 2020 at 4.00pm at Unit 26, Centre Management Office,
Westwood Cross Shopping Centre

Present:

John Hall	
Brian Urwin	
Maxine Ansell	
Rosina Bushell	
Jeremy Martin	
Alicia Hall	

Discussion	Action/lead
1) Apologies were received from Ivan Elsom, Peggy Long and Margaret Negus	
<p>2) We read the minutes from the last meeting and noted the following points:</p> <p style="padding-left: 40px;">We will have Katie Treslove, the specialist diabetes dietician, talking at the March meeting which will start at 4.30pm. John to remind people to submit questions regarding eating and diet to John before March so she can prepare for them.</p> <p style="padding-left: 40px;">Brian's presentation will be rescheduled to the May meeting.</p>	<p>John All members to submit questions to info@diabetesthanet.uk</p>
3) Brian mentioned the WWX Think Healthy Me Taster sessions on TM, Mindful Eating, Colour therapy and Exercise. They had been held at the wrong time since the school run was still conflicting with the time, so the next batch of sessions will be held at 10am. Alicia had been to several and really enjoyed them.	
4) We invited Alicia to tell us of her experience as a Type 1 Diabetes sufferer. She had thought she would be safe from get type 1 diabetes since her father had the disease and she had thought it often skipped a generation, however this turned out not to be the case. She had a needle phobia but after being diagnosed she needed to take blood samples several times a day, and then administer an insulin injection 4 or 5 times each day. She described Diabetic ketoacidosis (DKA) which happens when you don't have enough insulin in your body to process high levels of glucose in the blood. Symptoms include nausea, vomiting, abdominal pain and high blood sugar levels. She also said insulin tends to make you hungry and led to weight gain, so the temptation to miss insulin injections meant that sometimes she experienced hypos which can have very serious consequences if not treated. She also sometimes experienced retinopathy which can lead to sight loss, but since she settled into a good regime for handling her diabetes this was not a current problem. She said she would swap her type 1 for type 2 any day. We all felt well informed after this talk.	
5) We moved on to a talk by Jeremy Martin on "Origins of our Dietary Guidelines. Are they the solution or the problem?". This consisted of a slide show with accompanying spoken expansion. Jeremy started with Eisenhower who had several heart attacks while he was president of the USA and afterwards. This led to the setting up	

of dietary recommendations to influence the public to eat healthily and prevent heart disease and obesity. Ancel Keys (1970) was an American physiologist who studied the influence of diet on health. He held that dietary saturated fat causes cardiovascular heart disease and should be avoided. His Seven Countries study aimed to show that heart disease was low in countries where the population ate low fat diets. His work has been criticised since he chose his countries carefully, ignoring countries where a high fat diet was eaten but heart disease was low, and other countries where a low fat diet was accompanied by high rates of heart disease. The Committee on Nutrition of the American Heart Association, largely funded by food companies, advised that a low fat, low calorie diet was the route to health, and health advice in the USA and the UK has continued with this up to the present day. Jeremy showed graphs demonstrating that obesity has steadily risen in spite of government advice to eat low fat, low calorie diets. He held that the Eatwell guide, which superseded the Eatwell plate, was largely influenced by lobby groups and personnel from big food and drink manufacturers.

We had little time to discuss the talk but the following points were made:

John said it seemed amazing that practically the whole NHS, public health bodies and doctors were pushing the low fat, low calorie diets in spite of supposedly incontrovertible evidence that a low carb, high animal fat diet was better for health. Is it possible the food companies have such a hold on scientific opinion?

Alicia said since she had given up veganism and moved to using butter and meat her diabetes was more manageable. She also wondered if the odd glass of wine had some beneficial influences and lowering blood sugar, which her father (and John's) had thought. This would be a question for the dietician next month.

- 6) Date and time and place of next meeting. March 5th 4.30 pm
Unit 26, Centre Management Office, Westwood Cross Shopping
Centre, 23 Margate Rd, Broadstairs CT10 2BF