

## Notes on Diabetes Group meeting 2<sup>nd</sup> February 2023

Present were John, Brad, Brian, Sheree, Jeremy, Ciara and Maxine.

John read a summary of the 5<sup>th</sup> January meeting and Brad asked Sheree to carry on with her workshop.

Sheree asked if anyone had completed the exercise of identifying the three areas of their well-being which required the most attention<sup>1</sup>. Brad said he would kick off and listed his three factors. Sheree drew him out and they had a fruitful interchange. John was next and Sheree made some suggestions on how he could handle his concerns. Maxine had viewed January's recording but had not formally done the complete exercise, but did mention three factors which she was not happy with. Sheree said she was disappointed with the low response rate, and then told the group how her invitation to visit the group had been mishandled, and she was not happy with it.

Sheree left the meeting and we moved on with the agenda. Brian told us he had recently received his third pacemaker and was feeling very healthy, and he had just been visited by a podiatrist who did wonders with his feet, turning them from blue to pink during the session. Brian wondered if we would like to have the podiatrist along to talk to us about leg ulcers. He said he had been impressed by articles from the Harvard Medical School about Peripheral Neuropathy and was planning to contact them to find out what treatments they recommended. He said the veins removed from his legs for his quadruple heart bypass operation meant the circulation in his legs was not ideal, but he was able to handle it. Ciara gave some good advice on exercises which help with the condition, and Maxine mentioned she had some walking exercise machines which she had owned but given away. Brian said his wife had machines which would be suitable for these exercises and perhaps he would have a go at using them. John pointed out the NHS website had some good articles on Peripheral Neuropathy<sup>2</sup> which were worth looking at. It suggested checking whether some prescribed and non-prescribed medicines could be interacting badly causing some of the symptoms.

Next, we had a discussion on whether Apple Cider vinegar was useful to help with keeping blood sugar low for diabetic sufferers, John said he had tried drinking it and found it revolting. Jeremy suggested trying it for a week to see if it had any effect, but advised not taking the pill version since it was useless. Ciara recommended a lemon and ginger drink first thing in the morning could be beneficial, after Brian said he made this for his wife each morning, but did not drink it himself.

Brian then wanted members of the group to volunteer to approach all the GP surgeries in Thanet to make them aware of our group and recommend it to their patients.

Next meeting is 2<sup>nd</sup> March 2023.

Links

Website – <http://diabetesthanet.uk>

Facebook - <https://www.facebook.com/groups/1370586729749214>

Nextdoor - <https://nextdoor.co.uk/events/17592186413264/>

YouTube - <https://www.youtube.com/channel/UCNq8iXg0KgxiGyeEmmz39fQ>

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<sup>1</sup> Since this document is visible to the public the details are omitted!

<sup>2</sup> <https://www.nhs.uk/conditions/peripheral-neuropathy/treatment/>