



I would also like to say a warm welcome to any new members who will be receiving their first newsletter today.

LAST MEETING SUMMARY

I would like to start by thanking those who attended last year's meeting at Hamworthy Club. The meeting was very well attended with lots of familiar faces along with a few new ones. We were fortunate to be joined by **Dr. Simon Claridge**, one of our EP Fellows here at Bournemouth Hospital.

He gave a thought provoking presentation on the Cost effectiveness of replacing all defibrillators at time of generator change. This presentation prompted a lot of discussion within the group. I would like to take this opportunity to reassure you all that everyone with an ICD will always be offered to continue

the same treatment at time of generator change.



We were also treated to a fascinating presentation given by **Dave Morris** from the *New Forest Forestry Commission*.

He gave us quite an insight into how the forest is managed, its difficulties, along with facts about the different habitats and species of plants and wildlife living within the New Forest boundaries.

THANK YOU!

Firstly I would like to thank all the BAD Committee members who work so hard in order to keep this group running.

I must also give thanks to **Mike** and **Maureen Ebdon** for organising yet another successful Skittles evening towards the end of last year. We all had a wonderful time and look forward to the next one!

Lastly a huge thank you to **Rob Coley** who, for many years, has been solely responsible for printing every copy of the BAD newsletter along with invitations, at no cost to the group. Thank you very much **Rob**.

A LITTLE INFORMATION ABOUT DIABETES

Diabetes is a long-term condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes – type 1 and type 2.

Type 1 diabetes is far less common than type 2. It is an autoimmune disease and cannot be prevented.

BAD MEETING DATE

Monday 11th March, 2019

Time: 13.30-16.00 at

Hamworthy Club

Gaynor Richards and **Sarah O'Connor**, who helped establish the BAD group and have been keen attenders since the beginning, will be presenting on **'The Developments of the BAD group.'**

On behalf of the arrhythmia nurses and the BAD committee I would like to wish you all a very happy and healthy New Year!

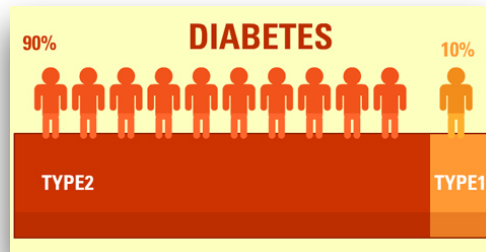
Type 2 diabetes is when the body either doesn't produce enough insulin to function properly, or the body's cells don't react to insulin. If not well managed, it can lead to raised blood sugar levels that can cause serious complications including stroke, heart and kidney disease, and amputations.

In the UK, about 90% of all adults with diabetes have type 2 diabetes. Many people have type 2 diabetes without realising it. This is because symptoms don't necessarily make you feel unwell.

Symptoms of type 2 diabetes can include:

- * Passing urine more than usual, particularly at night
- * feeling thirsty all the time
- * feeling very tired
- * losing weight without trying to
- * itching around your genitals, or repeatedly getting thrush

- * cuts or wounds taking longer to heal
- * blurred vision



PREVENTION

More than half of all cases of Type 2 diabetes could be prevented or delayed.

Reduce your risk!

We can all reduce our risk of developing type 2 diabetes by making simple lifestyle changes.

- * maintaining a healthy weight
- * Being more active
- * Eating a healthy well balanced diet.

If you suspect you may be at risk, or have symptoms of type 2 diabetes it is important to consult your doctor.

ANOTHER DIARY DATE

Sunday 24th March.
Afternoon cream tea with quiz
at Hamworthy Club,

Get your thinking caps on for quiz team names.

We will be opening the doors at 1pm on Sunday 24th March with quiz commencing at 2pm.

Please notify the arrhythmia nurse team by the 11th March if you would like to attend so that we can arrange the cream teas.

DO YOU HAVE ANY IDEAS?

Do you have a tale to tell or any suggestion for topics that you would like to see covered in future issues of the newsletter? Please let us know by contacting the Arrhythmia Nurse specialists as given below.

Jo & Kirsty,

the Arrhythmia Nurse Team

and the

BAD Group Committee.

**HOPE TO SEE YOU ALL
AT THE NEXT MEETING!**

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