

# Hackney Diabetes Centre

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Homerton University Hospital **NHS**  
NHS Foundation Trust

## Hackney Diabetes Centre Newsletter

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### World Diabetes Day

14<sup>th</sup> November is World Diabetes Day. This year the theme is the disadvantaged and Vulnerable. We have now registered for the Global Diabetes Walk **WORLD RECORD ATTEMPT**, which will take place at:

Meet at: Outside Hackney Town Hall  
Time: 11.45 for 12pm Start  
Who's Invited: Everyone

We will also be organising some health promotion events on and around this day, including a stall at Leyton ASDA on Friday 17<sup>th</sup> November.

### Last Chance for Applications

A few places are still available on the *Insulin course, Primary Care Course and Diabetes Foot Assessment Training Course*. Flyers and application forms have been sent out to all surgeries, and extra copies are available on the web-site: [www.diabetes-resources.org.uk](http://www.diabetes-resources.org.uk)

### Insulin Pen News

Aventis have now launched their **Opticlik** pen, which fits Lantus and Apidra Opticlik cartridges. This new device dials to 80 units in 1 unit increments. The cartridges do not fit any other pen. If you would like a demonstration, please contact Hema Sequeira on 07818 891630

Lilly are to discontinue their Humapen Ergo, which is replaced by the new Humapen Luxura. People using the Humapen Ergo only need change if their pen brakes. The Humapen Luxura will fit all Lilly cartridges.

Both the Opticlik and Humapen Luxura are now available on prescription

### Structured Group Education

In line with the Diabetes NSF, we are now up and running with two different structured education groups for people with type 2 diabetes:

- **DESMOND** – Diabetes Education and Self Management for Ongoing and Newly Diagnosed – For people with newly diagnosed Type 2 diabetes – run over 2 sessions
- **X-PERT** – for people with type 2 diabetes, of any duration, runs over 5 – 6 sessions

Referrals for DESMOND should be made on the form attached and posted or faxed back to Ann Chambers on 020 8510 5015.

If you have facilities, and would like X-PERT to be held in your surgery, please contact Anna-Marie or Ann on 020 8510 5920 to discuss dates and times for the new year. The course runs for 5 weeks, all we need is

1. Patients (no more than 18),
2. a room for weeks 1,2,3,5
3. TV + video for week 2
4. Refreshments

### World Record Attempt

As part of World Diabetes Day, we are taking part in the Global Diabetes Walk. This walk will be part of a **world record attempt** for the worlds largest walk-a-thon. The current record stands at 77, 500 people.

Please come and join us at:

**Hackney Town Hall**

**11.45 for 12pm Start**

**Tuesday 14<sup>th</sup> November**

The walk will be for about half an hour, and will suit all abilities and speeds. Please bring along your family, friends and colleagues to make this a really special occasion. For more information, please look at the following web-site: [www.gwlk.info](http://www.gwlk.info)

### HOT OFF THE PRESS

Competact is a new mixed medication for type 2 diabetes – 15mg Pioglitazone mixed with 850mg Metformin. Available from November 2006

