

The Art of Diabetes and Mouth Health – Type 1, Type 2, and Teeth!

Thursday 18 September 2025 19:00–20:45 BST online and in real life at Norfolk Row Sheffield City Centre S1 2PA

Looking at taking care of our teeth when we live with, or are at risk of, diabetes, inc. amazing insights & life saving innovations!

Welcome to The Art of Diabetes and Mouth Health - Type 1, Type 2, and Teeth event! Join us at Norfolk Row for an informative session on diabetes and maintaining oral health. Learn about the connection between diabetes, oral and gum health, and taking care of your teeth.

We'll be joined by two amazing dedicated thoughtful and inspiring champions of oral health: Dentist Dr Vitor C M Neves and Emily Grayson, a registered dental nurse and oral health educator. Their teamwork and skills will benefit and inspire all of us – hopefully we'll have some free gifts too!

Emily and Vitor will discuss tips and tricks to keep our mouths healthy while living with diabetes, and what we all can do, easily, to reduce risks. Don't miss out on this opportunity to enhance your knowledge and improve your overall well-being.

Send in any questions/ topics you want them to cover - including the everlasting question - what's best to eat for night time hypos? See you there!



Dentist Dr Vitor C M Neves (above)



Emily Grayson (left), a registered dental nurse and oral health educator



Contacts

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Update from the Chair

My apologies for not doing an update for the August Newsletter. I decided to take a break and give the brain a rest. Although there was still plenty to do. On 20th August Diabetes Neighbourhood Health All-Party Parliamentary Group made a visit to Sheffield Teaching Hospitals.

The meeting was held in the Medical Education Centre, Northern General Hospital. Prof Solomon Tesfaye, Dr Jackie Elliott, Dr Soon Song were there to meet the visitors and with an extremely packed Agenda. There were a wide variety of presentations from Eye Screening, Sheffield Podiatry Services, and a Senior Diabetes Specialist Nurse. All were in unison regarding the benefits of having a One Stop Shop. Patients can have all the investigations done on one day thereby preventing lots of appointments on different



days and different venues. It is more cost effective for patients to attend their appointment on the day and, hopefully, we will see an increase in patients attending Diabetic screening and prevent complications down the line.

The October Monthly meeting 16th October will be Flavour

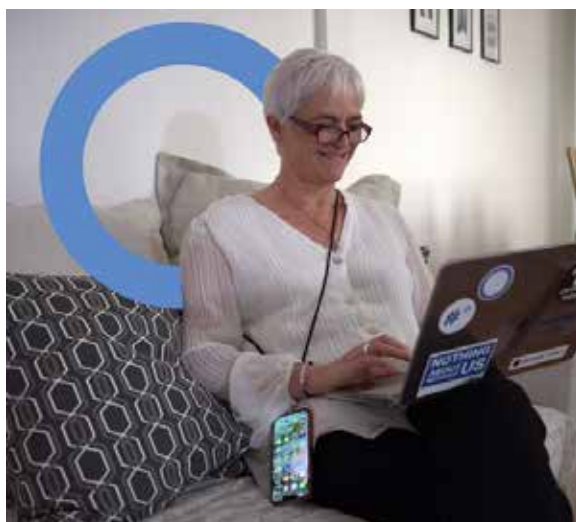
of the Month with Guest Speaker Carla Gianfrancesco. Tickets are available using the link.

*Tickets are now available for our event in November to be held at The Circle on Saturday 8th November. The theme this year is **Diabetes and Hope**, and tickets are already on Eventbrite. I have booked my place; have you? The earlier you book the easier it will be to organise food drinks and seating. Here is the link **Members of the public tickets:** <https://bit.ly/HopeInDiabetes2025> Please share this with everyone you think may be interested. **Friends, family, carers, and your health-care team.***

Shirley

Shirley Sherwood, Chair

World Diabetes Day 2025 is on 14 November with a focus on Diabetes in the Workplace



Diabetes and well-being at work

Millions of people with diabetes face daily challenges managing their condition in the workplace, including stigma, discrimination and exclusion. This has a negative impact on their well-being. This World Diabetes Day, join our call on employers and employees around the world to 'Know more and do more for diabetes at work' and start the change for a better #DiabetesLife.

Biggest shake-up in type 2 diabetes care in a decade announced

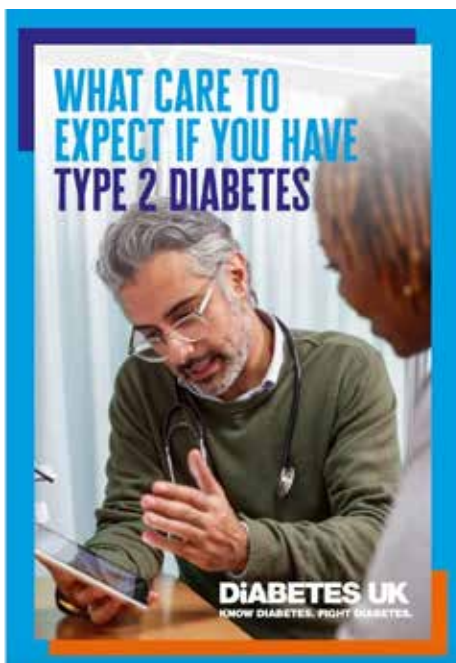
Millions of people are set to benefit from earlier access to newer type 2 diabetes treatments – the biggest shake-up in care for a decade – as part of NICE’s commitment to re-evaluate priority clinical pathways described in the 10-Year Health Plan for the NHS.

NICE draft guidelines are moving away from automatically starting everyone on one medicine to personalised treatment plans that aim to prevent heart failure, heart attacks and other serious medical problems.

NICE’s independent guideline committee has expanded access to newer diabetes medicines called SGLT-2 inhibitors (with names like canagliflozin, dapagliflozin, empagliflozin and ertugliflozin) from being second-choice treatments to first-choice treatments. Some groups of patients stand to benefit from another type of medicine called GLP-1 receptor agonists (such as liraglutide or semaglutide), rather than keeping them for later stages of treatment.

For patients who cannot tolerate metformin (the traditional first diabetes medicine), the new guidelines recommend starting with an SGLT-2 inhibitor on its own. This is because growing evidence shows these medicines protect the heart and kidneys beyond just controlling blood sugar.

New evidence also suggests that nearly 22,000 lives could be saved once uptake of



the recommended changes for SGLT-2 inhibitors, as a joint first line treatment option with metformin, reaches 90% of the patient population.

People with type 2 diabetes should speak with their health-care professional at their next annual review meeting to discuss what treatment option is right for them.

The draft guideline aligns with the 10-Year Health Plan for the NHS which highlights the need for a shift from treatment to prevention, through an approach that aims to prevent the future complications of diabetes. It also supports the roll out of digital care through continuous glucose monitoring and community-based care.

“These draft recommendations demonstrate how NICE is already delivering on commitments within the 10-year-plan by updating guidance to drive

smarter NHS spending. This guidance means more people will be offered medicines where it is right to do so to reduce their future risk of ill health,” said Professor Jonathan Benger, deputy chief executive and chief medical officer at NICE. “This represents a significant evolution in how we approach type 2 diabetes treatment. We’re moving beyond simply managing blood sugar to taking a holistic view of a person’s health, particularly their cardiovascular and kidney health.

“The evidence shows that certain medicines can provide important cardiovascular benefits, and by recommending them as part of initial treatment, we could help prevent heart attacks, strokes and other serious complications before they occur. This is particularly important given that cardiovascular disease is the leading cause of death in people with type 2 diabetes.”

The guidelines also address concerns about under-prescribing of SGLT-2 inhibitors, with real-world evidence showing these medicines are not being offered equitably across the UK. NICE analysed records of almost 590,000 people and found that SGLT-2 inhibitors are under-prescribed, particularly to women, older people, and Black or Black British individuals.

“We know that SGLT-2 inhibitors are currently under-prescribed, and our health economics analysis shows that

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(Type 2 shakeup continued)

people living in the most deprived areas would particularly benefit from universal access to these treatments. These recommendations could help reduce health inequalities while providing better outcomes for everyone,” said Dr Waqar Shah, chairman of the guideline committee.

The draft guideline introduces different treatment approaches based on patient characteristics and other health conditions:

- Adults with cardiovascular disease should be offered triple therapy including a GLP-1 receptor agonist.
 - Adults with early onset type 2 diabetes (diagnosed before age 40) are offered dual therapy before a GLP-1 receptor agonist is considered.
 - People living with obesity will receive specific treatment combinations.
 - Those with chronic kidney disease have tailored recommendations based on their kidney function.
 - Adults with frailty should be considered for metformin alone initially.
- The new guidelines also include special recommendations for adults who may be frail or have multiple health conditions.



For these people, doctors will usually start with just one medicine (metformin). If metformin doesn't work for them, they may be offered a different type of medicine instead. This recognises that more vulnerable people often do better with fewer medicines and more straightforward treatment plans.

Around 4.6 million people are diagnosed with diabetes in the UK according to Diabetes UK, with about 90% of those having type 2. Additionally, it is estimated that almost 1.3 million people in the UK are likely to have undiagnosed type 2 diabetes.

The draft guideline is open for public consultation until Thursday 2nd October. NICE's guideline committee will consider all feedback received before publishing the final recommendations. The document and details of how to respond are available on the NICE website at www.nice.org.uk.

T1International's application to add rapid-acting insulin analogues to the World Health Organization's *Essential Medicines List* has been accepted.

Rapid-acting insulin analogues (like Novolog, aspart, Humalog, lispro, Fiasp, and more) offer critical advantages to those relying on insulin therapy: they mimic natural insulin secretion, reduce dangerous hypoglycemia, improve post meal blood sugar control, and make self-management more realistic. When used with long-acting insulin, they form the cornerstone of the modern basal-bolus regimen.

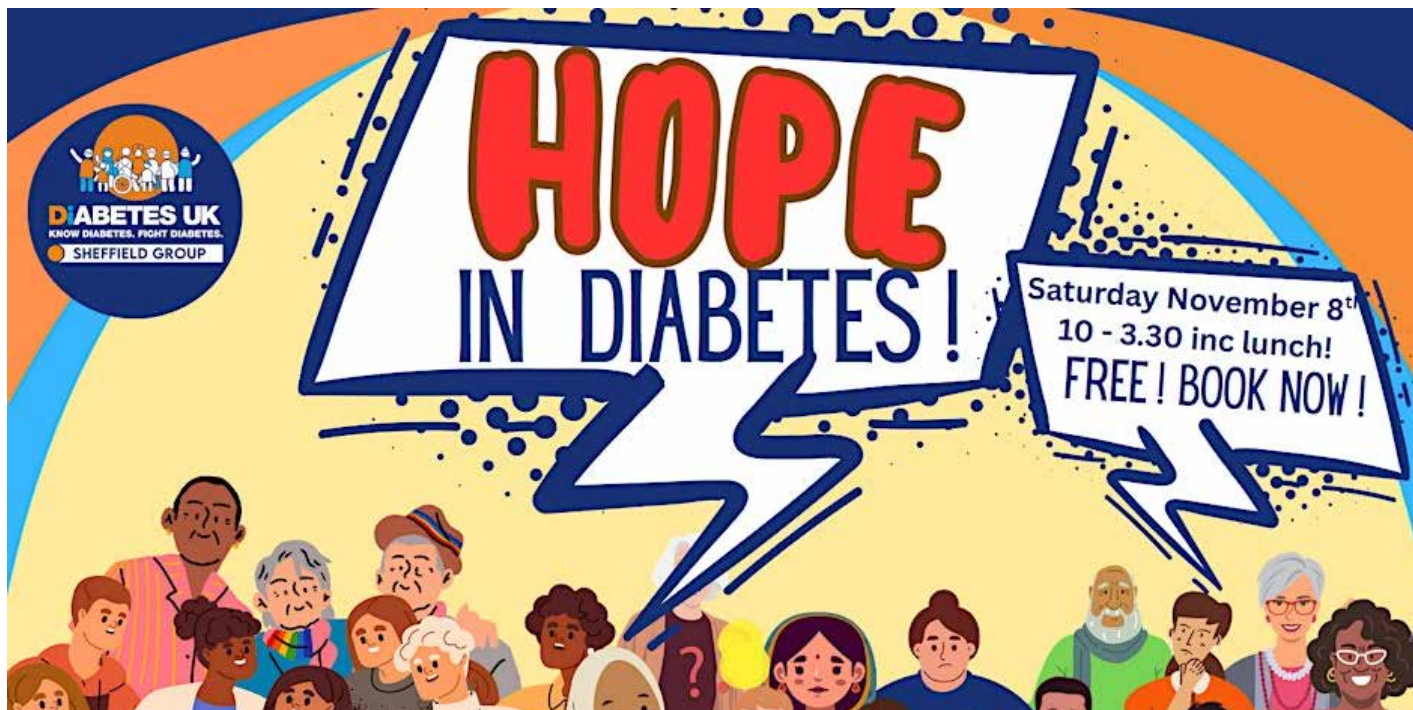
This is a huge win for the global community, and wouldn't have been possible without the hard work and collaboration of advocates around the world.

The next step is to have countries implement this decision in their national essential medicines lists and ensure that insulin is provided according to this new designation. Can you help us continue this fight for insulin access and affordability?

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Chris Toavs (she/her), Global Advocacy Manager, T1international
t1international.com





Saturday, November 8

The Circle, 33 Rockingham Ln, Sheffield City Centre, S1 4FW

Diabetes + HOPE Gala

Being diagnosed with diabetes is never good news - although usually you can start to feel better straightaway!

We're so aware of the misery that diabetes can bring, BUT we are constantly buoyed by the great news we hear - and by all the people we meet who are getting into remission from Type 2 and all the hope there is for our children's futures with Type 1.

More and more of us are living with good health and active lives into old age and there is support available - in many languages and from people who really understand - all over Sheffield.

There is always hope but we don't hear enough about it - at this event you'll meet others in the same position as you who completely understand what it's like, researchers and project leaders who are making major positive differences, and we'll show what a big difference peer support can make - at whatever level you can handle!

You'll have the chance to talk with leading figures in diabetes:

- Dr Amar Puttana - a leading doctor and researcher with people living with diabetes & old age
- People of all ages in remission from Type 2
- Dr Allison Low - South Yorkshire's Lead Doctor for children and teenagers who have diabetes
- Andy Broomhead - former Chair of Sheffield Diabetes UK on tackling diabetes stigma
- How to get diabetes blood glucose monitors which teach you so much about your own health
- many ordinary people who are completely - or mostly - bossing diabetes
- many more diabetes superheroes ... to be announced

We'll also have entertainment, refreshments, diabetes friendly food and a fabulous event for school age superstars - building confidence and making diabetes BFF.

Public: <https://bit.ly/HopeInDiabetes2025>

Volunteers: <https://bit.ly/VolunteerDiabetesHope08-11-25>