

HOSPITAL ADMISSION: WHAT HAPPENS TO OUR DIABETES?

**Sheffield Diabetes UK meeting online and at 9–11 Norfolk Row,
Sheffield City Centre, England on Thursday, 17 September, 7 PM–8:30 PM**

It's scary being admitted to hospital for anyone - but if you have diabetes, there's an extra layer to think about. Most of us try to be as independent as possible - seeking guidance when we need it - but if you're facing surgery or are admitted unexpectedly - what happens? Do all wards follow the same guidance? Are all staff trained? How do you find out how much carb's in meals? If you need to starve pre-surgery or investigation (e.g. colonoscopy) what should you do? What if your sugars go low?

We are so pleased to be welcoming local experts, specialising in hospital care, including Cheryl Smith, leader of the inpatient diabetes nurses at Sheffield Teaching Hospitals, Rachel Buckle - specialist dietitian for inpatients and Dr Ian Paterson - former Consultant Anaesthetist who lives with diabetes.

Do bring your questions!

HOSPITAL ADMISSION? WHAT HAPPENS TO OUR DIABETES?

With very special expert guests:

Cheryl Smith, Specialist Diabetes Inpatient Nurse
Dr Ian Paterson, Consultant Anaesthetist who lives with diabetes
Rachel Buckle, Specialist Hospital Catering Dietitian

MORE INFO

**Thursday 17th September 2026
7pm - 8.30pm**

**In person at Norfolk Chambers, Norfolk Row, Sheffield, S1 2PA,
and online - book here:**

<https://bit.ly/DiabetesInHospital 2026>

SheffieldDiabetesUK.group 0742 938 5554



Update from the Chair

On Sunday 2nd August, I donned my red shoes fastened the laces and with my daughter Laura, sister Janet and her husband Alan took part in the Red Shoe Walk for Dementia. It was a glorious day, and everyone was in high spirits. What I really want to get across is that not every illness is visible, yet some people are easy to judge. I suffer with fibromyalgia and have done for some 30 years. Besides being in constant pain, I often succumb to brain fog, where you can see what you want to say but the words do not come out. Like seeing a flash card then panicking because you cannot see the word. We should all try to be non-judgemental and give help to those who need it. It was an honour to take part and as Alan has Alzheimer disease, we jumped at the chance, and I think the red shoes may have had something to do with it as



well!

The meeting in July with Prof. Simon Heller, Dr Elysa Iannou, Dr Ahmed Iqbal and Dr Debashish Kar certainly did not disappoint. There was lots of information on research and some incredibly good questions and answers. A big thank you to everyone who attended and to our guests.

We decided to have a month off during August but were still working hard in the background. August saw our interim meeting

with Diabetes UK North. After this meeting we are now able to start attending Community Groups and Festivals but must keep these to a realistic number to avoid taking too much on and burnout.

The meeting on 17th September will cover hospital admission and what happens to our diabetes.

Dr Ian Paterson, Consultant Anaesthetist living with diabetes, Cheryl Smith Specialist Diabetes Inpatient nurse and Rachel Buckle Specialist Hospital Catering Dietician. These will be our guest speakers for the evening. I am interested in this being an NHS volunteer visiting wards that have people with diabetes and other issues.

Shirley

Shirley Sherwood, Chair

New daily diabetes pill that helps with weight loss

A new daily pill that treats diabetes and helps with weight loss is now available in UK pharmacies. This is said to be welcome for people who cannot use weight-loss jabs, but chemists also issued a warning over the growing problem of fake, unlicensed or counterfeit versions of GLP-1 tablets.

Orforglipron, known as Foundayo and made by Eli Lilly, was authorised by the Medicines and Healthcare products Regulatory Agency (MHRA) earlier this month. The UK is the first

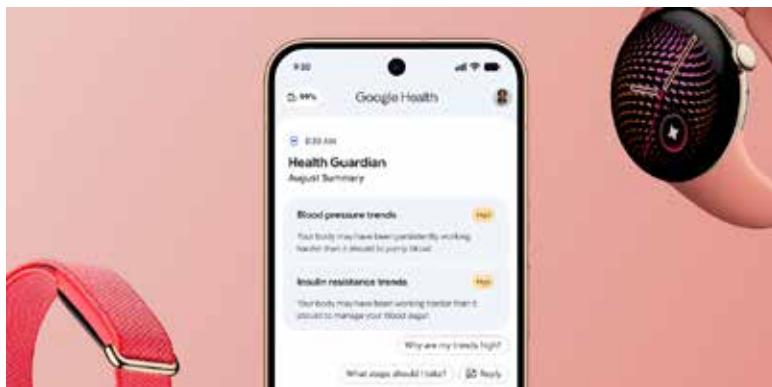


country in Europe to approve it, after approving another weight-loss pill in June.

The drug is initially available through private prescription,

and the company is working with the National Institute for Health and Care Excellence (Nice) on its assessment of Foundayo for a potential rollout to the health service in England. It is licensed for people with a body mass index (BMI) of 30 or above, or those with a BMI of between 27 and 30 and at least one weight-related condition. It can also be used to help blood sugar levels in patients with type 2 diabetes. The pill is taken once a day, at any time, with no food or water restrictions.

Google Health Guardian checks levels of insulin resistance



Google has developed a new level of health and wellness monitoring for its own and Fitbit watches. Backed by rigorous medical research, these new features track subtle physiological shifts and help catch changes in health and wellness that need attention.

Insulin resistance affects how efficiently our bodies absorb energy from food. Prolonged insulin resistance can lead to deteriorating metabolic health and because these shifts happen quietly, many people don't realise anything is wrong. If these fluctuations can be caught early, there's an opportunity to address them by

changing nutrition, sleep and movement. These watches analyse data over many weeks and track shifts in metabolic health without requiring a single drop of blood!

The feature has undergone thoughtful clinical validation, incorporating feedback from the scientific community. An article speaking to their accuracy, which was validated by standard clinical blood tests, was published in *Nature*, a leading scientific journal, in March this year.

The new features, including improved blood pressure monitoring, were announced by Google on August 12th.

The features are part of a

software rollout across the company's "wearables" portfolio; i.e. gadgets like wrist watches or plain looking fitness bands that offer health monitoring.

Full research report: Insulin resistance prediction from wearables and routine blood biomarkers, A. A. Metwally et al, *Nature*, April 2026, 652, 451–461 <https://www.nature.com/articles/s41586-026-10179-2>

More info on Insulin Resistance (which can cause type 2, affect people with type 1 and is often part of gestational diabetes (diabetes in pregnancy)) is available from Diabetes UK: <https://bit.ly/InsulinResistance-DUK>

NEWS on free prescriptions

In the UK, people with diabetes treated by prescribed medication are eligible for free prescriptions, and the exemption certificates we need in England will now cover us for 10 years (like passports) instead of 5. Many people describe difficulties getting the certificate sorted out so having longer between renewals should save a lot of hassle.

It is shocking to realise that for people with type 1, missing insulin can quickly cause severe symptoms, and without it, we do not survive. T1International

(<https://www.t1international.com/>) is a USA based charity that campaigns to make insulin freely available across the world; they know of too many struggling to afford insulin, often using the bare minimum trying to make their medication last as long as possible. T1International really shows the cost of unaffordable treatment and say:

Life with diabetes is complicated.

Access to vital insulin, diabetes supplies and medical

care should not be.

Free prescriptions mean you don't pay for any item you're prescribed, even if it's for something that's apparently unrelated to your diabetes; maintaining your overall health really matters. Other conditions (eg an infection) can affect our diabetes, often raising blood glucose levels. It is often vital we take medication to treat the new condition and important that we are not prevented (eg by cost) from getting what's been prescribed.

Diabetes and Disordered Eating – Progress and Care

June's meeting brought Diabetes and Disordered Eating into the open aiming to bring understanding, reduce shame, offering information and hope.

Our guests were Mary Wood, South Yorkshire's lead specialist adults diabetes outpatient dietitian for this topic and Aisling Pigott, children's specialist diabetes dietitian from Cardiff. Mary and Aisling filled the room with valuable information, kindness and understanding as they shared their knowledge and commitment to services supporting people with diabetes. They both shared how commonly eating disorders occur amongst people living with diabetes (post diagnosis) and how shaming and potentially damaging they can be; raising the issue should enable more people to recognise their own needs and help diabetes specialist staff to ask and offer support to patients.

Mary explained that her work has partly involved helping the South Yorkshire Eating Disorders Association (SYEDA) adapt and develop its approach to meet the needs of people living with diabetes, and to spreading knowledge and skills around diabetes and disordered eating amongst staff and professionals working in diabetes. She has also worked with people living with diabetes and disordered eating to reach more people effectively. SYE-



Mary and Aisling

DA are now more able to adapt what they offer to help people with diabetes to feel confident in the service and to benefit from SYEDA's different approaches. Staff also receive supervision around diabetes work and are able to access specialist guidance. SYEDA's expertise is around eating disorders and they help to keep people safe and will suggest when more specialised input is needed. SYEDA is at: <https://syeda.org.uk/> and can also be contacted on 0114 272 8822 and by email: info@syeda.org.uk

Aisling is a specialist with children living with diabetes and their families, around food and nutrition. Like Mary, she's been involved in the increasing awareness of disordered eating in diabetes and has undertaken a significant research project looking at reducing the risks of eating disorders amongst people with diabetes. She has discussed

their history of diabetes and nutrition with adults who have survived eating disorders, to learn more about what lessons and experiences in their childhood and teens may have contributed to them developing disordered eating as they grew up.

Mary's and Aisling's presentations were compelling and we can't recommend enough that you watch the recording on Sheffield Diabetes UK Group's YouTube channel: <https://www.youtube.com/@sheffielddiabetesuk> where it will be uploaded soon.

Diabetes type 2 CARB SMART SESSION
Delivered by Diabetes dietitians

SESSION COVERS:

- ✓ Carbohydrate Awareness
- ✓ Label Reading
- ✓ Meal Planning

FREE HEALTHY LUNCH PROVIDED

Thursday 1st October 1pm-2:30pm

The Zest Centre, S6 3NA

health@zestcommunity.co.uk

07513643015

Zest Centre are hosting a CARB SMART SESSION for type 2 diabetes on Thursday 1 October between 1.00 and 2.30 PM

For those with Type 2 diabetes only! Join an informative session delivered by expert diabetes dietitians. Learn smart ways to manage carbs and keep blood sugar in check. Don't miss out on this chance to get personalised guidance and improve your health in a relaxed setting! FREE healthy Lunch will be provided!

Contacts

Stay in touch with Sheffield Diabetes UK Group
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