

KING OF HEARTS

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Meetings are held at

Fullwell Cross Library

On the second Wednesday

In every month

At 7:30pm

COMING SOON

July 12th Quiz

August 9th Dr John Medical Talk

Newsletter

July 2017

Cardiac Support Group

July 2017

Dear Members and Friends

Well folks we have now reached halfway through 2017 and I am sure that many members are looking forward to their annual holidays.

Once again my letter addresses the sad loss of my good friend and long standing member of the King of Hearts group Len Abbott, on Monday 3rd July Len was sadly sent on his journey to be with his dear wife June. For those who attended his funeral I would like to thank you on behalf of Sue and her family, and for those who were unable to attend I am sure that Len was in your thoughts. I was pleased to be asked by the family to be part of the barer party walking along side of Len into the church I thank you for that.

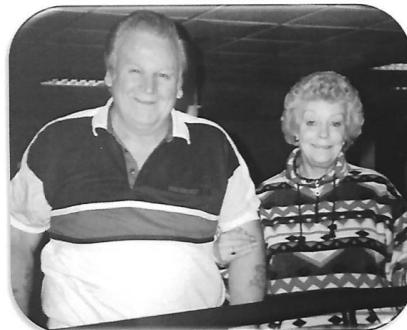
The undertaker and his staff performed an excellent ceremony and he was conveyed in a two horse carriage the horses performed in a dignified manner as if they knew that Len was behind them.

I am getting Durham to add a photo of Len and June below hence my condensed letter this is to allow you to see this photo.

Well dear friends I look forward to our July 12th meeting, sincere best wishes to you all.

Regards

Henry Phillips Chairman



In Memory of

Len Abbott

1933-2017

Len passed peacefully away on 16th June 2017 he was a member of the King of Hearts Support Group for many years. And came along whenever he could with his Daughter Sue, And was always cheerful. He was laid to rest with his dear wife June. He will be missed by all at the Club.

WHAT ARE THE SIGNS AND SYMPTOMS OF DIABETES?

Are you worried that you, your child or someone you know, may have diabetes? Having some of the signs of diabetes doesn't mean you definitely have the condition, but you should always contact your GP, just to make sure.

The common symptoms of diabetes

- Going to the toilet a lot, especially at night
- Being really thirsty.
- Feeling more tired than usual.
- Losing weight without trying to.
- Genital itching or thrush.
- Cuts and wounds take longer to heal.
- Blurred vision.

Although the majority of people with Type 1 diabetes are diagnosed in childhood and early adulthood, the symptoms are the same at any age. Adults diagnosed with Type 1 diabetes may not recognise their symptoms as quickly as children, who in turn will prove detrimental as diagnosis then treatment may be delayed. The 4 Ts campaign (see below) describes the symptoms to recognise in children; however, these will match symptoms in adults and could include a further 'T', Thrush. High levels of glucose being passed in the urine are a perfect breeding ground for the fungal infection which causes thrush.

Why does diabetes create these symptoms?

These symptoms occur because some or all of the glucose stays in the blood, and isn't being used as fuel for energy. The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.

I have some diabetes symptoms. What now?

If you have any of symptoms of diabetes, you should [contact your GP](#). It doesn't necessarily mean you have diabetes, but it's worth checking – early diagnosis, treatment and good control are vital for good health and reduce the chances of developing serious complications.

Spotting Type 1 diabetes in children

To help you spot the four most common symptoms of Type 1 diabetes in children and young people, Diabetes UK has created the 4 Ts of Type 1 diabetes.

- **Toilet** - Going to the toilet a lot, bed wetting by a previously dry child or heavier nappies in babies
- **Thirsty** - Being really thirsty and not being able to quench the thirst
- **Tired** - Feeling more tired than usual
- **Thinner** - Losing weight or looking thinner than usual

What happens if you ignore the signs of diabetes?

It's hard to ignore the signs of Type 1 diabetes because symptoms can often appear quite quickly. But leaving it untreated can lead to serious health problems, including [diabetic ketoacidosis](#), which can result in a potentially fatal coma.

Type 2 diabetes can be easier to miss as it develops more slowly, especially in the early stages when it can be harder to spot the symptoms. But untreated diabetes affects many major organs, including your heart, blood vessels, nerves, eyes and kidneys. Being diagnosed early and controlling your blood sugar levels can help prevent these complications.