



DESIGNING

MAGAZINE

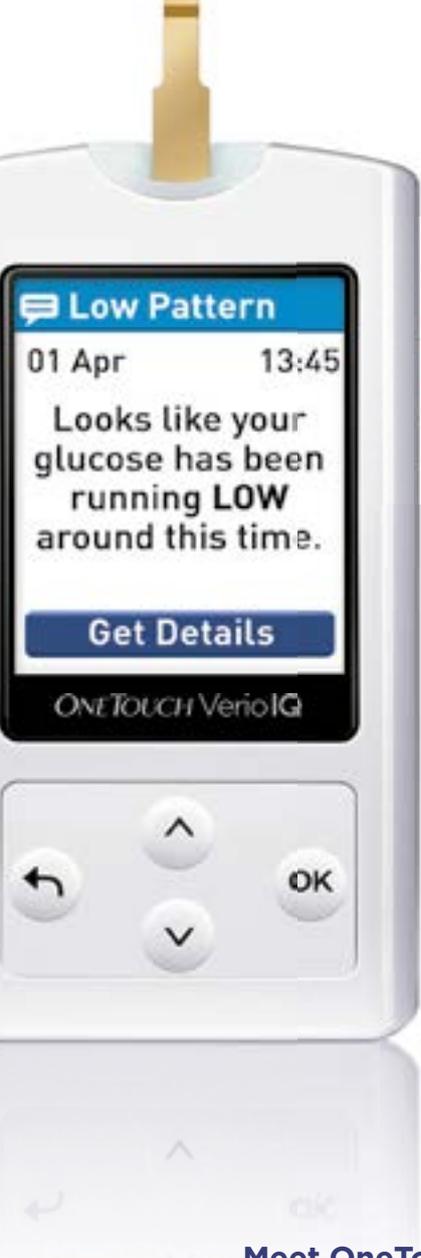


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Does your water have sugar in it?

MAKING CARBS COUNT: SALAD DAYS

PLUS • New Products • Groovy giveaways • News (for T1 and T2)



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Editor's comment...



Hello sunshine! It took it's time, but there's some sort of summer finally with us. Sun on skin means vitamin D. Did you know, if your shadow is shorter than you, the sun is at the right angle to produce Vitamin D, and your body cannot produce vitamin D through windows -- you need to be outside. Find out more facts on page 4. When it's hot, you need to keep up your fluid intake. See why in our feature on page 8 which explores not only the need for hydration, but why you need to read the labels, even on bottles of water.

Sue Marshall

Published by Desang Ltd the aim of this newsletter is to bring news and information to people living with diabetes. Please check all matters concerning how you handle your health with your healthcare team. We welcome any feedback on the magazine or ideas for future articles.

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CORRECTION. In the last issue in a news item the website for Accu-Chek Mobile contained a typo. It should have read

www.accu-chek.co.uk



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THE A,B,C OF VITAMIN D DEFICIENCY

As autumn follows a summer exceedingly short on sunshine, 1 in 6 of us are already at risk of suffering a severe deficiency of vitamin D, which is essential for the absorption in the gut of calcium and phosphorous from food to build strong bones and teeth. It also supports the immune function. Also known as the 'sunshine vitamin', a 20-minute exposure to sunlight 2 - 3 times per week in the UK is usually all it takes for fair-skinned person to replenish their supply of vitamin D. Older people whose skin is thinner and children wearing high sun protection factor creams (SPF 15 and above) may not receive the amount of UVB radiation necessary.

Ethnic minorities are more susceptible to vitamin D deficiency because darker skin doesn't absorb it as efficiently in cooler climates and those with pigmented skin or who need to wear particular clothing for cultural reasons may also be missing out.

Get in the sun

This year the National Osteoporosis Society launched its fifth Sunlight Campaign to remind people across the UK to get outside for a few minutes every day between to keep their vitamin D levels topped up.

Siobhan Hallmark, spokeswoman for the National Osteoporosis Society comments, "We have run the Sunlight

Campaign for the past five years to improve awareness of vitamin D and bone health and we're pleased that our latest survey shows that the public understanding is definitely improving, but there is still a lot of confusion and a lot of people still think that you should wear sunscreen all the time. It is worrying that this uncertainty could mean that a lot of people are not getting the vitamin D they need, and could be putting themselves at risk of weaker bones."

Additional D

The survey identified confusion around dietary sources. When asked if they took a vitamin D supplement, almost half of respondents said that they didn't need to because they ate a healthy balanced diet, but less than 10% of vitamin D comes from food. Omega-3 rich foods, such as oily fish, egg yolks and fortified spreads and cereals contain some vitamin D but not enough.

Taking a vitamin D3 (cholecalciferol) supplement - such as Vita-D3 can help counter the effects of vitamin D deficiency in those most at risk such as children, young adults and the elderly. Available from pharmacies, health food stores or mail order from Forum Health Products, where it is on promotion with a year's supply for £10.99.

www.forum-health.co.uk



SUNLIGHT INSIGHTS

1. Sunlight is the best natural source of Vitamin D.
2. Exposure to sunlight every day between 11am and 3pm through to end September will increase Vitamin D and help keep bones healthy.
3. Try to get 10 minutes of sun exposure to your bare skin, once or twice a day (depending on skin type), without sunscreen.
4. Always take care not to burn, especially during the strong sunshine in the middle of the day. Babies and children need careful protection.
5. Even on cloudy days, your body can still produce Vitamin D from sunlight but it can take a little longer.
6. Get outside in the summer so your body can produce enough Vitamin D to help see you through winter.
7. Make sure that you are actually outside. Your body cannot produce Vitamin D even if you are sitting by a window or in a conservatory on a sunny day. You must be outside.
8. Only 10% of vitamin D we need comes from the food we eat, but it is still important to include vitamin D rich foods in your diet, such as oily fish and eggs. Many margarines, breakfast cereals and dairy alternatives are fortified, but do check the label.



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Bayer HealthCare

NEWS

TEA AND TYPE 2 DIABETES

People who drink at least 4 cups of tea each day have a lower risk of developing type 2 diabetes than non-tea drinkers according to a new study. Chronic conditions such as diabetes, as well as heart and stroke, are associated with inflammatory processes and the presence of excessive pro-oxidant free radicals in the body. The proven antioxidant and anti-inflammatory effects of black tea flavonoids are thought to be responsible for the positive health effects of black tea described.

Commenting on this latest research, Dr Catherine Hood from The Tea Advisory Panel notes, "There is far more to the

nation's favourite drink than we realise. With its antioxidant flavonoids, black tea packs a powerful punch with many health benefits. And recent studies show that the flavonoids work their magic whether or not we choose to add milk. This latest research data adds further evidence to the possibility that black tea in amounts of at least 4 cups daily could reduce the risk of type 2 diabetes. Research studies also continue to demonstrate that Tea is great for our heart health too. All in all, drinking four or more cups of black tea each day is quite simply very good for us!"



See our hydration feature on page 8.

WHITE RICE LINK TO T2



An examination of several studies that included a total of 350,000 people has linked high consumption of white rice with an increase in type 2 diabetes. A comparison of the studies that were conducted in China and Japan, where white rice is a staple, indicated that people there were 55% more likely to develop the disease than Asian people

who ate the least rice. However, rice consumption alone may not be the only factor in the Asian increase in diabetes. According to Qi Sun, PhD, of Harvard University, the transition to a less active lifestyle and greater availability of food may make the Asian population more susceptible to the adverse effects of consuming quantities of white rice. Sun also pointed out that people need to pay attention to everything they eat and not focus only on a single food. White rice increases blood sugar more than other whole grains, largely due to the way it is processed.

Brown rice was not part of this study. The study concluded that even among people who don't eat a lot of white rice eating a great deal of the grain may modestly increase the risk of diabetes.

GARLIC HIT

Kwai Heart Care garlic supplements help to reduce the risk of heart disease. It has an antioxidant effect, an anti-inflammatory effect and affects a reduction in the build up of arterial plaque as well as a vasodilation effect to widen arteries. Not only that, it lowers LDL cholesterol, which is linked to heart disease. All of this is due to Kwai having the right amount of the active ingredient in garlic, Allicin.

Kwai Heart Care retails at £5.10 for 30 one a day tablets from Boots.



HOW GOOD IS
YOUR METER?



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ALL SOUPED UP

Two likely lads, Rod and Ben, have come up with a series of scrummy summer and winter soups. They are wheat gluten and dairy free, and made with veg grown organically on Bickham Farm in Devon.

If you're bored of salads and Can't face another sandwich then try a taste of Andalucía with the new gazpacho recipe from the range on offer. Served ice-cold it makes a refreshing lunch for long hot days (if we have them). Smooth and nutritious, this gazpacho is bursting with the goodness of plump sunripened tomatoes, cucumbers and basil, and made to a classic Spanish recipe.

Rod Hall, one of the duo, says, "We use beautiful full-bodied Passandra cucumbers and new spring onions fresh from the soil as well as handfuls of fragrant basil that grows in abundance here on the farm. The bread in the soup is handmade at the local bakery and, of course, all our ingredients are fresh and organic. It's tempting to think of soup as a cold weather lunch but in actual fact our summer soups – from gazpacho and pea and mint to asparagus – are light and delicious and great on a hot day."

The soup pots are 600g and have an RRP from £3.49 to £3.99.



LONG-TERM LIFESTYLE TIPS

GIVEAWAY

We have x3 copies of this cookbook to giveaway. Send your name and address to

info@desang.net with 'flower' in the subject line.

The Healthy Lifestyle Diet Cookbook by Sarah Flower works on the principle that what you eat is as important as how much of it you eat when it comes

to long-term weight loss. The cookbook is for anyone who has had enough of yo-yo diets and wants to keep their weight under control on a lasting basis.

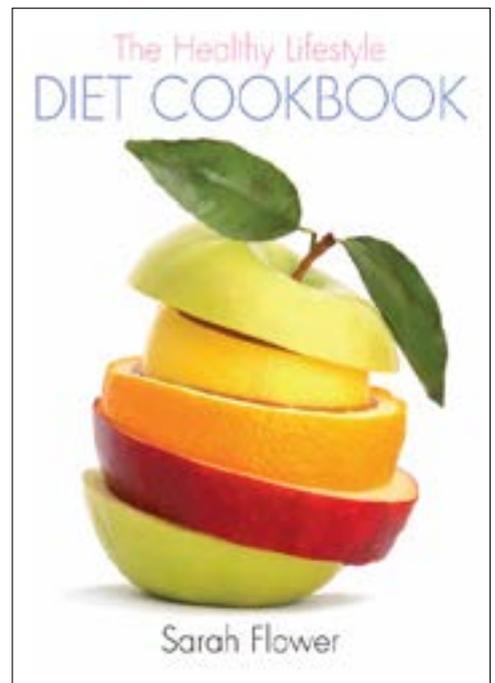
Familiar with the stresses of juggling family and work with eating healthily and trying to maintain your figure, author and

nutritionist Sarah Flower has provided meal plans that kids will enjoy too, and which can be prepared in 30 minutes or less. The recipes are easy to follow and including invaluable tips to keep weight out and vitality in.

Nutritionist Sarah Flower is the author of a number of cookbooks. She believes that by following the recipes in her latest book, The Healthy Lifestyle Diet Cookbook, you can eat well, lose weight, feel better and stay that way.

The book costs £14.99. We have x3 copies to giveaway. Contents include:

- Eat yourself healthy
- Bad foods and superfoods
- Food swaps for healthier eating





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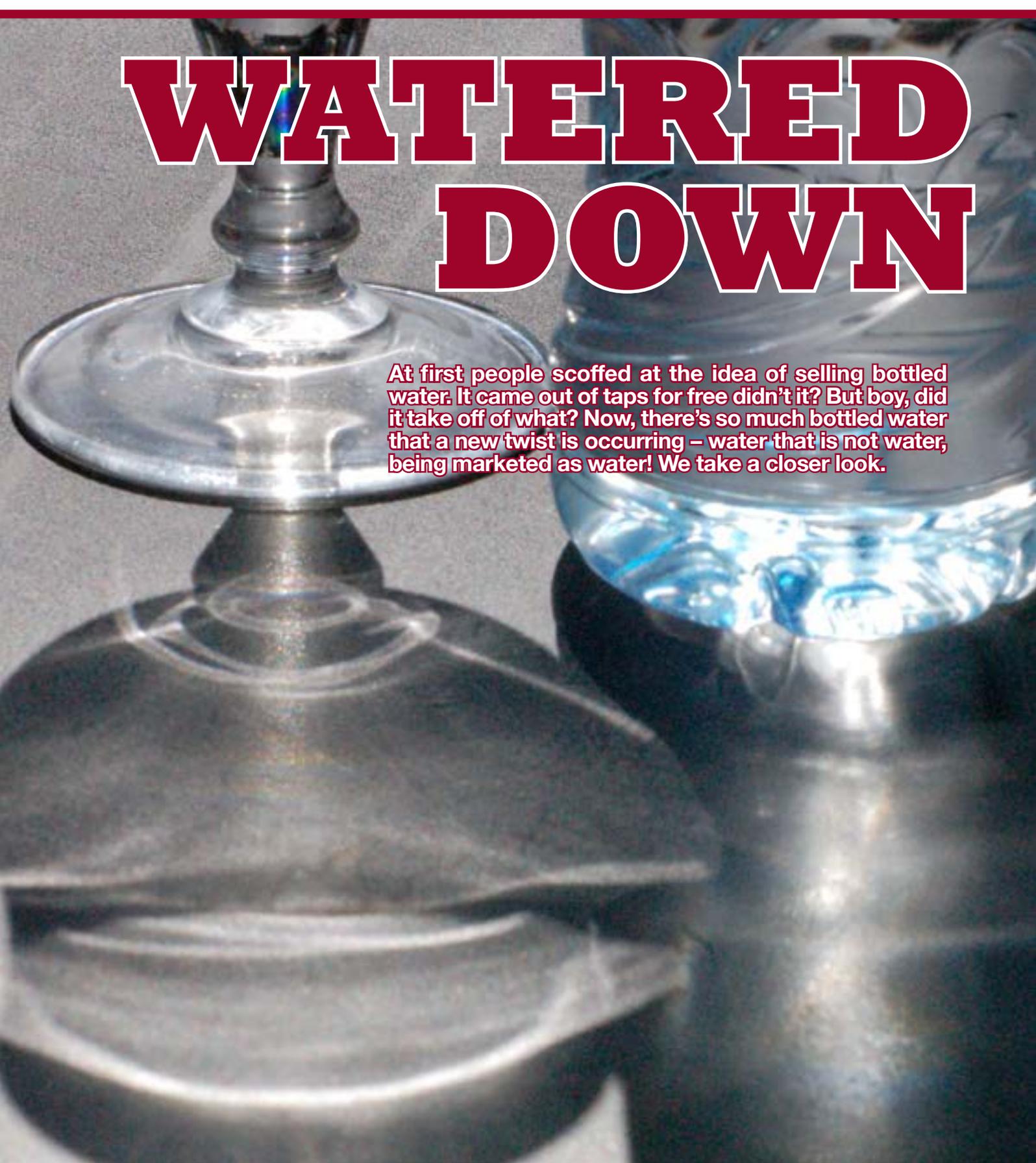


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LIVING

WATERED DOWN

At first people scoffed at the idea of selling bottled water. It came out of taps for free didn't it? But boy, did it take off of what? Now, there's so much bottled water that a new twist is occurring – water that is not water, being marketed as water! We take a closer look.



Water is vital, we know that, and having bits put in our water to make it more interesting, or 'better' for us, is attractive. However, a diabetic would be well-advised to read the labels carefully.

Some of these so-called waters are laden with sugars. Hardly the no-fat, sugar-free options that basic water offers. Drinking water is the healthiest way to hydrate, according to the UK's National Hydration Council. Water is a macronutrient and is the only fluid we need to hydrate when following a healthy lifestyle.

Water contains zero sugar, calories, preservatives or additives; aids digestion and metabolism; replenishes natural fluids depleted by other diuretic drinks; and is a key part of the body's cooling system.

Despite offering so many natural health advantages, the average Briton drinks just 200ml of water a day, less than one glass of the 6-8 glasses of fluid (equal to 1.2 litres) the Food Standards Agency (FSA) says we should be drinking daily.

Other options

However, as part of a healthy balanced lifestyle you can consume other drinks including milk, coffee, tea, fruit juice, smoothies and fizzy drinks.

Drinking tea or coffee also delivers water, and contains caffeine, which can affect hydration when consumed in above average quantities. Pregnant women are advised to consume no more than 200mg of caffeine a day. This is equivalent to about two mugs of instant coffee or about two and a half mugs of tea. Other hot

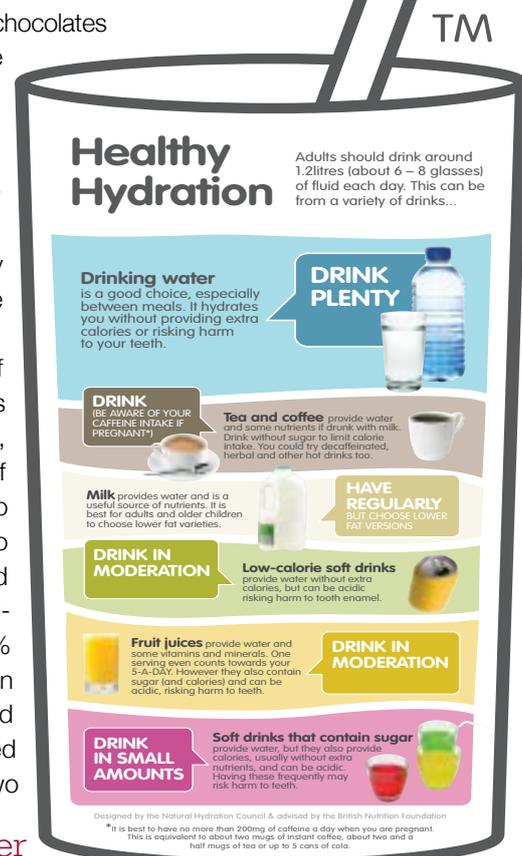
"People with diabetes generally need to drink more fluids and it is better to drink water than other types of drink that contain calories which can lead to unhealthy weight gain. Being thirsty can also enhance appetite and result in eating more food than intended, so it is especially important for people with diabetes to be well hydrated."



Professor Tom Sanders, Professor of Nutrition & Dietetics and Head of the Diabetes & Nutritional Sciences Division, King's College London, and consultant to the Natural Hydration Council. See its health hydration guide below.

drinks such as herbal teas, hot chocolates and malted drinks can provide water, however if these drinks are sweetened with sugar it increases the calorie content. The sugar also increases their potential to damage teeth and of course could play merry havoc with your blood glucose levels.

Milk contains lots of essential nutrients such as protein, B vitamins and calcium, as well as being a source of water. However, it can also contain saturated fat and so it's a good idea for adults and older children to choose semi-skimmed (less than 2% fat), 1% or skimmed milks. For children between the ages of one and two years, the recommended milk is whole milk. From two



continued over

years onwards semi-skimmed milk can be introduced gradually. Skimmed and 1% milks are not suitable for children until they are at least five years old because they have less vitamin A and are lower in calories.

Fruit juices and smoothies may contain pureed fruit, which adds fibre and can also count towards your 5-a-day. One 150ml glass of fruit juice counts as one portion, and smoothies that contain at least 150ml of fruit juice and 80g crushed/pulped fruit count as two portions. Because fruit juices and smoothies contain sugar (and therefore calories) and can be acidic, they can potentially harm teeth.

As we know, soft drinks usually contain sugar, which adds to your calorie intake and can potentially damage teeth if the drinks are consumed frequently. For anyone, let alone a diabetic, it's a good idea to limit consumption of standard sugar containing soft drinks. However, the soft drink market in the UK is now worth a whopping £117.2m and is growing at 10% per year. Adult soft drinks are the fastest growing sector of the carbonates

JUST JUICE? NOPE!

It might be water based, but the so-called water in the 'this water' brand can have 42g of sugar per 100ml (depending on the flavour). Useful for treating a hypo, but not for daily drinking if you have diabetes. It pays to read the labels and see beyond the marketing.



market, with carbonates representing 43.9% of all soft drink sales, so there seems little sign of this slowing down.

Being diabetic means often having to say not to stuff -- the fact that you have to say no sometimes makes these things more desirable, but if you can wean yourself from hankering after drinks in soda cans, you would be doing yourself a big favour, and not just in terms of your blood sugar levels, your entire digestive system, starting with your teeth, would

benefit too.

And now, with even water being remarketed with added sugars, you need to be on your guard even when it comes to the H₂O you imbibe. Check the labels, but keep drinking. Hydration is a vital part of overall health.

Health and Performance Research Study by Vielife, Harvard Medical School and Institute for Health & Productivity Management 2005.

Water alternatives

A few new options in bottled beverages. Lull is a lightly sparkling fruit and botanical drink with only 43 calories per bottle, 4.1g of carbohydrate (of which sugars 4.1g). Each bottle contains 2000mg of botanical extracts blended to soothe mind and body. It's 100% natural with no added anything. It's a slow burn GI and is therefore diabetic friendly. £1.90 per 250ml. Qcumber is inspired by the idyll of an English summer and blends natural cucumber essence and sparkling spring water for a fresh flavour. Free from artificial nasties it contains 67 calories per 250ml. £2.60p per 750ml. Coyo, a new coconut milk in five flavours is made from the white flesh of coconut, has no added sugar, preservatives or additives. It contains 150 calories and about 5g of carb per 100g and dairy, lactose and gluten free. Made with natural aloe ferox, a wild variety of aloe with twice the potency of aloe vera, the What's This? range boasts benefits of being anti-aging, reducing risk of heart disease, cleansing the digestive system and detoxifying the body. £2.75 for 330ml.



1. Lull

Time for tea

According to the Tea Advisory Panel, while it is often claimed in the media that caffeinated drinks such as tea can adversely affect hydration, according to new research the view that typical intakes of caffeine can impair hydration is flawed.

Maintaining optimal hydration through regular fluid consumption is essential for good health. Guides to fluid intake produced in the UK and US place tea among the most suitable beverages alongside water. Evidence from recent research does not indicate that tea prejudices hydration. Due to the modest amounts of caffeine found in tea and coffee, they are too low to cause dehydration.

Dr Tim Bond a member of the Tea Advisory Panel notes: "Wrong advice that identifies tea as dehydrating could be misleading and serve to drive consumption towards less healthy drinks. It's vital that everyone keeps their fluid levels topped up to avoid dehydration -- proper hydration is key to good mental and physical health. Tea drinkers can be reassured that their favourite cuppa does count towards their fluid intake without the risk of dehydration."

Total intake of fluids includes fluid from foods, for example soup, fruits, vegetables and dairy products, as well as from drinks. Assuming that 30% of fluid intake is provided by foods and that one glass or cup contains 250mL, the fluid recommendations from drinks translate to around four cups



a day for younger children, five to six cups a day for older children and adult women, and seven cups a day for adult men. Bear in mind, A 1% decrease in hydration levels can produce a decrease of up to 20% in production levels, so put the kettle on!

2



2. Qcumber

3



3. CoYo

4



4. What's this?

Smile counsel

The state of your teeth and gums can have a major impact on anyone's overall health, and there are established links between diabetes and the health of the mouth. According to dentist Richard Guyver, "Not only does diabetes increase the risk of mouth inflammation, but inflammation in the mouth increases the risk of getting type 2 diabetes, or make it harder to control your blood sugar if you already have it."

People with diabetes may have an increased risk of dry mouth, tooth decay, oral thrush, and gum disease. Says Guyver, "Diabetics are twice as likely to have gum disease as those without diabetes. Any worsening of gum disease in someone with diabetes can be an indicator that kidney failure may follow."

Gum shields

Research has shown that inflammation in the mouth (i.e. gum disease) can increase susceptibility to diabetes, can disrupt glycaemic control and even affect the body's production of insulin. If you're already diagnosed with diabetes, it is suggested that by controlling inflammation in the mouth you can reduce your dependency on your medication as well as lessen the impact of the condition on the rest of the body.



Dentist Richard Guyver

Be in no doubt, most people have low-grade infections in their mouths all the time, which is often spotted as blood on a toothbrush or when spitting out. What is less obvious is that by-products of these infections are released into the blood and can damage the pancreas, so your ability to produce insulin is reduced. This can trigger type 2 diabetes or make both type 1 and type 2 diabetes harder to control if you already have it.

Diabetes and dentistry

Inflammation can result from any crack in a tooth which goes beyond the gum, tooth decay, or from badly-made fillings or crowns that don't fit properly or gum disease. As well as low-grade gum infections, teeth can have low-grade infections too. Often these are completely symptom free, sometimes they only give mild symptoms such as a small lump that comes and goes on the gum, often with no pain. Any inflammation is exacerbated by dry mouth (as saliva carries immune components which help the body destroy bacteria) and smoking.

Guyver has developed the diabetes-dental matrix, a system that allows dentists to assess the aspects of the mouth that influence diabetes, and the aspects of diabetes that influence the mouth. This means he can see how one impacts on the other, and offer solutions to help improve both.

Diabetes and Dentistry offers free information both to the general public and to dentists.

www.diabetesanddentistry.co.uk

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MAKING CARBS COUNT

SALAD DAYS

While summer continues to offer up its bounty in terms of salad leaves and herbs, diabetics can relish the relative freedom of meals and sides that are often carb-free.



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Salads can be meals in themselves. Supermarkets have ensured that all sorts of ingredients can be bought year-round, but it's in the summer that British salad stuffs come into their own. How many people do you know who grow their own tomatoes, or cucumbers, or strawberries?

Half the fun is that you literally pick up the ingredients, give them a wash, maybe chop them up or tear them, and bung them in a bowl. Salad dressings are as much fun -- bit of oil, some vinegar then we each have our faves -- blue cheese? Horseradish? You can make a decent dressing from items lurking in your fridge!

Hail Caesar

With few exceptions, salads don't have a carb count, unless you've put in potatoes, bread or noodles. They can contain varying amounts of protein -- with tuna, chicken or a variety of bean providing the protein punch. They are also, in the main, fat-free, until you add the dressing. Even then, if you're using olive oil, its 'good fat'.

Beyond a basic salad, some have gone on to garner such fame that they are known by their own names. A crunchy Caesar any one, or what about a Waldorf? The basic Caesar is claimed to have been created by an Italian immigrant to America, Caesar Cardini, who made it in his restaurant in Tijuana. Making it at home, you'd need Cos lettuce, garlic, anchovy along with egg, lime and, according to some recipes, a splash of Worcester sauce. Normally, this is also served with white-bread crutons. However, if you're watching your waist, then forgoe these. They add texture, bulk and account for some carbs, but fried foods really are best avoided where



MOORISH DELIGHTS. Simple Moroccan salad consists of little more than finely chopped tomatoes, cucumber and mint -- and no carbs.

possible, and this salad can handle being served 'light' without these additions.

The Waldorf takes its name from New York's Waldorf Astoria Hotel, where it was apparently created for the first time as far back in 1896. For this, you're going to need apple, celery and mayonnaise on a

bed of lettuce. Spruce it up with chopped walnuts and some raisins, if you fancy, and pad it out with poached chicken, turkey or even salmon.

See over for the well-known Salad Nicoise and make the most of super salads as often as you can.



A sumptuous salad

They are easy to assemble, often involve no cooking at all, and can be zero carbs. But some salads are more of a meal in themselves, and the Salad Nicoise is one of those. Recipes vary -- in a way you can adapt your salad to what is available. The usual ingredients, apart from salad leaves, are green beans, new potatoes, egg and tuna fish. As far as being nutritional valid, it ticks all the boxes. Fresh veg, protein from beans, fish and eggs, plus -- with the potatoes -- some carbohydrates too. Here's a British interpretation of the southern French classic.

Salad Nicoise with beans and peas (serves 4)

200g new potatoes cut in half
 4 medium free-range eggs
 200g fresh green beans, trimmed
 100g fresh peas, shelled
 200g tinned tuna, drained
 12 black olives
 4 anchovy fillets
 4 tablespoons extra virgin olive oil
 1 tablespoon red wine vinegar
 1 small shallot, finely chopped
 Salt and cracked black pepper

1. Place the new potatoes in a medium sized pan, cover with lightly salted cold water. Bring to the boil and then simmer for 10 to 15 minutes until cooked. Drain and set aside.
2. While the potatoes are cooking, bring a small pan of water to the boil and cook the eggs in the boiling water for 7 minutes. When cooked, place under cold running water for 5 minutes. Peel and cut in half and set aside.
3. In the meantime bring a medium sized pan of salted water to the boil, then cook the green beans and peas for 2 minutes, drain and lightly refresh under cold running water. Drain and set aside.
4. Place the potatoes, eggs, beans, peas, tuna, olives and anchovy fillets in a medium sized bowl.
5. In a small bowl mix together the olive oil, vinegar and shallot, season with salt and pepper.
6. Pour the dressing over the salad and mix gently.
7. Divide between 4 small salad bowls and serve.



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