

Rosemary's Story



My name is Rosemary, I am 58 and live in Wrexham. I am married with children and grandchildren and I work as a GP Practice Manager. I was diagnosed with type 2 diabetes about 18 months ago, it was diagnosed by chance really as I had no symptoms, but I checked my blood sugar with a finger prick test in work and it was raised. I was shocked and at first was in denial. My own GP however prescribed metformin (the tablet that is given for type 2 diabetes) which I took for a while but when I started to get an abnormal heart rhythm I thought it must be the metformin and stopped taking it for about a year. In late 2014 I was struggling to lose weight and a nurse colleague suggested I start taking metformin again which seemed to help my weight loss. Just at this point I received a letter from my GP about a trial, I discussed it with my nurse colleagues and decided this would be a chance to take better care of myself. The trial was looking at three different ways of monitoring type 2 diabetes. Since being on the trial the education I have received from the Research Nurse has given me a greater insight into my condition, I have been provided with the tools to live with diabetes. I have been thinking about what I am doing to look after myself like the exercise I take, what I eat and drink as well as what the future holds. I feel more informed and do not feel judged. I didn't realise it was possible to think I was eating healthily but still get it wrong! For example a baked potato is better than mashed, not because of what you add to it but because if it is mashed the carbohydrate changes. It has been an opportunity for me, I am going on holiday soon and I will be able to enjoy myself even though I will be more careful. The only disadvantage of being on the trial for me has been finding a parking space when I go to Wrexham hospital every three months! I cannot remember if I am going to be told the outcome of the trial, I am however encouraging the practice I work in to participate in research because of my own involvement in the study. My message to anyone considering taking part in a trial is obviously from a personal view. I would encourage taking part in research as if we don't then treatment won't improve, it may not help you as the person taking part but it will help people in the future'. April 2015 Rosemary is taking part in the Self Monitoring of Blood Glucose (SMBG) Study. The study is currently recruiting people with type 2 diabetes across Wales and England. The aim of the study is to determine whether self monitoring of blood glucose, with or without regular nurse support, enables better control of blood glucose levels in people with type 2 diabetes compared to no monitoring. For people with diabetes monitoring the level of glucose in the blood is an important part of managing

their condition. Self-monitoring of blood glucose involves a person with diabetes monitoring their own blood glucose levels using a blood glucose meter. SMBG has been widely accepted as essential for people with type 1 and type 2 diabetes who have insulin injections for their diabetes, as the information gained from the monitoring can help decide the insulin dose required and prevent blood glucose levels from going too low. It can also help the person with diabetes adjust their diet and exercise to better control their blood glucose levels. However, for people with diabetes who do not take insulin and manage their diabetes by taking tablets or through diet and exercise alone, there is a continuing debate regarding the benefit of SMBG. The study is currently open across 15 sites and will continue recruiting participants until the end of June 2015. Participants take part in the study for 12 months and the results of the study will be disseminated widely. For more information go to the website of the NISCHR funded Diabetes Research Unit Cymru www.diabeteswales.org.uk Sharon Parsons, SMBG Study Co-ordinator, May 2015