

HEAR (*Health Evidence Awareness Report*)

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Welcome! Focus on Diabetes

Diabetes is a chronic disease affecting over 400,000,000 people worldwide, and it is estimated that nearly half of those with diabetes are unaware that they have the condition. In this issue of HEAR we provide useful information (i.e. links to reliable websites, blogs, organisations) for patients, families and carers affected by diabetes.



We've also included links to recent, high evidence research e.g. current guidelines, systematic reviews and Irish research.

Where possible, we provide links to freely available resources.

The purpose of HEAR newsletter is to provide specialised information to health professionals and patients about specific health topics.

HEAR is now in its second year and is a result of collaboration between librarians from a variety of Irish health organisations.

Should you wish to make any suggestions for future editions of HEAR, we would love to hear from you, please [Email Us](#).

The term 'diabetes' means excessive urination and the word 'mellitus' means honey.

Did you know? *Fast facts on Diabetes*

1. There is an emerging global epidemic of diabetes that can be traced back to rapid increases in overweight, obesity and physical inactivity, World Health Organization
2. Type 1 diabetes is characterized by a lack of insulin production and type 2 diabetes results from the body's ineffective use of insulin.
3. Reports of type 2 diabetes in children - previously rare - have increased worldwide.
4. 854,165 adults over 40 in the Republic of Ireland are at increased risk of developing (or have) type 2 diabetes

Sources: World Health Organization – [10 facts about diabetes](#)

Diabetes Ireland: [Diabetes prevalence in Ireland](#)

BLOGS AND PODCASTS

Diabetes UK blog

<https://blogs.diabetes.org.uk/>

Diabetes and eyesight, a video on NHS Choices

<http://www.nhs.uk/video/pages/diabeticretinopathy.aspx>

Diabetes Forecast: the healthy living magazine

<http://www.diabetesforecast.org/>

Diabetes Community Advocacy Foundation

<http://diabetescaf.org/>

What is diabetes?

<https://www.diabetes.ie/about-us/what-is-diabetes/>

PHONE APPS:

Glucose buddy : Log and tag your blood sugars, medications and carbohydrates.

Carbs & cals : Uses food photos to compare the food on your plate to the photos in the app.



Click [here](#) to find the best diabetes apps 2016, according to healthline.com

PATIENT INFORMATION

Useful websites

Diabetes Ireland <https://www.diabetes.ie/>

National Institute of Diabetes and Digestive and Kidney Diseases <https://www.niddk.nih.gov/>

HSE A – Z of common conditions – Diabetes <http://www.hse.ie/eng/health/az/D/Diabetes/>

NHS Choices: Diabetes Overview <http://www.nhs.uk/Conditions/Diabetes/Pages/Diabetes.aspx>

Diabetes Retina Screening <http://www.diabeticretinascreen.ie/>

International Diabetes Federation <http://www.idf.org/>

HEALTH BYTES – DIABETES AND NUTRITION

[Diabetes Ireland: Dietary Advice for people with Type 2 Diabetes](#)

Includes a useful [booklet](#) for those recently diagnosed with Type 2 Diabetes.

[Recipes from Diabetes UK](#) Recipe finder that shows you the exact amount of carbohydrates, sugar, fat and calories in what you're eating.

[Eating for your eye health](#), a new recipe booklet by Diabetes Ireland, supported by Novartis, offers health advice and recipes to help people with diabetes to eat well for good eye health.

[A supermarket shopping guide for people with diabetes: your questions answered](#), Diabetes Ireland, 2015. This is a healthy guide to help you follow a healthy life style.

“Physical activity helps your blood glucose, also called blood sugar, stay in your target range” - National Institute of Diabetes and Digestive and Kidney Diseases

DIABETES AND EXERCISE

ExCarbs: <http://www.excarbs.com/> aimed at helping people with diabetes using insulin to feel comfortable with taking up exercise.

Runsweet: <http://www.runsweet.com/> offers advice on how to manage diabetes with different sports and exercises.

“Between 1980 and 2014 the number of adults with diabetes quadrupled from 108 million to 422 million” – The Journal, 6 April, 2016.

STORIES FROM THE PRESS

[“The number of people living with diabetes has quadrupled since 1980”](#)

The Journal, 6 April, 2016.

[“Which countries have the healthiest diets?”](#),

The Independent, 6 April, 2016.

[“Type 1 diabetes 'could be caused by germs’”](#),

The Independent, 17 May, 2016.

["Gut bacteria may be linked to 'dangerous' body fat"](#),

BBC News, 26 September, 2016

["Irish firm develops new accessory for insulin pens"](#)

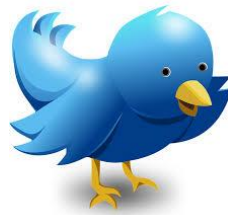
Irish Times, 18 October, 2016

[“Diabetes: Tenth of adults at risk of disease by 2035”](#)

BBC news, 24 October, 2016

[“Irish start-up Nuritas leads fight to prevent diabetes”](#)

Irish Times, 28 October, 2016.



TWEETS

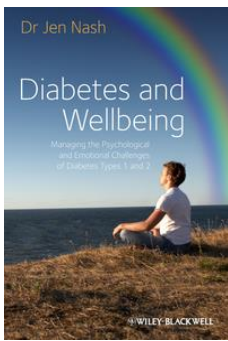
[@Diabetes_ie](#) Telemedicine could help [#diabetes](#) patients improve blood glucose control <http://bit.ly/2fgRhFJ>

[@AmDiabetesAssn](#) Diabetes is an often-invisible disease, w/ countless inspiring stories. Share for [#DiabetesMonth](#). [#ThisIsDiabetes](#) <http://diabetes.org/adm>

[@DiabetesUK](#) Our brand-new vegan recipes are plant-power on a plate. Check them out now: <http://bit.ly/2f8Q1pQ> [#WorldVeganDay](#) [#EnjoyFood](#)

[@WDD](#) Eyes on [#diabetes](#) this World Diabetes Day! <http://www.worlddiabetesday.org>

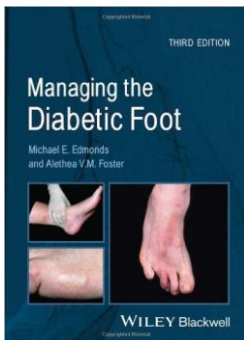
BOOKS ON DIABETES



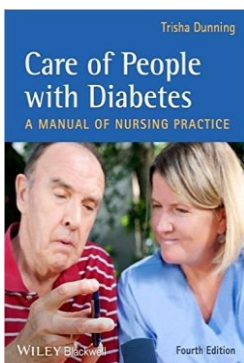
[Diabetes and Wellbeing: managing the psychological and emotional challenges of Diabetes Type 1 and 2.](#) Dr. Jen Nash, 2013.



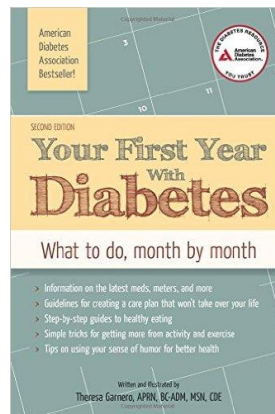
[Oxford Handbook of Endocrinology and Diabetes, 3rd ed.](#), John Wass et al. 2014.



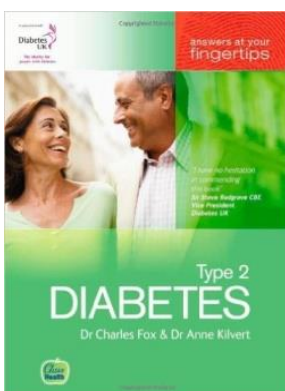
[Managing the Diabetic Foot, 3rd ed.](#) Michael E. Edwards et al. 2014.



[Care of People with diabetes: a manual of nursing practice, 4th ed.](#), Trisha Dunning, 2013.



[Your First Year with Diabetes, 2nd Edition](#), Theresa Garnero, 2013.



[Type 2 Diabetes Answers at Your Fingertips](#) 7th Edition, Dr. Charles Fox et al., 2011.

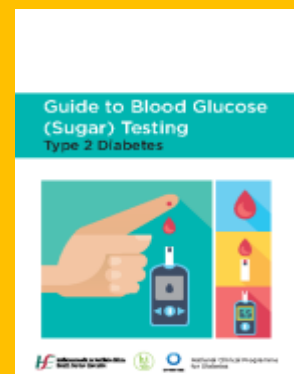
EASY READS – thinking in pictures

[What to do when you have Type 2 Diabetes – an easy read guide.](#) – Aimed at people who have a learning difficulty. Free to download from [DiabetesUk](#).

[Getting on with Type 1 Diabetes](#)
[Getting on with Type 2 Diabetes](#)
– picture book aimed at a child or a young person with an intellectual disability.

PATIENT GUIDES

[Type 1 Technology: a guide for young people and families.](#) Diabetes UK, INPUT Patient Advocacy, JDRF with input from NICE (2015). A family friendly guide to type 1 diabetes technology available currently.



[Guide to Blood Glucose \(Sugar\) Testing: type 2 diabetes](#), HSE, 2006. This guide sets out how often you should self-test and what to look for when testing.

GUIDELINES



UK:

Diabetes (type 1 and type 2) in children and young people: diagnosis and management NICE Clinical Guidelines 2015

<http://www.nice.org.uk/guidance/ng18>

Type 1 diabetes in adults: diagnosis and management NICE Clinical Guidelines 2015 <http://www.nice.org.uk/guidance/ng17>

Type 2 diabetes in adults: management NICE Clinical Guidelines 2015 <https://www.nice.org.uk/guidance/ng28>

Management of Diabetes; a national clinical guideline, SIGN, 2013.

<http://www.sign.ac.uk/pdf/sign116.pdf>

Diabetes in Pregnancy NICE guideline 2015

<https://www.nice.org.uk/guidance/ng3>

End of life care, Diabetes UK, 2013. <https://www.diabetes.org.uk/end-of-life-care>



United States:

Guideline Summary: Evidence-based clinical practice guideline: eye care of the patient with diabetes mellitus. National Guideline Clearinghouse (NGC)

<https://guideline.gov/summaries/summary/47915>



Australia:

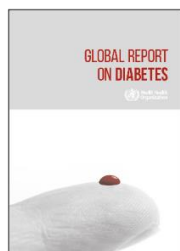
National Evidence-Based Guideline on Secondary Prevention of Cardiovascular Disease in Type 2 Diabetes (Part of the Guidelines on Management of Type 2 Diabetes) Baker IDI Heart and Diabetes Institute. 2015

<http://t2dgr.bakeridi.edu.au/>

General practice management of type 2 diabetes – 2014–15. The Royal Australian College of General Practitioners and Diabetes Australia, 2014.

<http://www.racgp.org.au/download/Documents/Guidelines/Diabetes/2014diabetesmanagement.pdf>

Other:



[Global Report on Diabetes](#), World Health Organisation, 2016

Please contact your hospital/ healthcare librarian if you have any difficulty accessing the **full text** for articles included in this issue.

“Healthcare Librarians – making evidence evident”



RESEARCH OF IRISH INTEREST

Tracey ML et al. [Epidemiology of diabetes and complications among adults in the Republic of Ireland 1998-2015: a systematic review and meta-analysis](#). *BMC Public Health*. 2016 Feb 9;16:132.

Roche EF et al. [Is the incidence of type 1 diabetes in children and adolescents stabilising? The first 6 years of a National Register](#). *European Journal of Pediatrics*. 2016 Sep 22. [Epub ahead of print]

Tracey ML et al. [Risk Factors for Macro- and Microvascular Complications among Older Adults with Diagnosed Type 2 Diabetes: Findings from The Irish Longitudinal Study on Ageing](#). *Journal of Diabetes Research*. 2016;2016:5975903

Hurley L et al. [A prospective study of risk factors for foot ulceration: the West of Ireland Diabetes Foot Study](#). *QJM – monthly journal of the association of Physicians*. 2013 Dec;106(12):1103-10.

SYSTEMATIC REVIEWS

Hadjiconstantinou M et al. [Do Web-Based Interventions Improve Well-Being in Type 2 Diabetes? A Systematic Review and Meta-Analysis](#). *Journal of Medical Internet Research*. 2016 Oct 21;18(10):e270.

Vos RC et al. [Insulin monotherapy compared with the addition of oral glucose-lowering agents to insulin for people with type 2 diabetes already on insulin therapy and inadequate glycaemic control](#). *The Cochrane Database of Systematic Reviews*. 2016 Sep 18;9:CD006992.

Cezaretto A et al. [Impact of lifestyle interventions on depressive symptoms in individuals at-risk of, or with, type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials](#). *Nutrition, Metabolism and Cardiovascular Diseases*. 2016 Aug;26(8):649-62.

Crawford, Fay, et al. [A systematic review and individual patient data meta-analysis of prognostic factors for foot ulceration in people with diabetes: the international research collaboration for the prediction of diabetic foot ulcerations \(PODUS\)](#). *Health technology assessment*. 2015 Jul;19(57):1-210.

Clar C, Waugh N, Thomas S. [Routine hospital admission versus out-patient or home care in children at diagnosis of type 1 diabetes mellitus](#). *Cochrane Database of Systematic Reviews* 2007, Issue 2. Art. No.: CD004099.

Esposito, K et al. [A journey into a Mediterranean diet and type 2 diabetes: a systematic review with meta-analyse](#) *BMJ Open* 2015;5:e008222.

UPCOMING EVENTS



Diabetes Health and Wellbeing

Exhibition, Free exhibition, no registration required for all people living with and at risk of diabetes.

Where? Chartered Accountants House, Pease Street, Dublin, Sunday 13th November, 12 - 5pm

Diabetes Ireland Paediatric Study Day,

Multidisciplinary meeting. **For medical professionals only.**

Where? Crowne Plaza Hotel, Blanchardstown, Friday, 25th November



Diabetic Retina Screen [Register](#)

for your free annual eye check. Free annual screening to every person with diabetes over 12 years of age : 1800 45 45 55



We're now on
Facebook

<https://www.facebook.com/hearireland/>



Previous issues of HEAR are available
from LENUS:

<http://tinyurl.com/z7m8ovt>

Images sourced from Google images,
Amazon, libstock

DISCLAIMER

This newsletter contains links to
information about Diabetes.

This information is not advice and should
not be treated as such

World Diabetes Day 2016

The theme of World Diabetes Day, 14th November, 2016 is **Eyes on Diabetes**.

For more information go to <http://www.idf.org/wdd-index/index.php>

Who are we? We are the librarians!

This content is brought to you by a collaborative group of health science librarians working within the Irish health service. **We are: Joanne Callinan**, Librarian, Milford Care Centre, Limerick; **Bernadette Colley** Temple Street University Hospital; **Isabelle, Delaunois** Librarian, University Hospital Limerick; **Catherine Dillon**, Librarian, Health Service Executive (HSE); **Grace Hillis**, Librarian, St. Vincent's Navan Road; **Aoife Lawton**, Systems Librarian, Dr. Steevens' Hospital (HSE); **Anne Madden**, Assistant Librarian St. Vincent's University Hospital, Dublin; **Margaret Morgan**, Librarian, Midland Regional Hospital, Mullingar (HSE); **Caroline Rowan**, Librarian, St. Michael's Hospital; **Niamh O'Sullivan**, Librarian, Irish Blood Transfusion Service; **Marie Carrigan**, Librarian, St. Luke's Radiation Oncology Network; **Louise Galligan**, Irish Cancer Society.

Feel free to [Email Us](#) with any questions, comments or feedback.