

Living with Diabetes

Monday 14th November 2022 | 1.30 pm – 4.30 pm

At Stamford Town Hall (Sponsors)
27 St Mary's Hill, Stamford PE9 2DR
No booking needed

Aims of the event:

- Up-to-date information for people with diabetes and its complications.
- Discover how research is helping to overcome these problems.
- Information and assistance on how to manage your diabetes.

Agenda:

- Feedback on Diabetes UK Research
- Diabetes Neuropathy Complications and Research
- Targeting Inflammation in Diabetic Kidney Disease
- Obesity-Associated Diabetes: Can Vitamin C help?
- Sleeping your way to better Glucose Control
- Diabetes Management: Healthy Eating and Fitness

There will be a chance to ask questions and to meet other people with Diabetes. The session is free, and refreshments will be provided.



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Programme

TOPIC	Presenters	Time
Arrive		1.00 pm
Welcome to the Event and House-Keeping	Keith Spurr – Chair SHEAC	1.30 pm
Overview of Complication and Diabetes UK research	Keith Spurr - Chair Stamford & Rutland Diabetes Peer Group	1.35 pm
Complications associated to diabetic foot. Using AI as an indicator of diabetic neuropathy via the eye.	Uazman Alam - Senior Clinical Lecturer in Diabetes & Endocrinology at the Institute of Ageing & Chronic Disease, Liverpool. Honorary Consultant Physician, Aintree University Hospital.	1.50 pm
Introductions to the Diabetes, Metabolism and Inflammation (DMI) Group at Lincoln	Paul Squires – Professor of Biomedical Science, DMI Group, University of Lincoln	2.20 pm
‘We need to talk’: how and why cells of the kidney communicate and what happens when things go wrong.	Claire Hills – Professor of Renal Physiology, DMI Group, University of Lincoln	2.30 pm
BREAK		3.00 pm
How Vitamin C may help manage obesity-associated diabetes. <u>AND</u> The Better Sleep Programme: improving glucose control one night at a time.	Jon Whitehead – Professor of Biomedical Biochemistry, DMI Group, University of Lincoln <u>AND</u> Caroline Horton – Reader in Psychology, Bishop Grosseteste University, Lincoln	3.15 pm
NHS Diabetes Prevention Programme – common myths and misconceptions.	Lisa Marsters – Senior Engagement Lead – Lincolnshire, Xyla Health & Wellbeing	3.45 pm
Questions & Answers	The Panel	4.15 pm
Finish		4.30 pm

For more information about the event please contact:

info@stamfordheacharity.com

Nearest car parking: Wharf Road, Stamford – PE9 2EB