

## Cuttings from the media

### MEDIA LITE

#### Beating diabetes – and the competition

The first all-diabetes professional cycling team hit the roads in September to educate and inspire people with diabetes. The team, sponsored by Novo Nordisk, demonstrate both that diabetes need not be a barrier to exercise even at the highest level, and that exercise can help with diabetes management.

The team, all of whom have type 1 diabetes, manage the condition whilst training and competing in conjunction with their personal healthcare professionals and the sponsor's medical team. In the hours prior to the race, they monitor their blood glucose every 15 minutes, while closely controlling their diet, and during the race they wear continuous glucose monitoring systems.

Dr Rafael Castol, the team's Medical Director, said, "Team Novo Nordisk is racing to show people with diabetes that they can meet their goals, whatever they may be, and the first step towards this is good diabetes control."

Most recently, the team competed in the Tour of Britain, an 8-day stage race that finished on 14 September. The team saved its best till last, with two of its riders crossing the line among the top 20 (a feat matched by only two other outfits) on the final stage, which was a 55-mile circuit of London.

*BBC News*  
8 September 2014



Team Novo Nordisk

#### Diabetes gene "raises risk ten-fold"

A genetic mutation that gives a ten-fold increased risk of developing type 2 diabetes (T2D) has been found in the population of Greenland. It could give clues to the different causes of the condition.

The mutation, which occurs in the *TBC1D4* gene, was found in almost one in five Greenlanders (a small and historically isolated population that has recently seen a dramatic increase in diabetes diagnoses), but not in other European, Chinese or African American populations, suggesting that T2D has multiple causes and influences.

The findings, published in *Nature*, show that the mutation affects insulin resistance in muscle after eating, which is unlike other mutations.

*BBC News*  
19 June 2014

#### "Tape measure test" for diabetes

Public Health England, an executive agency of the Department of Health, is encouraging people to use their waist circumference as a simple measure to determine their risk of type 2 diabetes.

The agency reports that men with a waist circumference of more than 102 cm (40.2 inches) are five-times more likely to develop diabetes, and women with a circumference of more than 88 cm (34.7 inches) are over three-times more likely to develop it.

Dr Alison Tedstone, the chief nutritionist at the agency, also advises that the waistline should be measured across the navel, not by means of trouser size.

*BBC News*  
31 July 2014

#### Women with diabetes at greater heart risk than men

Women with type 2 diabetes are 44% more likely to develop heart disease than men with the condition. Findings published in *Diabetologia* showed that women with diabetes were also 25% more likely to suffer a stroke than men with the condition. The study looked 50 years' worth of data from more than 850 000 people.

It is thought women's health is worse when they are diagnosed with diabetes and they tend to be more overweight than men, meaning their heart has been under greater strain for longer.

Another theory suggested by the authors is that clinicians may be more likely to recognise the early symptoms of heart disease in men than women because of men's higher absolute risk, and so sex differences in medication use and risk factor control continue to exist.

*The Telegraph*  
23 May 2014

#### Short-burst walking aids glucose control and weight loss

A study in *Diabetologia* has shown that people with diabetes who alternate between 3 minutes of fast walking and 3 minutes of slow walking achieved lower blood glucose levels than people who walked at a constant, moderate pace.

The two groups trained for 1 hour five times per week over a 4-month period. Whereas no change in blood glucose levels was observed in the constant-pace group, the interval group had lower levels.

A previous study by the same research group showed that interval walkers lost an average of half a stone in weight as well, whereas the continuous walkers had no change in weight.

Dr Richard Elliott, of Diabetes UK, said, "interval training seemed to be linked to improvements in insulin sensitivity around the body. Further research is needed to find out if it yields greater long-term health benefits."

*Daily Mail*  
5 August 2014