

The aim of this diabetes information is to empower the person with diabetes, and inform others concerned about diabetes.

My aim is that the person with diabetes would feel confident in living with, and managing, a lifelong condition such as diabetes.

My name is Dorothy Cook

I qualified as a nurse in 1975 and wanting to know more about diabetes I volunteered on a Diabetes holiday organised by the Diabetes UK (originally BDA). For 15 years I helped look after children, teenagers and adults on various holidays, and learn from participants and health care experts in diabetes

I continued to work full time as a nurse, and health visitor. I met my husband on one of the BDA Outward Bound holidays

We married in 1990 - I worked as a Practice Nurse then specialised in diabetes. HELP of Denia & Marina Alta invited me to volunteer my 35 years of experience of diabetes nursing to support the expat community HELP serve on the Costa Blanca.

Please note I now function as a volunteer. I keep up-to-date with diabetes by attending conferences, reading and following up clinical presentations. The facts I present are gleaned from reliable sources. **No one should make any changes to their medication as a result of any information obtained through this program. Always consult a health care provider to discuss any changes to your treatment / management**

Dorothy Cook March 2017
Retired 2016

The first session of the program will be in March 2017, as advertised, Tues 21st March in Teulada, and Fri 24th March in La Xara.

All on my mailing list have been sent a copy of the 6 page Handout, 'You have just been told you are a person with Diabetes'

Attached is another Handout which I will refer to in session 1, 'Introductory Information' providing a little more detail of what Diabetes is, and addressing the Myth that Type 2 diabetes is less serious than Type 1 diabetes. All diabetes is serious if ignored, or not understood, or the person with diabetes is too occupied to attend annual reviews

If you can find time please read both handouts and come with any comments. On the day I plan to use a Diabetes UK Fact Sheet called Diabetes Explored.

Please remember to bring your questions and queries related to any aspect of diabetes which I will address or follow up.

