

Appendix 2: Specific topics discussed in the peer support meetings [posted as supplied by author]

<p>Meeting 1 Introduction</p>	<p>Medical issues- Causes of diabetes, prevention of diabetes, glycaemic control, footcare General issues- Identification bracelets/ cards for people with diabetes</p>
<p>Meeting 2 Heart and vascular disease</p>	<p>Medication- aspirin, statins, insulin Exercise- different forms of exercise Medical issues- skin infections, link between heart disease and diabetes, BMI Diet- fish, fruit Footcare- difficulty obtaining chiropody appointments Blood sugar testing- frequency, effects of stress and alcohol on blood sugar General issues- Car insurance</p>
<p>Meeting 3 Blood sugar levels</p>	<p>Medication- safety of Lipitor Medical issues- glycaemic control, reduction in HbA1c targets, hypoglycaemia, fluctuation of blood glucose levels Diet- water intake, bedtime snack, white bread, fish oil supplements, safety of complementary therapies, leg cramps, progression on to insulin Footcare- safety of foot spas</p>
<p>Meeting 4 Healthy eating</p>	<p>Medical issues- aetiology of diabetes, libido and erection problems, problems with injection sites, HbA1c Diet- trans fats, MSG, artificial sweeteners, fish, food labeling, primrose oil and fish oil supplements General issues- counseling for people with type 2 diabetes</p>
<p>Meeting 5 Medication</p>	<p>Medication- medication safety/changing dose of medications, ACE inhibitors, instructions regarding timing of medication taking Medical issue-dental problems and diabetes, arthritis and diabetes, fluid retention, Diet- artificial sweeteners, ‘diabetic’ foods Footcare- nerve damage in the feet General- difficulties arranging appointments for ophthalmology and chiropody</p>
<p>Meeting 6 Exercise</p>	<p>Medication- side effects of medication Exercise- what form of exercise can people with mobility problems do Medical issues- leg cramps, what is potassium, gout, tiredness and sleeping problems, hyperglycaemia Diet-vitamin and fish oil supplement Footcare- free chiropody entitlements</p>
<p>Meeting 7 Foot care</p>	<p>Medication-glucosamine Medical issues- link between sleep apnoea and diabetes, life expectancy with diabetes, leg cramps, neuropathy, erectile dysfunction, difference between optican and ophthalmologist, nephropathy Diet-sugar content in bananas, stress and cravings for sugar Footcare- skin problems on the feet, suitable cream for feet, orthotics, poor circulation in the feet, using a hot water bottle or an electric blanket General issues- compression stockings and flying</p>
<p>Meeting 8 Eye and kidney complications</p>	<p>Exercise- taking food before exercise, exercising with high blood sugars Medical issues- sleeping problems, retinopathy, nephropathy and neuropathy, BP monitors, heart disease Diet- sources of protein General issues- compression stockings, GMS cards</p>
<p>Meeting 9 Living with diabetes</p>	<p>Medication- sleeping problems and medication, Diet- convenience foods Footcare- cold feet and numbness in feet</p>