



Highway Diabetes Centre Newsletter

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Greetings to everyone,

I often get asked by patients if sweeteners are preferable to sugar. “What about honey?” they ask, “Isn’t that better?” Read on for the quickest guide to becoming sweeter!

Sweeteners are divided into nutritive sweeteners (NS) and non-nutritive sweeteners (NNS). As the names suggest, the first group provides energy as well as taste and the second group are artificial and provide virtually no taste. Regular sugar provides about 4kcal or 17kJ per gram. These are found in all fruits, dairy products etc and are also added by food manufacturers as “**added sugar**”. Other nutritive sweeteners include mannitol, xylitol, sorbitol etc. These provide very little energy per gram but can cause side effects such as diarrhoea and abdominal discomfort due to their slow and incomplete absorption. Foods containing these substances can be labelled as “**sugar free**”.



Opening hours:

Mon-Thurs: 7am-3pm
Fri: 7am – 1pm
(Consults by appt only)

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The WHO (World Health Organisation) recommends that no more than 25g (6tsp) of sugar be consumed per day. These sugars include glucose, fructose, sucrose, added sugars (by the manufacturer or consumer) and naturally sweet foods such as honey, syrup, fruit juices etc. Fruits and dairy products are excluded from this allowance.

Recent studies have shown that up to 10% of Type 2 Diabetes onset (independent of weight) may be induced by sugar-sweetened beverages. Do I really need to give examples of these? In other words, a person who regularly consumes these drinks is placing himself at additional risk of diabetes even if he is not obese! Rather consider tea, coffee, water or if you *absolutely have to*, artificially sweetened beverages. But please see read the next paragraph very carefully.

Artificial sweeteners (NNS) have virtually no energy content and are usually sweeter than sugar per gram. These may include aspartame, sucralose and advantame. HOWEVER, more recent evidence suggests that these sweeteners interfere with our body’s learned responses and

sweet taste receptors which, in turn, may also affect glucose metabolism and insulin secretion. Furthermore they may also interfere with gut microbes and lead to glucose intolerance. Bottom line is – there's more to diet drinks than meets the eye!

Some of you may have seen or heard of the new diabetic centre that is currently being built. This is going to become your new home! If you're driving between Hillcrest and Kloof on Old Main Road or the M13, you really can't miss it! A great deal of love and care has gone into the design of the building both inside and outside and I know that it going to be a fantastic home that you will be very proud of. All the old faces will be there, some old faces in new places and some new faces but we are gathering together a truly passionate team who will be able to guide you on your diabetes journey in only the best way possible.



Yip, that's me in my trendy purple gum boots checking up what's going on! I'm standing in the parking lot with the main entrance behind me. If you look closely, you'll see the gym, coffee shop, roof top garden and a few other special offices! I'll be sure to send some more tantalizing pics shortly. ..

Warm regards

Dr Paula Diab and staff