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New smart device is out to help monitor diabetes for patients

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A DIABETIC woman has been given a new lease of life thanks to a pioneering new device.

Katie Duffy was diagnosed with type 1 diabetes 13 years ago and has to monitor her blood glucose levels four times a day – something that she has struggled to do because of her busy job and active social life.

However, her management of the condition has been transformed with an all-in-one monitoring device for diabetes sufferers.

Designed to look like a Smartphone, the **Mendor Discreet** has no kit to carry and contains all the equip-

ment in one small package. There are no needles on show and it does not need assembling.

Katie, 37, of Jarrow, South Tyneside, says the equipment has made life easier for her.

She added: "I remember going into hospital with

my mother to see the diabetes nurse for the first time and she brought in all this paraphernalia that I was going to have to use to manage my diabetes – it was mind-boggling.

"Now using the **Mendor Discreet** is just much easier because you have everything in one tiny little box. It is the best meter I have ever had and looks like a mobile phone so people don't even know what it is."

Katie, who works for an offshore crane company, started getting symptoms at the age of 24. She suffered from rapid weight-loss, a raging thirst, blurred vision and tiredness.

Her older brother, Adam, was also diagnosed with the same condition at a similar age.

She said: "It's very rare for siblings to both have type 1 diabetes but when I started to get the same symptoms he'd had, I knew it would be diabetes.

"I lost a stone and a half in seven weeks and was drinking up to 20 pints of water a day, but nothing

could quench my thirst.

"I had blurred vision and I was so tired, I just used to go to bed as soon as I got home from work. All the textbook symptoms of diabetes.

"At first it was a case of thinking how am I going to cope and what I could and could not eat. I remember realising I couldn't have any peas once because the water in the tin had sugar in it. It's things like that you don't realise unless you have diabetes.

"The nurses were great and you could call them anytime for advice but it was Adam I always turned to and it also took some of the shock away because I knew he led an almost normal lifestyle."

The **Mendor Discreet** monitor has been designed for people who lead busy lives and are involved in sport, social and outdoor activities.

Katie added: "If I am on a night out, I can just take a little bag with me or when I'm running or at a fitness class, I can just quickly and discreetly take a reading.

"It's not nice when you're first told you have diabetes but you get used to it. I've been very lucky, I am able to have a busy lifestyle which I love."

Around 2.9 million people are diagnosed with diabetes in the UK and an estimated 850,000 people have the condition but don't know it.



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