

THURSDAY, 26 JANUARY, 2012

EMBARGOED UNTIL PHOTO OPPORTUNITY: 2PM, FRIDAY 27 JANUARY, EDUCATION ROOM, STRATHMORE DIABETES CENTRE, NINEWELLS HOSPITAL, DUNDEE

Montrose man receives Nabarro Medal

Montrose man Peter Mackie will be presented with the Alan Nabarro Medal today (Friday, 27 January) at Ninewells Hospital.

Diabetes UK Supporter Services awards the Alan Nabarro Medal to people who have lived with diabetes for 50 years. Diabetes is a common life-long health condition where the amount of glucose in the blood is too high because the body cannot use it properly due to a lack of insulin or because of the resistance to the effect of insulin.

There are 2.8 million people diagnosed with diabetes in the UK and approximately 20,000 living with diabetes in Tayside.

Mr Mackie (59) was diagnosed with diabetes just before his seventh birthday and the routine monitoring of his blood glucose levels and insulin injections quickly became part of his daily life.

Peter said, "I have always just got on with my life despite having diabetes and I am pleased to accept this award which recognises that I have lived with diabetes for 50 years.

"I remember very well when I was first diagnosed with diabetes in 1959 and spending three weeks in hospital which seemed a very long time to me being so young.

"For most of my life I have found it relatively easy to manage my diabetes although when I was a teenager it was, at times, more challenging to cope with. I would especially like to encourage young people with diabetes to listen to their doctor and follow any advice given even though it can be tempting not to!

"I am very grateful for the support I have received from all the healthcare professionals that have been involved with my care."

Fifty years ago the insulin that was required to treat diabetes was given in glass syringes that were boiled between uses; now people can use pump devices that continuously administer insulin, and glucose sensors that give a constant read out of blood sugar levels. However, even today, diabetes remains a major challenge for people to manage.

Media Information



Press Release

Attending the ceremony will be Diabetes Specialist Nurse Alison Hodgson and Specialist Registrar Dr Chris Schofield who will present Mr Mackie with his award.

Dr Schofield said, "For anyone to have lived with diabetes for 50 years is a major achievement and this award is greatly deserved."

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