

# HeLPful NEWS



Healthy Living for People  
with type 2 Diabetes

**Stories, research evidence & ideas for a happier & healthier life**

Hello Ghadah Alkhaldi,

This issue of the newsletter will provide you with instructions on how to use the mindfulness course, how to use HeLP-Diabetes through the activity booklet and it contains new research on the difference between fruit sugar (fructose) and glucose.

**TIP OF THE MONTH - Mindfulness can improve your mental and physical well-being.**

May is a spring month and although the weather has been a bit disappointing so far there is still so much to enjoy. We tend to rush through life without stopping to notice the present moment- our own thoughts and feelings, and the world around us – learning how to enjoy and pay attention to the present moment can improve your well-being and that is what we call Mindfulness.

In HeLP-Diabetes there is an effective Cognitive Behaviour Therapy course that teaches you the art of mindfulness. It teaches you how to adapt, cope and rethink how you feel.

How do you use it?

- 1-Start with getting the flash plug-in for your browser so you can see the content of the course.
- 2-Click the 'Introduction' tab which introduces you to the program.
- 3- Go through the courses all at once, one after another or pick the ones you feel are more relevant for you.
- 3-There is an audio track to help you whilst working through the courses so don't forget to put your speaker volume on.
- 5- Use reminder emails or text messages to help you schedule your time to fit the courses.
- 6-Download the books and worksheets and work on them at your own pace.

All the above can be found on the main section of [the living life to the full](#) page or the page's left tab.

## Tools - Activity booklet

### Finding the page that is right for you in HeLP-Diabetes!

Are you overwhelmed by the amount of information and activities HeLP-Diabetes has?

The activity booklet in the [activity guide](#) page helps you to find the right part of HeLP-Diabetes to learn how to make changes (or improvement) in your behaviour patterns.

You can print or save this booklet so that you can access it easily.

### NEWS - Does fruit sugar (fructose) stimulate the appetite?

#### What did the study find?

- A recent study showed that the appetites of volunteers given a drink containing fructose were stimulated more than those of volunteers who had a drink containing glucose.
- Brain scans showed that those who had the fructose drink had more brain activity when shown pictures of high calorie food than when they were given glucose.
  - Participants said that they were hungrier after drinking fructose.
- Researchers suggest that people may seek out more food after having fructose.

#### What does mean for you?

- Fructose and glucose are both sugars and have the same amount of calories.
- Although fructose is called fruit sugar most fruits contain a mixture of fructose and glucose (usually 50% of each).
- Fruit juices are not recommended in people with type 2 diabetes because they are high in calories and cause a sharp rise in blood glucose.

To read more about what this research means for you and what do researchers recommend, visit the [news & research](#) section.

#### TELL US WHAT YOU THINK

We'd love to hear what you think of our newsletter, if you have any ideas on how we could make it better or any suggestions for future editions.

Please email us at [help-diabetes@ucl.ac.uk](mailto:help-diabetes@ucl.ac.uk) or leave a message in our [forum](#). We look forward to hearing from you.

Best wishes  
The HeLP-Diabetes team.

HeLP-Diabetes is a research team at University College London (UCL) that has been funded by the government to create a self-management programme specifically for people with type 2 diabetes. The aim of the programme is to help people look after themselves and take control of their diabetes so they can live healthier and happier. Read more about the [HeLP-Diabetes team](#).

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