

Yada Yada: news for and by young adults who happen to have diabetes

Hi there!

Thanks so much to everyone who took the time to let us know you like this new format of Yada Yada email newsletter. And from the exciting stats we now get, heaps of you actually read it too! Still keen to hear any and all feedback - just hit reply if you love it or hate it, or have ideas!

Here's some more news ...

Flinders Uni Adelaide researcher needs your help

A Survey Please!

Kirsty Prior is a PhD student in the School of Medicine at Flinders University, Adelaide. She is undertaking research that focuses on the variety of ways in which people generally think about, and behave in response to, illness situations (e.g., seeking medical advice, using medication to manage symptoms, obtaining emotional/practical support from other people, ignoring symptoms, etc.). She is particularly interested in people with diabetes.

You need to be at least 18 and been diagnosed with diabetes at least 12 months ago. Participation in the study involves the completion of a questionnaire. The questionnaire takes about 40-45 minutes to complete. There is also the opportunity to participate in a 3 month and/or 12 month followup.

To participate, or for more information, contact Kirsty on 08 8204 3987 or email kirsty.prior@flinders.edu.au

Low GI Cooking Class in Sydney

Learn how to whip up delicious & healthy low GI meals

The topic of food came up a lot at last year's B2B seminar in Sydney- well Jennifer was keen to follow up and has organised the following-in association with DANSW young peoples group. Book directly as below- or contact Jennifer on gennyfurr@yahoo.com.au.

Each class will include a 2 ½ hour cooking demonstration, printed recipes, lunch and a glass of wine. **WHEN: Tuesday 14 June 2005 6-9pm **WHERE: 131 Alexander St, CROWS NEST **PRICE: \$85 per person based on a group of 20.

Book by 31 May by contacting Lisa Lintner on 9918 3141 or 0412 800 880

Third Annual Symposium on Diabetes and Mountains

□ The 3-day symposium will be held at the Bison Peak Lodge (www.bisonpeaklodge.com), 9000 feet (2700 meters) in the Tarryall Mountains of Colorado, USA.

(Sorry to Southern Hemisphere-ers without Trust Funds but if you're interested, check out the website below anyway!)

For more information contact Jeff at madidea2005@mountainmad.org or visit www.idea2000.org

Living-Donor Islet Transplant a Success

Japanese researchers make a major breakthrough

Japanese researchers have for the first time performed a successful islet cell transplant from a living donor.

They removed half the pancreas from a 56-year-old woman and then implanted the islet cells into the woman's 27-year-old daughter. Within 22 days they weaned the daughter off insulin shots. She has remained insulin-free for several months so far.

[More...](#)

10 Things we Wish they told us the Day we Were Diagnosed

Reality Check's Starter Kit - Read It Online

Reality Check's Starter Kit was designed for newly- diagnosed adults. It's also a great resource for any of us with tricky questions.

Clear and concise fact sheets on many topics including alcohol, GI Factor, managing blood sugar levels (in the real world) and a popular "Cheat Sheet for Family and Friends". And check out the 10 things we wish we were told the day we were diagnosed, right at the beginning!

[Click here to go to www.realitycheck.org.au/starterkit/](http://www.realitycheck.org.au/starterkit/)

Success with Transplanted Pig Islet Cells

New technology shows promising results

Living Cell Technologies Ltd reported the long-term survival of encapsulated pig islets in a man with type 1 diabetes. The cells were retrieved after being in the patient's abdomen for almost nine years.

[More here...](#)

Living with Complications: What If?

Reality Checker Mel interviews real people about their experiences

All the diabetes books, pamphlets and internet sites talk about "prevention" but there is a taboo on discussing what it's like to experience complications.

Mel's article aims to expose some of the myths surrounding complications and share the insights of some of the young adults who have not only coped but have conquered and transcended complications.

[READ IT HERE](#)

Contact Information

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