

Hi there!

Here's some more news and views from Reality Check. Our aim is to create opportunities for people with diabetes to share experiences and hard-earned knowledge, so that's what we do.

We loooooovve feedback! There's real people behind this, sitting up late at night after work, making Reality Check keep ticking along ... and we always want to hear if we're hitting the mark, or not. So, hit reply *any time* and say Hi!

New to the website: Ketones, Girl Stuff

Two new additions, by popular demand, to Reality Check's Starter Kit make a valuable read for us all.

Ketones & DKA - the most misunderstood diabetes issue is now made crystal clear.

Hormones & Girl stuff: your guide to all the curve balls D throws at gals.

And for our health professional friends, these new resources are available to download as Fact Sheets from the website.

[Click here to read on](#)

More! Road Tests of Blood Glucose Meters

News from the gadget world:

- **Optium's test time drops to 5 seconds.** Order new TrueMeasure strips now from NDSS and that's all you need to do to drop the time from 30 to 5 seconds!
- **Blood ketone testing:** smaller and funkier Optium Xceed meter also offers this new technology.
- **Free upgrade** if you have a Precision metre - call 1800 801 478 to receive a free Optium Xceed.
- **New company offers freebies** of their new *CareSens*meter. Call 1800 114 610.

[Read the road tests...](#)

Introducing.... Dr Michelle

□ In a new column, Dr Michelle, a GP who just happens to have diabetes too, ponders some diabetes questions that weren't in any of those text books.

To start it off we posed a seemingly simple question, with a not so simple answer! How can some people need almost 100 units of insulin a day and others are way down in single figures? **Well, it's like getting drunk, says Dr Michelle.**

[Read on ...](#)

Tasty "diabetic" chocolate? Can it be?

Our website has an exciting discussion this week about some tasty sugar free chocolates that some people have unearthed. Beware the laxative effects, and the fat content, and some say it's best to just stick with the real thing ... but there seem to be a few new entrants worth hunting down!

Check out the suggestions, or share your own discovery!

[Join the chocky chat...](#)

In Search of Decent Fast Food

As the Silly Season looms, Christmas party and holiday planning is well underway, and we know that it's a crazy couple of months ahead.

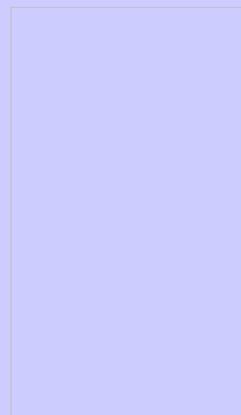
Time to go for a wander with Ms Kate McCluskey, diabetic dietitian extraordinaire she walks us down the high street, popping in at all the fast food outlets. Let's chat with Kate through the best choices for satisfying both hunger and that guilty diabetic conscience.

[Read on...](#)

Mums with Type 1 (especially in regional areas)

A midwife/lecturer from University of Ballarat is doing a research study about the experiences of young mothers who have type 1 diabetes and would love you to contact her to be interviewed about your experiences of this. Rosey King would like to interview women who have had children, and had Type 1 or Type 2 diabetes since before they became pregnant. She is particularly keen to hear from Australian women from OUTSIDE the cities!

Please contact Rosey King by phone 03 5327 9871 or email r.king@ballarat.edu.au for more information.



Owch! Needles that Kill?

So all injections hurt but do you ever have one that really kills? Or do they always sting like buggery?

Some useful suggestions and experiences being suggested on our website that might help ... including: Touch the needle on the skin before injecting to test. Using a different type of needle. Make sure you haven't got a bad batch of needles.

[Click here for more ...](#)

Battling with Eating & Body Image: Our Stories

I was diagnosed at 13. My hormones were raging, my skin was spotty, and I wanted more than anything to be skinny and beautiful and perfect. Trouble is, of course, that being 13 and being a Type 1 diabetic are two of the most incompatible states known to humankind, in terms of developing a healthy self-esteem and body image at any rate ... I began to battle with my body and with my psyche until I had such low self esteem that I used to slap my own face in self-hatred.

At 22, and after nine years of diabetes I had such a disordered eating pattern that I had no idea what "hungry" felt like or what "normal eating" looked like. It would be true to say that food occupied my thoughts 80 or 90% of the time.

I really wish that somebody had given me this book then: **If Not Dieting, then What?** by Melbourne GP Dr Rick Kausman.

[Read Cate's story and her review of the book...](#)

New Insulin: Detemir / Levemir

A new insulin was launched recently by [Novo Nordisk](#), known as Detemir (chemical name) or Levemir (brand name). This is a long-acting insulin analogue with a flat profile similar to Lantus/glargine, so that it slowly releases into the blood stream at a constant rate.

At this time, Levemir is only available on private prescription without a subsidy from the PBS, so is much more expensive than regular insulin. Efforts are being made to get it subsidised however, and we will keep you up-to-date of course!

Exciting stem cell research progress

"Scientists have perfected a way of making embryonic stem cells without destroying the embryos from which they derive, a breakthrough that will challenge George Bush's opposition to the research."

The United States is an enormous funder of medical research, so if this development really does leap-frog the ethical concerns which the Bush administration (and many others!) have with stem cell research, we could potentially see much more money and resources and smart minds being able to pursue this exciting field of research!

[Click here to read the full article, and people's responses on Reality Check.](#)

... and that's all folks

Hope you enjoyed this issue of Yada Yada. We do encourage you to pass it around.

... and don't hesitate to hit reply if you have any questions or comments for any of the team at Reality Check. **Cheers!**

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