

Hi there!

Could we put together a more wildly diverse gaggle of stuff than you'll find in this issue of Yada Yada?

A little bit of everything for anyone with an interest in the reality of life with diabetes as a funky young adult. Enjoy!

Dealing with the Docs: Share your Stories

Reality Check has received millions of questions and emails over the years about how to find a "good" doctor or diabetes team. And we've heard hundreds of horror stories! Our [listing of endos and others](#), for the people by the people, is one of the most popular pages on our website.

We are putting together a new resource of people's experiences - good AND bad. And especially keen to hear things that you have learnt, any pearls of wisdom, about negotiating the system. ***Stories of all shapes and sizes are invited.*** (And there's even a prize - \$50 voucher to the online store of your choice - if you feel like putting in some extra effort and crafting up a masterpiece!)

[Click here to contribute...](#)

Looking for a New Toy? New Road Tests of New Metres

Reality Checkers road test 8 popular blood glucose testing metres. **Before you go opening your wallet (or begging your educator for a freebie!), check this out.** See what might work best for you. From Sof-tact to Xceed, Go to Integra.

And we always love receiving new road tests. Whether you have a different opinion, or the metre you love isn't there. Drop us a line.

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

New Endos & HPs that You Recommend

Lots of new listings just added to on one of our most popular pages. Endocrinologists, Diabetes Educators, a few cluey GPs, Counsellors, and even Alternative Medicine practitioners.

Other young adults with Type 1 have passed these people's details to us, wanting to share that they have had good experiences. If you also have someone to recommend, please get in touch.

[Check out the Diabetes Health Professionals page...](#)

Is it Fairy Floss Balls? Or Nutella?

Our website has a lively discussion this week about **Hypo Fixes**. Bored of whatever is kicking around in your bag? Or need something more convenient and easy to carry?

Or share your brilliant hypo solution with us!

[Join the hypo fixes discussion...](#)

Fix Your Zits and Retinopathy with a single pill!

An antibiotic which is used to treat acne, has proved successful (in rats) at slowing and preventing diabetic retinopathy: growth of blood vessels and damage to the back of the eye caused by long-term diabetes. So, it's only in rats (yick!), but it's an important start. The work has been done at Penn State University and funded by JDRF.

A drug which is already in use for another purpose is always a good sign - it means the testing to ensure it is safe to use on humans (sometimes a 10 year process) can be sped up considerably. Meaning benchtop to bedside much more quickly than a brand new drug. This is one of many such research projects where drugs are being developed and tested to slow or prevent complications. Imagine diabetes without the dreaded C word?

[Read more here...](#)

Spice Up Your Next Appointment

A few weeks ago, many of our endocrinologists, researchers and diabetes educators **flocked to sunny Perth for the annual diabetes conference**. Australian Diabetes Educators Association (ADEA) and Australian Diabetes Society (ADS) put on a big show every year, rotating cities.



Need to spice up your next doc or educator appointment? Check out the link below. Do a Ctrl+F to **find your doc's name** - then ask them about the lecture or poster they presented at the conference, next time you see them!

[Search this page...](#)

Highlights of 2005 Australian Diabetes Conference

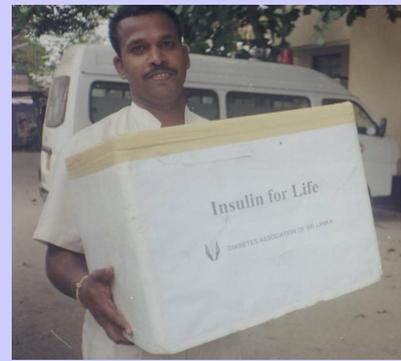
The major scientific lecture at the recent ADS-ADEA conference was given by Professor Mark Cooper of Melbourne's Baker Institute, and entitled "Towards the new AGE of uncomplicated diabetes". Professor Cooper is a world-leading researcher in the field of developing drugs which can prevent complications by halting the damage which sugars in the blood do to our organs and blood vessels. Diabetes plus drugs like these would be a very different diagnosis indeed!

On the management and Diabetes Educators' side of the conference, the key note speaker was the president of the American Association of Diabetes Educators (AADE), Mary Austin. Ms Austin gave lectures and workshops on measuring behavioural outcomes in diabetes, the conceptual framework that AADE has developed for this, and the role of the diabetes educator.

[A little bit more here...](#)

Spring Cleaning can Make a Difference

Any unwanted, in-date insulin and blood glucose testing strips can be donated to the amazing people at Insulin for Life. This Australian-based organisation arranges for the supply of **donated diabetes supplies to areas in desperate need** all over the world - most frequently responding to crises such as Hurricane Katrina and the Tsunami. *The image here is some insulin arriving in the Tsunami-stricken Maldives.*



All you need to do is dig it out of your cupboard and **just send it in the mail to ...** Insulin For Life, P.O. Box 2010, Ballarat M.C., Victoria 3354, Australia.

[Read more about it here...](#)

Diary Date for Geelong peoples

A diabetes and pregnancy seminar is being organised by RADS in Geelong for Thursday November 24th, 7-10pm at the Geelong Football Club new Eastern Stand Function Room. Supper will be provided. Speakers to include obstetrician, diabetes specialist and type 1 mums with wisdom to share.

Contact Kate Negus, convenor of RADS in Geelong on knegus@pipeline.com.au for more information.

Paul's Story of Diagnosis at 38

"From before Vicki and I had first met I had always been a bit of a traveller. I usually had some sort of field engineering job that required frequent travel away from home and it taught me to be quite self reliant. We were often on our own or beyond any meaningful support It suited me and I'd like to think I was good at my job! Plus I learnt to cook and do my own laundry too!

.... at 38 I was not expecting this! I was pretty fit and certainly active but I realised early on what might be happening, as my friend at high school had been a type 1 since childhood..."

[Read on...](#)

How Much Insulin do You Take?

We are running a quick poll to see how much insulin you take. As we expected, results are varying enormously already!

The chart here is the results of the poll, showing units of insulin down the left, as at today. Click through to add yours into the mix, or see what the results are now!

[Go to the poll...](#)

... and that's all folks

Hope you enjoyed this issue of Yada Yada. We do encourage you to pass it around... **Sharing narratives is an important part of being human**; it helps us make sense of our experiences.

... 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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