

\$Account.OrganizationName

### Hi there!

In this Yada Yada: lots of new real life stories, and some research news too, hope for the future.

Don't forget to share this newsletter with friends or family. There's a link at the end to make it easy. **By reading someone else's story of d, the people around us can get a better idea of what it's really like.** Enjoy!

## The Winning Entry

### ▫ **breaking through the clouds of ignorance**

Congratulations to Becky Williams, the winner of Reality Check's first ever story telling competition. Her entry to the theme of Dumb Things People Say was original, humourous and inspiring. A long drive with her brother-in-law-to-be begins with idle chatter but then a throw away comment becomes an opportunity for some re-education, received in the most surprising way.

*"Hello? Hey, Ma. Yeah, we're just getting back on the road again—we'll be there in about three more hours." (muffled phone yapping) "No, I am not talking while driving! No! Diabetic Sister is driving."*

[The story continues here ...](#)

## Enter September's Story Time Competition

### **the theme is food: what we eat? why you eat? how we eat?**

Tell us a story about your life with the big D. Reality Check is all about sharing experiences. And we'd love you to share a story you have with us. The prize is a **\$50 voucher to an online store of your choice** (Amazon, CD Now, etc).

Criteria are: Emotional impact, Originality and Authenticity. Make us laugh or cry, keep it fresh and real! After all, we're Reality Check!

[Click here for more information: Entry Form & Tips to Get Started.](#)

## My journey this far: India to Sydney

### **read pooja's story of growing up with diabetes**



*My diabetes was detected at the age of 2, in 1985 on the auspicious time of Diwali (Festival of Lights). I was bubbly and chubby but was entangled by various symptoms like drinking lot of water, passing urine, eating a lot, crying, feeling tired and sleepy. Finally I was unconscious and immediately taken to the hospital.*

[Read the full story here.](#)

## Inhalable Insulin: In the Press

□ Inhalable insulin has been all the buzz in the press in recent weeks. This has all come from the US FDA (Food & Drug Administration) advisory committing voting in favour of allowing its use in the United States, which usually sees other countries follow suit. [Click here](#) to read the news story about this decision if you missed it.

This has all been around a while though. In fact, trials of it took place in Australia not long ago. One Reality Checker shared her experience of inhalable insulin in a frank interview.

[A reality check on inhalable insulin: an interview.](#)

## Stem Cell Research Update



### interview with prof. bernie tuch, sydney

Professor Tuch was recently interviewed online at DiabetesStation.com and shared news from his and other labs' work into making stem cell research a viable cure option.

Professor Tuch told the online audience: "My Unit has approval for transplanting islets into immunosuppressed diabetic recipients, and we are applying to obtain approval for the encapsulated (islets) work." He also discussed recent advances made in Korea and Perugia and gave some context and useful explanations to these news stories.

[Read the full interview here.](#)

## Fear & Anxiety with Diabetes

### reality checkers chat to a psychologist who also has diabetes

If you missed the online chat we advertised in the last Yada, the transcript is now on the website.

A fascinating read with great tips from registered psychologist and long-term diabetic Kirsty Higgins about how to deal with our fears and anxieties.

[Click Here to read the article.](#)

## Do you celebrate your D anniversary?

Lots of people seem to be having anniversaries at the moment .... we have a 1st and a 35th posted on the discussion forum, and lots in between!

So, we're wondering: Do you think this is something to celebrate? If so, how? Do you even know the date you were diagnosed? Or you don't care.

[Jump to the Forum and tell us about it.](#)

## Don't Forget to Enter Story Time!

- as many entries as possible will be published, so you will see your name in print
- don't know how to start? just do it! and read our tips for some help.
- a newbie will read your story and be sooo relieved they're not alone!

[Click Here for Entry Form,](#)  
[Hints & Tips, and more information!](#)

### Contact Information

email: [kate@realitycheck.org.au](mailto:kate@realitycheck.org.au)  
web: <http://www.realitycheck.org.au>

### Join our mailing list!

Join

