

We're excited at Reality Check HQ today, and are thrilled to bring you a heap of news.

And don't forget to HIT REPLY and share a piece of your mind any time. We luuuuurv suggestions and feedback!

## Reality Checking the World Diabetes Congress!

Reality Check is delighted to let you know that we have had two pieces of recent research accepted for presentation at the [World Diabetes Congress](#) in Cape Town, South Africa in December 2006.

And to top it off, the International Diabetes Federation has awarded Reality Check Founder and President, Kate Gilbert (me!) a prestigious Travel Grant to attend the Congress.

There is a strict embargo on talking about research before the Congress so you'll need to wait on a bit longer for the results of all those surveys you completed for us, but I will post a full report of Reality Check's research and News from the Congress in December.

## ...and closer to home This Week!

Hundreds of endos, educators and scientists (and a few people with diabetes!) are about to come together on the Gold Coast for Australia's annual diabetes conferences.

Two pieces of Reality Check's work have made it onto the agenda:

- **The benefits of collaboration as demonstrated through the development of a Starter Kit for Adults with Type 1 diabetes** - to the [Australian Diabetes Educators Association conference](#)
- **Evaluating a consumer resource about pregnancy for women with pre-existing diabetes, and investigating further information needs** - to the [Australasian D in Pregnancy Society](#)

WHY DON'T YOU CHECK OUT what your endo or educator has been up to? Do a Ctrl+F find of [THE CONFERENCE PROGRAM](#), read their research and ask them about it at your next appointment. More interesting than discussing your \$%&% numbers aaaagain!

## Spot the Pump...

To celebrate the return of the ultimate Diabetic Diva, as Marcia Hines and Aussie Idol hit our screens again, we are launching a little game of **Spot the Pump**.

Marcia, a Type 1 and a pumper, does an incredible job of hiding her pump in some fancy outfits.

*(Tell me hunting for where her pump is isn't THE highlight of Idol!)*

**And now it's your turn!** Send us a pic of you in a great outfit - formal dress? wetsuit? - with your pump cleverly hidden away. And next issue of *Yada* we'll have a page of them so everyone can have a go at guessing how and where you hid your pump!

Email [SpotMyPump@realitycheck.org.au](mailto:SpotMyPump@realitycheck.org.au) with your photo now.

## I'm Taking a Pump Holiday

**For the last 6 months, Adelaide Reality Checker George has been writing on our website about taking a break from his insulin pump. A few snippets:**

*March 24, 2006*

For a variety of reasons I'm taking long service leave from my pump. I am currently trialing Levemir for a few months and will say more about that as I figure it all out. I am curious to hear from anyone that is on both a pump and Levemir/Lantus.

*April 21, 2006*

This is my current feelings - which change by the hour:

Prefer Levemir because:

The freedom of no connection

Good-enough control (but not great)

Prefer Pump because:

Fantastic control

Flexibility

Easier life-style (sleeping in, sport, unpredictable routines, work)

At this stage I would rather not return to the pump simply because of the connection factor. I love the freedom of no connection but I do miss the much better control you have on the pump. It's a really hard decision for me just now.

*June 30*

My HbA1c was the same as when on the pump.

So I'm going to stay on Levemir for maybe another three months. My brain is still asking for the pump back but my body still wants the Levemir.

*July 11*

I had a busy work day planned for Monday and I especially did not want to be bothering with injections - partly because I was going to be in a day long meeting with no privacy and didn't want my diabetes on display at all. So Saturday morning I decided to try the pump out again. This was much sooner than I was expecting but I'm a big fan of spontaniety....

[Read more, and ask questions, here...](#)

## Melbourne charity gig for diabetes

At the DING DONG LOUNGE on September 11th from 7pm till late, some of Melbourne's hottest bands will come together to help raise money for the Juvenile Diabetes Research Foundation's research into a cure.

Zoophyte (Andy Lee from Fox FM's band), Haunted Craft, Skybombers and Albedo will all be lending their talent for the night, as well as John from Big Brother helping to MC.

Tickets at the door for \$10.

@18 Market Lane, China Town, City.

## Diary of a restaurant manager

Reality Checker Jess has shared with us a diary entry from when she worked in the crazy world of managing a restaurant a year or so after getting diabetes:

***Pre service: rush to check blood sugar, shit, forgot to take insulin after staff meal at 4.00pm! (So much for 8am, 12noon, 6pm.) Phone was ringing, is ringing, whack a load of insulin into the thigh. Rush into service. Stop. Think.....***

[Read on...](#)

## JDRF's Walk to Cure is Oct 15th & 22nd

A reminder that the Juvenile Diabetes Research Foundation's (JDRF) Walk to Cure Diabetes is on again! Last year the Walk raised \$2.25 million for some of the best and most promising diabetes research in Australia.

To help raise funds for diabetes research you can:

1. Register your Friends/Family/Company Walk team online and start fundraising
2. Join in on Walk day, Sunday 15 October (Vic, NSW, QLD, SA & WA) or Sunday 22 October (ACT) to celebrate your fundraising efforts! Enjoy live entertainment, rides, competitions and a walk in the park with others who are dedicated to finding a cure.

Visit [www.jdrf.org.au/walk](http://www.jdrf.org.au/walk) for more information.

## Travelling with Diabetes

The recent dramas at Heathrow may have you worried if you're jumping on a plane soon (like me!). The rules about carrying insulin and needles haven't changed but with heightened security in various parts of the world, it's probably good timing to just refresh yourself on what they are and make sure you follow them.

[Read on...](#)

## Lantus Prices Sneaking Down

While we wait patiently for the Government to turn its cogs on getting flat-profile insulin Lantus, and possibly Levemir too subsidised, some people have been finding Lantus at slightly cheaper prices.

[Keep an eye on our D-Watch...](#)

## That's all folks...

If you're doing your tax, don't forget last month we published a quick guide to [claiming medical expenses](#). Til next time ....

Cheers,

Kate Gilbert  
Founder & Volunteer  
REALITY CHECK  
*it's young adults who happen to have diabetes*

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