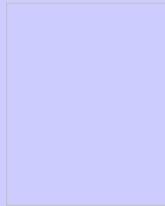


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Hi there!

Just a quick note to let you know about some new stuff on the Reality Check website. Also a footy game with a difference. And with the Winter Olympics nearly here, we found a bloke with D going for Gold!

Maybe Baby? Vanessa returns...



Over the last two and a half years, Vanessa has been sharing with us her journey through pregnancy and new parenthood: with a healthy dose of wit, and fast-earned wisdom.

In her new article, Vanessa takes us back to before it all began.

Sometime between making the popcorn and relaxing on the leather recliner, our latest DINK (Double Income No Kids) purchase, we made the biggest decision of our lives. Drum roll. We were ready for a baby!

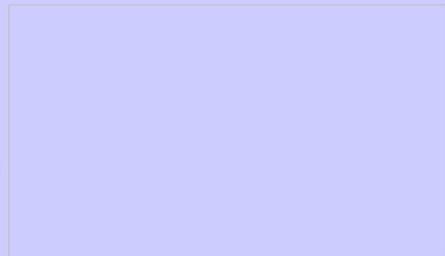
After six years of dating then six of marriage, it was now time. Extradited from its former no-conversation zone, the 'B' word was now an official part of our vocabulary. How exciting! How scary! How on earth would I manage my diabetes?

[Read on...](#)

Through the Andes to the Amazon

Gavin Wright last year took his malfunctioning pancreas from Lima on the Pacific coast of Peru, over the Andes mountain range and out into the Amazon jungle on the other side - on a push bike.

[Read about Gavin's gutsy ride...](#)

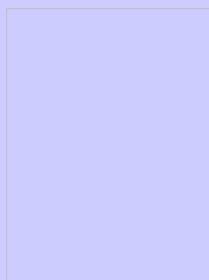


Share a Good Doc

We have a new online form to make it easier to contribute to our directory of diabetes health professionals. You can tell us about Endocrinologists, Diabetes Educators, GPs, Counsellors, Complementary Medicine Practitioners, Diabetes Eye specialists and even Obstetricians specialising in diabetic pregnancies. Can you help?

[Share a doc with us...](#)

D-WATCH: Lantus, Levemir, Pump Insurance....



Our discussion forum now has a dedicated section for news and discoveries about the hot issues in diabetes. Currently this includes finding new insulins Lantus and Levemir at cheaper prices, and keeping an eye on private health insurance funds' coverage of insulin pumps.

[Check out D-Watch...](#)

Winter Olympian Flying the D Flag

Winter Olympics not so exciting outside Scandinavia. Hot wine not so tempting in 40 degree sauna days. But if you do end up watching it a bit, you might like to look out for a bloke called Kris Freeman - a little D battler like us, up on the slopes.

Freeman, 25, from the US will be competing in Cross Country Skiing. It starts on 12th February, this Sunday. He was diagnosed with Type 1 in 2000 when he was 19.

[Read an article about Kris...](#)



Marjorie Cup - D Footy Game in Shepparton

Launched a few years back by Reality Check & the Royal Melbourne, the Diabetes Footy game named in honour of the dog used to develop the first batch of insulin (!) is continuing up north in Shepparton. It will be held this year on March 3, 2006 from 6pm at Rumbalara Football Ground.

They are looking for guys and girls to be on the footy teams – young people with diabetes vs health professionals. They also need volunteers to help with all the other stuff – runners, training, umpires, medical assistance, scorers, cheer squad, catering etc. And the good news - no ability required!

If you can help contact the Shepparton Diabetes Centre on ph 03 58 322 216 or email Rhonda.marino@gvhealth.org.au to register your interest.

Cheers!

Hope you enjoy some of those bits and pieces. Cheerio, Kate

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