

Hi there!

Very busy in d-land, so we're back again with another Yada Yada just a week after the last.

Couldn't wait to bring you our new article on how to claim back some money through your tax - especially relevant for those who have been forking out for Lantus. Thanks to Reality Check treasurer Mel for putting that together.

And lots of other news, including an important opportunity to have your say to DA about your "needs" as a young adults with D. Nothing new on Lantus & the PBS, but watch this space.

Tell the NDSS about YOUR needs

Through funding provided by the NDSS, Diabetes Australia (DA) is doing a "needs analysis" for young adults with diabetes.

If you have any type of diabetes and are aged between 16 and 34 then please take the opportunity to tell them what you think. The results are to be used to inform future DA and NDSS activities and programs for young adults with D.

The survey takes about 10 minutes and is completely anonymous.

[Click here to do their survey...](#)

Tax Time Tips

As winter settles in, time to do your tax return comes round again. As you scramble to find your group certificate and receipts, don't forget that you can claim a tax offset for some medical expenses.

Mel gives us the lowdown on claiming medical expenses in your tax return.

[Read on...](#)

Online Guide to Clinical Trials

If you are interested in pushing back the frontiers of scientific knowledge, check out the webpage of Australian clinical trials that the Juvenile Diabetes Research Foundation supports.

The page currently features 4 major trials, or groups of trials, being undertaken in Australia. It includes eligibility criteria and contact details if you are interested in participating. Go on, be a guinea pig!

[Read on...](#)

Another blow to Stem Cell Research

In another blow to hopes that stem cell research can advance us towards the elusive cure, NSW Premier Morris Iemma has now declined to accept the recommendations of the Lockhart review - which has said that the ban on therapeutic cloning should indeed be lifted. But no.

Read about this latest announcement as reported in the [Sydney Morning Herald](#).

[Then chat about it with us...](#)

Fundraising, and walking, for research

The 2006 Walk to Cure Diabetes campaign has now kicked off. This is the Juvenile Diabetes Research Foundation in Australia's largest annual fundraiser for diabetes research, culminating in Walks all around the country in October.

Why not rally up your friends and family to make a [team](#)? Do a little fundraising, then go for a walk. There are "Family & Friends Launches" taking place around the country in the coming weeks where you can learn all about how the Walk works and get some fundraising tips. For details of your nearest Walk or Launch event, contact JDRF via the Walk website: <http://walk.jdrf.org.au/>

The High & Lowdown on... Norm

In our new regular feature, members answer some questions about their lives and their D.

In this issue, another veteran, Norm, shares some pearls of wisdom from almost 40 years of what he tells us is a "little d".

[Read on...](#)

Last Chance to help with eating disorders resource

TODAY is your last chance to help with the important new resource being developed about [eating disorders and diabetes](#).

You just need to read a 4- page document and answer a quick online survey. Everyone: boys, girls, parents, health professionals can contribute.

It will close at 5pm (Oz EST) this Monday 31st.

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

That's all folks...

Don't forget to do [Diabetes Australia's Needs analysis survey](#)

if you need an excuse for a little procrastination this week. Cheers,

Kate & Mel REALITY CHECK
it's young adults who happen to have diabetes

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