

Hi there!

Lots of different things today - additions to the website, new publications, and news and views from all over the world. **Enjoy!**

Diagnosed with a view

We all have a diagnosis story, but I bet yours didn't have a view like Natasha's!

"Surely," I thought, dragging my tired sorry arse up Mt Kilimanjaro, "trekking wasn't this difficult the last time..." OK, so I only had one other mountain trek to compare to, and that was in Nepal (quite a different experience) but I hadn't realised that my training for this trip had been so inadequate. Everything just seemed to take so much more energy this time.

Mt Kilimanjaro

[Read on...](#)

Townsville - Event for Young Adults with Type 1

Townsville's first ever event for young adults with diabetes is planned for Sunday 30th July, at the Riverside Gardens Tavern.

Professor Lee Kennedy will speak about **New Technologies and Research** in Type 1 diabetes, and answer any questions about stuff that's on the horizon. And then, there's FREE drinks and nibbles!

To register, phone the Diabetes Centre at Townsville Hospital on **07 4796 2235**. The whole event is free of charge.

[Some chat on our website about who's going...](#)

Swanky New Finger pricker - Pelikan Sun Don't Shine

Launched with a great flurry of media attention last week. One of our Reality Checkers has done an independent, honest Road Test of this new pricking device.

At more than \$300, check this out before you dig deep!

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

Starter Kit - Did you help us way back when?

An article has just been published with the results of the research behind Reality Check's new resource for newly-diagnosed adults with Type 1 diabetes, the Starter Kit, in the Australian Diabetes Educator's Association's quarterly magazine. *ADEA have kindly given us permission to share the article with you hot off the press.*

A lot of you played a part, either by sharing your own experiences or commenting on drafts of the Starter Kit. We're pleased to be able to share this article with you and hope you enjoy reading how it all came together.

[Read it here... \(Small PDF file, 160KB\)](#)

World Cup Wondering

With the world overtaken by World Cup football/soccer madness, and our Aussie boys doing us damn proud, we went on a hunt to try and unearth any Type 1 boys to cheer on ... sadly, it seems there's no one waving the flag, but we're holding out that they are just keeping it quiet and getting on with life for now.

We did make one very exciting discovery in this mini quest though check out this very cool UK charity.

Football Aid raises money for research into Type 1 diabetes by getting fans to bid for the chance to kick a goal at half-time during games in the UK and Europe, and then donating the funds to various diabetes charities. Very clever idea! Very popular and successful! And all about the big D! *What's not to love!?!*

[Check out Football Aid...](#)

When will Lantus be Live?

Please note that despite speculation from all over the place that [Lantus and Levemir](#), the new long-acting insulins that a lot of people are currently paying full price (lots) for, there is currently NO set date as to when it will be on the PBS and cheap (same as other insulins).

Waiting patiently

We will bring you more news as soon as it comes to hand, but a little more patience is required. More information is provided about what IS happening, on our website.

[More about Lantus listing dates ...](#)

Feeding Back - Thank you

We've been asking you to help out a lot lately, so just wanted to feedback on what's happened with all your survey responses, and other helping:

- Sick Day Guidelines survey was a huge success. The ADEA was delighted with the 98 responses and many people's thoughtful and detailed comments. The document is now being reviewed and is hoped to be launched at the ADEA Conference on the Gold Coast in August.
- Pregnancy booklet evaluation - Again thanks. Very constructive helpful feedback received is being presented to Australian Diabetes in Pregnancy conference in August.
- Med Students in Sydney - A great turn-out to help with this important exercise to educate our future docs. Many thanks!
- Pancakes in Sydney - a small group caught up in some very attractive surrounds - see the happy snap on the right!



"There is no cure"

Australian current affairs magazine, The Bulletin, has published an article examining how close we really are to a cure for Type 1 diabetes.

The article begins:

The most loaded word in the confusing lexicon of diabetes is a small one. Just four letters: "cure".

It exists in the hopes of hundreds of thousands of Australians suffering diabetes – and many millions worldwide – and in the sweat and dreams of an army of researchers.

So let us say it quickly. There is no cure. Not yet.

[Read on...](#)

Heckling for Diabetes - Laugh or Cringe?

A regular column in the Sydney Morning Herald invites readers to "apply wit to anything that makes the blood boil", and yesterday, the big D was the chosen topic!

The column, Heckler, began: *"I WANT to take one of my hypodermics and jab it into a few of you lazy, doughnut-eating lardarses. With so many of you obese parasites about to drain our hospitals of dollars with your Johnny-come-lately type 2 diabetes, a random shot out the window has a good chance of accuracy.*

Oh yes. I am cranky. Crankier than a diabetic going hypo. For more than 20 years I have lived with diabetes. Type 1 diabetes. The real deal. Four hypodermics a day, five blood tests a day. That is 30,000 injections and nearly 40,000 finger pricks. I have bled to earn my status.

[Read the whole article....](#)

That's all folks...

Cheers,

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

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