

Hi there!

**The Reality Check hamster has been working up quite a sweat lately, so we have HEAPS of stuff in the Tune of D for you today!**

## Help Educate our Future Doctors - Sydney

If you'd like to help educate our future doctors, we'd love you to come along to Sydney University on Monday 29th May (11.30 am to 1 pm) and be part of a session for 2nd year medical students.

There will be a group of Reality Checkers there to do it together. (We currently have 7 people signed up - the more the merrier!) We will all discuss with a group of 10-20 students our various experience of the doctor-patient relationship and its impact on the management of diabetes. The session is run and facilitated by a doctor and lecturer from the Sydney Uni Medical School. Sometimes if there's time they get us to show the baby docs how to inject (saline) and blood test too.

We'll probably grab some lunch afterwards, and have a giggle about the whole thing.

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

## New "Sick Day Guidelines" - Help to Review

Reality Check is working with the [Australian Diabetes Educators Association](#) as they develop national guidelines for "Sick Day Management" - to help us prevent scary ketoacidosis / DKA and hospital admissions. **We need your help please to...** feedback on the patient information which is a part of this project.

It will take around 15-20 minutes. We need you to download a PDF file, read the 6 page document, then answer an online survey (20 questions - literally!).

Your time and help will be greatly appreciated. We will send you a copy of everything (and make it available on our website for everyone) when it's completed.

Note, this is not a slap bang quick survey. It takes a little time and needs a little concentration - but it is very important!

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

## Gals. Help with our Pregnancy booklet?

Have you ever read Reality Check's free booklet about pregnancy with D? We sent it to every gal on our mailing list a few years back.

**We need your feedback on the booklet.** Comments will feed into next re-print. And the results are to be presented - confidentially and anonymously - to an upcoming diabetes and pregnancy conference. 73 people have done the survey so far. **Thanks if you can help too.**

[Do the Pregnancy booklet survey...](#)

## Dr Michelle on dodging the dreaded Flu

In an new episode of her exclusive column for us, Dr Michelle - a Melbourne GP who just happens to have diabetes - explains why a Flu shot is more important than Mother's Day!

[Read it here...](#)

## Londoners? Reality Check comes to Hyde Park

A growing little network of Reality Checkers call London home - we've been hearing from more and more locals as well as all those Aussie expats.

As the clouds have now lifted, we are organising a little gathering of London RCers in Hyde Park (before Kate gets kicked out of the country).

Saturday 20th May is the proposed date? And picnic in Hyde Park? We have rugs, sunscreen and champagne at the ready. If you're interested in joining us, we'd love to meet you in the flesh - hit reply or click below for more details (or suggestions) as we work them out. Friends, partners, babies, all very welcome.

[For more details ....](#)

## World Cup Comedy - Melbourne - Diabetes Fundraiser

Two of Melbourne's top comic acts, Chris Bennett (formerly 'Benno' on Fox FM) and Doug Chappel ('The Steamers') come together after successful shows at the Melbourne International Comedy Festival to with a great 'World Cup Comedy' concept.

The duo will perform their standup routines following a live showing of the Australia vs Greece game on the big screen direct from the MCG.

The night will begin with drink specials from when the doors open for the game at 7:00 p.m. and continue throughout the evening when the comedy starts around 9:30. A raffle is also being held on the night with a chance to win a brand new Xbox 360 amongst other great prizes.

All proceeds from the night go to the Juvenile Diabetes Research Foundation.

**Venue:** The Comic's Lounge, 26 Errol Street, North Melbourne

**Date:** Thursday, 25th May 2006, 7:00 p.m.

**Tickets:** \$10 at door

[Some chatter about who's going...](#)

## Yum Cha or Pancakes?

Some Sydney Reality Checkers are thinking of getting together later this month too. Click through for the details, just in the final stages of being decided.

[Details here...](#)



## Fancy a run to the MCG?

Anyone out there interested in training for a Half Marathon? Yes, it sounds daunting, especially when you also have to deal with popping jelly beans every few Ks! Reality Checker, Peggy is competing in the 21km part of the 'Run to the G' in Melbourne on June 18 and also in the Melbourne Marathon in October.

Is anyone else keen to form a team of diabetics with Peggy? Peggy's thinking it would be a good opportunity to help each other in dealing with the high's and low's of extreme exercising. If you're interested in putting a team together or if you just want to have some D company while running, please email [peggy\\_radio@hotmail.com](mailto:peggy_radio@hotmail.com)

## Hurray for Sunrise brekky TV!

On Thursday morning, Sunrise on Channel 7 did a segment about Type 1 diabetes and did an excellent job of explaining our favourite condition - not an easy task - including the differences between Types 1& 2 etc etc. The segment featured an interview with Professor Ian Frazer. Did you see it?

If you saw it, and liked it (or are just inspired by the media getting the whole thing right!), please **send them a note of thanks**, via the link just here:

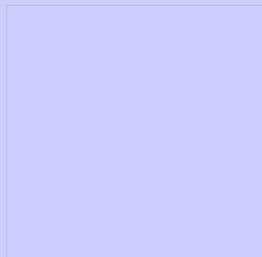
[Sunrise contact form here...](#)

## Three new BG meters

▫ Road tests - independent and honest, of course - on our website of lots of new toys available. Three brand new ones just added today: Freestyle Papillon, SensoCard and SensoCard Plus. One of them even talks to you - what de..?

[Read reviews...](#)

## Congratulations ....



A shiny Gold Star to you for very nearly getting to the end of this huge issue of Yada Yada!

## And many thanks...

... to everyone who completed, and spread the word about, our recent survey. We had a whopping 867 responses. And the results - well they weren't surprising to someone who's lived with D for 23 years, let alone read thousands of your stories over the last 9 years - but they are set to shock the pants off the rest!

We have submitted an abstract to the next [International Diabetes Federation](#) conference with some of the results, and are working on something for an Australian conference or two. (Hence can't publish any results yet, sorry.)

It's really exciting to perhaps (if they accept us) add into these huge forums some serious discussion and analysis of how heaps of very different people really experience diabetes on the ground. Wish us luck with the abstract being taken seriously, and thanks again for all your help.

All the very best,

**Kate**

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

P.S. Don't forget to have a go at the [Pregnancy survey](#) and the [Sick Day Guidelines feedback](#), if you get some time over the next few days.

#### Contact Information

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