

Hi there!

Is it just me or is everyone wondering where 2006 went? We're halfway through November and I feel like I haven't even had time to abandon my new years resolutions yet and here we are with only forty shopping days to go til Christmas.

This month we are catering for body, mind and spirit with the latest on the Reality Check Christmas party, stem cell research, psyching up for diabetes, a photographic exhibition about living with diabetes as well as other snippets and happenings.

Psyching Up for Diabetes

Most of us muddle along pretty well but coping with the demands of the big D can be mentally challenging at times, especially if you're newly-diagnosed or start encountering complications or if you find diabetes is one amongst a whole lot of challenges.

We've put together some information about the recent government initiative that makes mental health care more affordable (well, there's one less excuse to avoid seeking help!) and some links to more information about taking care of your emotional and mental health.

[Click here to find out more](#)

Stem Cell Research a Step Closer

The Senate voted last week to lift a ban on creating human embryos for research. The Bill still has to be approved by the House of Representatives but it is believed that support for therapeutic cloning is much stronger in the lower house, so it should be passed.

These embryos will be used to further research on therapies using stem cells, so we hope that researchers can get to work creating islet cells.

[For more information check out the ABC health report](#)

Reality Check Christmas Party

You are all invited to Reality Check's official Christmas party in Melbourne so clear your diary for Wednesday 20 December.

Wednesday 20th December, 2006 From 7pm in the covered courtyard @ The Emerald Hotel 415 Clarendon Street (Albert Park end), South Melbourne

[For all the details and to RSVP click here](#)

Pump Evening RPA Sydney 14 November

The Insulin Pump Interest Group, a collaboration of health professionals is conducting a pump evening on 14 November, starting at 6.15pm. Current and potential pumpers are welcome and topics to be covered include an overview of pump therapy and practical carb counting.

[For more information and RSVP details...](#)

A Picture Speaks a Thousand words

It is always really cool and inspiring to see people using their talents creatively to raise awareness and understanding of type 1 diabetes. The Mum of a type 1 kid in the US has created a photographic exhibition aimed at raising awareness of the reality of living with type 1 diabetes. The pictures capture real life images. Take a look, I'm sure you'll find some images that resonate.

The photographer is continuing the series and began photographing adults last month to portray the entirety of a "Lifetime of Diabetes".

[View the photo gallery online here](#)

Spirituality & Diabetes

Call for Participants in PhD Research

A student at the University of Melbourne would like your help with her PhD thesis research into "Spirituality and coping in adolescents with diabetes (between ages 18-25 years)".

To participate, you will need to complete two questionnaires (one about "Coping" and another about "Spirituality beliefs"). There will also be a second phase of in-depth interviews, then a third phase, focus groups - all of which will try to learn more about your views and experiences of spirituality and its impact on your coping with diabetes.

If you are interested, please contact Nasrin Parsian by email:
n.parsian@pgrad.unimelb.edu.au.

Fact Sheets & Other Resources

To make accessing Reality Check's wealth of information easier, Kate has put together a resources webpage. It is particularly aimed at helping health professionals download information so that they can then pass it onto their type 1 patients.

The info includes fact sheets on alcohol, talking to family & friends, insulin delivery options and lots more, aswell as the Starter Kit, pregnancy booklet and a collection of RC abstracts and presentations from conferences and journals etc.

[Check it out here](#)

Finally...

Don't forget to celebrate World Diabetes Day on Tuesday the 14th Cheers,

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

Contact Information

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