

Hi there!

Welcome to the October edition of *Yada Yada*.

We hope that all Lantus and Levemir users are enjoying the overnight increase in their disposable income from 1st October! Spend it wisely, kids (I hear Veuve Clicquot is on sale).

And see below on how to donate your leftover Protaphane to people in desperate need through Insulin for Life.

Medtronic Pump Information Evening in Sydney

SPONSORED ANNOUNCEMENT

Medtronic are holding an information session about insulin pumps in Sydney next Thursday, 19th October.

If you're thinking about pumping or thinking about an upgrade, come along and have a look at the latest technology.

The session will include a demonstration of "the world's first insulin pump capable of displaying 'REAL-TIME' glucose information every five minutes" - a significant step towards that artificial pancreas we all dream about.

[Insulin Pump](#)

[Get all the details here...](#)

What to do if you're feeling crook!

The Australian Diabetes Educators Association have produced guidelines for managing type 1 when you are ill. Thanks to all the Reality Checkers who provided feedback on the draft version a few months back.

The final guidelines have just been published and are a useful resource to read (partners might like to read them too?) and keep in a safe place for a day when things go a bit pear-shaped.

[Check out the Sick Day Guidelines here...](#)

Meets & Get-Togethers

Regular visitors to the Reality Check website are organising informal get-togethers around the country.

From the Flying Scotsman in Perth to BBQs by the Yarra, Parramatta Park Picnics, Yum Cha and Brisvegas cafes. Check out the plans being hatched on our new dedicated webpage: Meet.

[Check out the "Meet" Forum](#)

JDRF Walk Reminder

A reminder that the Walk to Cure Diabetes is on 15th or 22nd October. The walk is the premier awareness raising event for type 1 and last year's walk raised \$2.2 million for Australian research into a cure. So come along for a stroll in the spring sunshine (fingers crossed) and support a great cause.

Sydneysiders have organised a Reality Check team. To join them, register as part of the "family and friends team" called Reality Check. The online registration makes it really easy.

[Register for the Walk...](#)

Reality Check Live Events?

Reality Check HQ get periodic suggestions - and the odd begging letter - about holding real live events.

We realise it's been 2 years since we did Back to Basics in Sydney, Melbourne and Adelaide, so many of us are champing at the bit to go to a big Type 1 "do".

Please complete our very quick SURVEY about the good, bad and ugly of diabetes-related conferences to help us plan something exciting for 2007.

Love 'em or hate 'em, we want to hear from you.

[Take our 5 minute survey...](#)

NEW@RC - Living in London with D - A Quick Guide

Reality Check Founder, Kate Gilbert has just returned from almost 2 years living and working in London. Half a million Aussies are living in the UK at any one time, lots with sharp implements and drugs stowed in their backpack.

If you have the travel bug too, don't miss Kate's straight-forward guide to getting yourself sorted out with the health system over there, and get packing!

[Read the guide...](#)

Demystifying Insulin Pumping - Book Review

Reality Checker Trish has written us a review of a book that might be helpful for others like her who are considering taking the leap to pumping insulin.

The book's author is an educator who has had Type 1 since she was 10 and uses an insulin pump herself.

[Read Trish's review...](#)

First D allowed to be an ambo!

Fairfax is today reporting that a man with Type 1 has won a court fight to join the NSW Ambulance Service. The magistrate found the Central Coast man was unfairly denied a state-based traineeship, and awarded him \$5000 compensation and \$5000 in legal costs. The article also reports on people struggling to join the police force.

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

Insulin for Life

Spring cleaning? Changing to Lantus? Getting a Pump?

Insulin for Life can send any spare insulin you have (unopened, in date) to people in desperate need.

They have helped people with diabetes in crisis situations like the Tsunami and Hurricane Katrina, and many more that don't hit the headlines.

[Visit Insulin for Life...](#)

That's all folks...

Hope you found the wide range of news and articles in this issue interesting. Any questions, don't hesitate to hit reply. Til next time
Cheers,

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

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