

August 2007

Hi there!

Welcome to the latest update in all things Type 1!

We bring you reports and resources from Melbourne's Diabetes **Burnout** seminar, a couple of upcoming events, news of mammoth **cycling** achievements and in a slight departure from our exclusive T1D focus we've researched some information about the cervical cancer **vaccination** program for young women in response to your inquiries.

We also get to the bottom of some confusing media reports this week about a link between **the flu** and Type 1 diabetes!? And finish with a few laughs! Enjoy!

## Type One Diabetes Health and Wellness Forum

\*\*\*Sponsored Announcement\*\*\*

Get in quick and register your interest for the first - Type 1 Diabetes Health and Wellness Forum sponsored by Accu-Chek and Diabetic Living, in association with the Juvenile Diabetes Research Foundation (JDRF).

Come along and listen to leading experts from around Australia discuss the latest in diabetes research and find out how to register for the diabetes vaccine trial. Learn about ketone management and get the latest on health and nutrition. Watch the live cooking demonstration and enjoy a personal account of life with Type 1 diabetes from a celebrity speaker. There will also be an interactive question and answer session, so don't forget to bring a couple of questions to ask our expert panel.

**What:** Type One Diabetes Health and Wellness Forum

**Date:** Sunday, 26 August 2007

**Time:** 2.00pm - 5.00pm

**Location:** Governor's Ballroom, Crowne Plaza - 30 Phillip Street Parramatta, Sydney

**RSVP:** Please register your interest by visiting the link below or via mail Consumer Forum N159 Grosvenor Place NSW 1220

Note: Plenty of parking available. Afternoon tea will be provided

[For more info and to register please click here...](#)

Up the Duff with Diabetes - A Blog

Long time member of Reality Check, Mary Anne has created a blog site about her experiences with type 1 diabetes and pregnancy.

"Well, here I am: thirty-four and three quarter years old, type one diabetic for twenty-two and a half years, realising that I can't keep pregnancy in the 'too hard', 'let's think about it later' basket any longer. My biological clock has well and truly kicked in.

"I've been scouring the web for something real to listen to. Something written by a woman like me who has lived most of her life with less than spectacular blood sugar levels in favour of a more spontaneous existence.

But I find nothing.

Zip.

Aside from a couple of articles on the Reality Check site that I stumble on at page seven of the results listings, I find no information that even remotely echoes my own experience."

[Read on...](#)

## Free Vaccine for Women & Girls 12-26 years

The new cervical cancer vaccination program generated a lot of interest so we thought everyone might be interested in some more information. The following has been sourced from the Melbourne University Health Service.

*The Australian Government is providing the cervical cancer vaccine free for a limited time through general practices to all women and girls aged 12 to 26 years through the National Immunisation Program.*

Vaccination is a means of 'primary prevention' and Pap screening is an 'early detection' program. Vaccination combined with regular Pap screening offers women the best prevention strategy against both cervical cancer and pre-cancerous abnormalities. Every day, over 40 Australian women undergo surgery to remove pre-cancerous or cancerous lesions from the cervix as detected using Pap screening (AIHW 2005). The majority of these women are under 40 years of age.

As with all publically funded programs there are strict guidelines.

Females aged 18-26 yrs, who have a MEDICARE card are now eligible for free vaccine. The course is three injections at 0, 2 month and 6 month intervals. To receive all three vaccines for free, women must not turn 27 prior to the 3rd injection.

Please speak to your GP for more information.

[More info...](#)

## Diabetes Ride Across Oz

In an earlier edition of Yada Yada, we reported the start of Avril and Angele's mammoth effort to ride bikes across Australia, to raise diabetes awareness and encourage people to follow their dreams.

They left Perth on 24 June and arrived in Melbourne on 3rd of August.

Wow and I thought I had a sore butt after just riding around Centennial Park!

[Click here for more about Avril and Angele's journey...](#)

## Diabetes Burnout Fires Up!

The seminar on [Diabetes Burnout](#) run by Reality Check and DAV last weekend was a complete sellout with people turned away as the venue was full to capacity.

220 people turned out on a chilly Melbourne Saturday afternoon to hear our very own [Kate Gilbert](#) and health psychologist, Dr Sarity Dodson talk about the challenges of living with type 1 diabetes for ever and ever, and keeping things in perspective.

There has been much talk and enthusiasm for holding similar events elsewhere. In the meantime we are slowly but surely pulling together a [web page with some resources and reports](#) from the Melbourne event.

This webpage will be an evolving resource, so stay tuned for updates and [drop us a line](#) if you know of any other great resources or you have a story to share.

[More on Diabetes Burnout...](#)

## Walking to Cure Diabetes in Sydney

The biggest type 1 fundraising event of the year has come round again. Walks are scheduled for every capital city and a lot of regional centres as well.

Tony (known for some obscure reason as Bjuber on the RC forum) and Jo have registered a [Type 1 Diabetes Network Team](#) for **Sydney**.

Can you support them by walking or donating?

Dates for walks around the country are as follows:

\* Sunday 14th October - Sydney, Melbourne, Perth, Brisbane and Adelaide \* Sunday 21st October - Canberra

[To join or support our team click here...](#)

## Nominate a 'diabetes worker' for a new award

'Inspirational Journeys' seeks to recognise the 'unsung heroes' who are working hard every day to care for people with diabetes.

An independent judging panel of healthcare professionals will review the nominations, selecting five outstanding individuals to each receive an award of \$1,000. The winners' stories will also be filmed later this year, to create the 'Inspirational Journeys' documentary.

[Visit the website for more details...](#)

## Beating the Winter Woes

And if you are unlucky enough to have been hit by a cold or flu, you might welcome some tips from [resident Reality Check pharmacist](#) and Type 1 Kaz.

And if things get more serious, the Diabetes Educators Association have a great resource about [managing sick days with Type 1](#).

[Read Kaz's Beating the Winter Woes....](#)

## ... and sometimes you just gotta LAUGH!

New to our website's [Laugh! section](#) is the Greatest Hits from regular contributor Lambos:

- Top 7 Super Powers of HypoMan
- Top 7 Diabetic Toys
- Top 7 Diabetic Multiple Choice Survey Questions
- Top 7 Diabetic Websites

[Read them and weep \(with laughter!\)...](#)

## 'Til next time

Don't forget to bookmark the [Reality Check on Diabetes Burnout](#). And just hit reply if you have any feedback or suggestions any time.

**Mel**

**The Type 1 Diabetes Network**

Managers of [www.realitycheck.org.au](http://www.realitycheck.org.au) for and by young adults,

A [Starter Kit](#) for Adults Newly-Diagnosed with Type 1 Diabetes and [www.muntedpancreas.com](http://www.muntedpancreas.com) for and by Parents.

email: [melinda@realitycheck.org.au](mailto:melinda@realitycheck.org.au)

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