

Hi there!

Welcome to the first edition of Yada for 2007, as we ease ourselves away from summer holidays and festivities we bring some news and weird and wonderful snippets from the world of D.

NDSS Prices to Increase February 1

NDSS prices will rise from 1 February. According to DANSW, for non-concession card holders the cost of strips will increase somewhere between 10c and 50c dependant on the brand and pump supplies will increase by between 35cents and \$1.20

It might be worth checking your supplies and putting an order in this week if you are running low on anything! A couple of DA state organisations offer the ability to purchase NDSS products online, you can avail yourself of this facility even if you live in a different state (NDSS is a national service).

[Click here to order NDSS products via DAQ's online shop](#)

Liposuction for lipodystrophy

No it's not a new tongue twister but the story of RC forum regular Llambo's quest for a flat stomach. Lots of gym work had buffed his physique but the lumpy spongy bits of his stomach caused by too many injections remained!

He tells us about his not so extreme makeover but more importantly that **Medicare and PHI will provide cover for "post traumatic pseudolipoma"** Essentially you have to pay for cosmetic removal of fat but if you have significant lipodystrophy from injections this should be covered by Medicare and/or PHI. If this is a problem for you it would be worth checking out the situation-speak to your GP or endo about referral to a plastic surgeon.

[Llambo's story here including Medicare information](#)

Google Doodles & Diabetes

Google Doodles are special art treatments of the Google logo on the official Google home page that mark holidays, anniversaries, and anything else that the folks at Google wish to commemorate. They always link to a Google Search result that is the subject of the artwork. For example, on Sir Arthur Conan Doyle's Birthday on May 22, 2006 this was the Google Logo which linked to a search for "Sir Arthur Conan Doyle":

The American Diabetes Association is petitioning Google to create a diabetes-themed Google Doodle.

[Click here to sign the petition](#)

Getting active in Victoria

Those exercise fiends in Victoria are planning a years worth of torture, oops I mean fun endurance events from 24-hour swim teams to cycling from one end of Vic to the other. Most of the events raise money for great causes such as the DAV camps for kids as well as being a great opportunity to train with other type 1s.

If you fancy a challenge sign up for one of their teams and get training! For more information check out their website, hypoactive.org.au or email laura@hypoactive.org

Continous Glucose Monitoring

Medtronic have produced a continuous real time glucose monitor that operates with their latest insulin pump. It doesn't yet talk to the pump but it does give you real time read outs of your bsl and sounds alarms if your sugar falls outside of your predetermined range.

So far the technology is prohibitively expensive but a few RCers have been on trials and we are hopeful that diabetes centres might acquire some that they could lend to people, so that you could use them for a while to trouble shoot and get some insights, particularly into overnight fluctuations. Not sure about you but I find one overnight test doesn't do much but it is a bit wearisome to wake up 4 or 5 times over several nights, I like my sleep.

If you are interested in the technology why don't you ask at your next endo/clinic appointment whether any CGMs are available. If you have accessed one or have been on a trial we'd love you to let us know about it, either by email or drop a post on the forum.

[Check out the CGM thread on the forum](#)

Finally...

A big thanks and bon voyage to George Valiotis who has contributed so much to RC, particularly in South Australia for many years now. George is moving to Switzerland to take on a role in health education with the International Aids Council in Geneva, so Australia's loss is Geneva's gain, congratulations and good luck and we look forward to hearing about life in the land of holey cheese and yummy chocolate soon. Cheers,

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

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