

June 2007

Hi there!

Lots of events on the horizon (as is Diabetes Week - we brace ourselves!), a Survey to help with some new resources and the Results of some research you helped with a few years back is published in a big, fancy journal! Thus is Yada Yada in June.  
***Rug up and Enjoy!***

## Tell us about growing up with D - Quick Survey

'Transition' in diabetes management speak is moving from children's services, or however you were looked after when you were a kid, to adult hospitals or services.

It is a hot topic at the moment, and we have been commissioned to do a survey to help with the development of a new resource for people who are around 16-20 and negotiating this tricky time of diabetes (and life!).

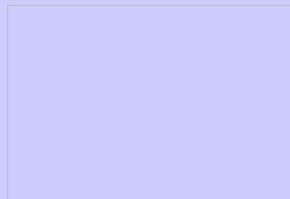
**Can you find 5-10 minutes to do our quick online survey?**

### [Reality Check's Transition Survey](#)

All welcome to complete. Survey closes Friday.

***Health professionals*** : If you can pass this on to your patients / clients with Type 1 diabetes it would be greatly appreciated!

## Runners? Win a Trip to the US! Get in quick!



The Global Heroes program is supporting up to 25 people with medical conditions like diabetes to travel to the Twin Cities Marathon in the United States.

Quick - Entries close June 8th! Online application form at the link below.

Australians are also invited to contact Kerryn Welsh at Medtronic in Sydney for any help you might need with your application - phone 02 9857 9004.

[More info....](#)

## Reality Checking the Journal of Clinical Nursing

We are excited that Dr Bodil Rasmussen's PhD which explored the experiences of young women with diabetes using internet communication (including our website!) has been published in an important medical publication, the Journal of Clinical Nursing's special edition on chronic illness.

Many Reality Check members participated in this research. The results are fascinating and can be read (free) online:

**Young women with diabetes: using Internet communication to create stability during life transitions**

[Check out the article....](#)

## Seminar on autoimmune conditions - Sydney

A seminar next month will look at recent scientific advances in understanding disorders of the immune system such as Type 1 diabetes as well as lupus and others.

Tuesday 17th July 2007, 5pm - 7pm  
NAB Auditorium, Garvan Institute of Medical Research,  
384 Victoria St, Darlinghurst

An expert panel of speakers will include:

- \* Professor Don Chisholm - Clinical Head, Diabetes & Obesity Program, Garvan Institute
- \* Dr. Cecile King - Group Leader, Type 1 Diabetes, Garvan Institute of Medical Research

Register online at [www.garvan.org.au](http://www.garvan.org.au) or phone 02 9295 8110 to reserve a place.

## Federal Budget - the silence is deafening?

The federal budget was pretty quiet on the Type 1 Diabetes front, though in amongst it all we found .....

"Patients with chronic and complex conditions will receive better care under a \$291.3m national initiative to make consultant physician services more accessible and affordable."

Medicare will recognise specialists time taken for treating patients with chronic and complex conditions - this may translate to more time with our endos, maybe. Thanks, Pete.



[Chat about it on RC ....](#)

## To pump or not to pump? Is everyone doing it?

Well, no. Pumping's not for everyone. But for some it's revolutionary.

Quite amazing the range of experiences we hear about on the Reality Check site. A debate is firing up right now - essential reading if you are sitting on the fence!

[Read all about it...](#)

## Complications.... What If?

*"All the diabetes books, pamphlets and internet sites talk about "prevention" but there is a taboo on discussing what it's like to experience complications....."*

An article on the Reality Check website aims to expose some of the myths surrounding complications and share the insights of some of the young adults who have not only coped but have conquered and transcended complications.

Melinda Seed interviews people who have been there, and pulls together the **5 things you must know** about the dreaded C word.

[Read on....](#)

## Diabetes and Pregnancy Night - Perth

The Insights support group, a social group in Perth for 18 to 35ish year olds with Type 1 diabetes are running an information session on diabetes and pregnancy.

Tuesday 5th June, 6.30pm at DAWA, Level 3, 322 Hay St, Subiaco, Perth.

For more information or to book contact Renae on 0402 911 922 or email [renorm@iinet.net.au](mailto:renorm@iinet.net.au)

## Stem Cells, Emotions - Event in Outer East, Melbourne

Knox Community Health Service's Annual **Type 1** Diabetes Event will this year include speakers on:

\* *Stem Cell Research and Diabetes:*

*The Debate*, Professor Paul Verma from Monash University and

\* *Coping with the Emotional Aspects of Diabetes*, Dr Sarity Dodson, Health Psychologist.

**Tuesday 10th July** : 7pm - 9pm

Knox Community Health, 1063 Burwood Highway, Ferntree Gully

RSVP essential to Phillipa or Jenny on 03 9757 6276 or email

[phillipa.goorah@kchs.org.au](mailto:phillipa.goorah@kchs.org.au).

## Diary Date: RC Event 28/7 - Ticking Down!

The first Reality Check Melbourne Event in **ages** is coming together and we will have final details for you very soon. But make sure it's in the diary : **Saturday 28 July**, Melbourne Town Hall, 1pm - 5pm.

The topic is Diabetes Burnout. What to do when you can't be bothered any more. What other people do. Why it's OK to feel crappy, and lots of chances to laugh!

Details very soon!

## And just finally...

**Don't forget to do the [Transition Survey](#)> please!**

And use that trusty Reply button any time you need.

Thanks!

**Kate**

**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.

**Join our mailing list!**

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

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