

14 November 2007

Hi there!

It has been a while between emails from The Type 1 Diabetes Network, but we're back on deck now - Kate sporting a lovely diamond ring and Mel an Italian suntan! (*More gossip in the [Reality Check forum!](#)*)

And Happy [World Diabetes Day](#) for today! This year, the day is being observed by the United Nations for the first time.

The theme for 2007 is Children & Adolescents - more relevant to us than past Type 2-focused themes like Feet or Eyes, but we continue to await recognition that all those cute kids turn into adults, not to mention half of Type 1 diabetes is first diagnosed in adulthood!

But sadly, in many countries, children with diabetes don't make it to adulthood. They die when insulin isn't available. We encourage you to find out more about the International Diabetes Federation's [Life for a Child campaign](#) which is aiming to double the number of children it reaches with its life-saving work.

Diabetes Burnout in Shepparton - This Saturday!

Our sell out event, first presented together with DA-Vic to more than 200 people in Melbourne, is on the road to northern Victoria.

Speakers: **Dr Sarity Dodson**, Health Psychologist and **Kate Gilbert**, Founder of Type 1 Diabetes Network and Reality Check website

When: Saturday, 17 November 2007, 1.00pm - 4.00pm

Location: University of Melbourne Lecture Theatre, Graham Street, Shepparton

Cost: FREE!

RSVP: Please phone the Diabetes Centre on 03 5832 3100 to register.

[More details...](#)

Pregnancy and Babies - New Survey

*****SPONSORED ANNOUNCEMENT*****

Diabetes Australia-Victoria has developed a program addressing the issues of diabetes and pregnancy.

The program has received funding from the Commonwealth Government to make an **Educational Film** for women with type 1 or type 2 diabetes about preparing for and having a baby.



You are invited to complete an online survey to assist with this project.

[Click Here to Get more information and Do the survey.](#)

Thanks to our New Volunteers!

The Reality Check online community this year gained three terrific new volunteers, who together with Kate & Mel, have been working hard to keep everything ticking over in our lively and fast-growing forum.

A huge thank you to [Acey](#), [Tony](#) and [Tash](#) for all their work.

You can check out their insightful and funny profiles, and hear their take on living with D, at the link below.

[Meet our volunteers...](#)

Growing up with D: Taking our stories to the Big Guys

Many of our readers completed a survey earlier in the year about growing up with Type 1 diabetes, and going through transition to the adult system.

Eli Lilly (insulin company) used these survey results to inform a CD that they have just launched with information for young people going through transition which will start appearing in hospitals soon.

We are also delighted to have been invited to present a more in-depth analysis of the survey results at a [big conference in Auckland](#) in a few weeks.

The paper to be presented by Kate Gilbert on behalf of the Type 1 Diabetes Network, is **"Australasian adolescents' transition from paediatric to adult diabetes services: a complex picture of choice and access"**. It will be published on our website after the conference. Watch this space.

We are excited at this opportunity to talk about the **real life experiences of Type 1 diabetes** at this important forum attend by researchers and **government policy makers** from around the world.

Type 1 ? Type 2 ? Type 1.5 ? Double Diabetes?

shedding light on difficult diagnoses at last

An article in New Scientist magazine late last month has given a terrific examination of the difficulties that many people are having in getting a diagnosis of exactly which type (or types!) of diabetes they have.

The article begins:

"The diabetes epidemic just took a twist that reveals we might have misunderstood it completely."

Highly recommended.

[Click here to download \(900KB PDF file\) ...](#)

Carers of Children Diagnosed Type 1 in the Past Year

Researchers at The University of Melbourne are seeking participants for their study into experiences and information needs of carers of children with diabetes.

Participants will have to do the following:

(a) Fill out an activity diary which will take around 15 minutes per day for a period of one week.

and/or

(b) Participate in an interview for approximately 45 minutes.

Participation is voluntary. Your confidentiality will be maintained. Time and place of the interview will be arranged at your convenience.

If you wish to participate, or have any questions, please contact Basil Alzougool on (03) 8344 1544 or email b.alzougool@pgrad.unimelb.edu.au.

The Emotional Side of Diabetes

Dr Bill Polonsky from the United States, famous for coining the term Diabetes Burnout, and writing [the book](#), now has his own Institute looking at all things diabetes and psychological.

Their newest online publication is a terrific read:

[The Emotional Side of Diabetes - Top 10 Things You Should Know](#)

We especially like Number 6: *Arresting The Diabetes Police* !

Young people with diabetes take more risks, say researchers

A team at the Royal Children's and The University of Melbourne have shown that young people with long- term medical conditions including diabetes **take more risks** (such as smoking and drinking) than their peers. And the researchers are most concerned about this.

A **heated discussion** arose on our website about this assumption that people with diabetes would take less risks and be **automatically 'good'** !

[Read the discussion and article...](#)

New Continuous Monitors - Live Discussion

Continuous blood glucose monitor technology has been coming along in leaps and bounds this year.

A device now exists (pictured on impossibly smooth model) that collects blood glucose data every few minutes for 3 days at a time and **displays the live results onto the screen of a pump.**

The catch: It's very expensive, so is taking a while to catch on.

A clinical trial just began in Melbourne where a group of experienced pumpers have been given the devices for 32 weeks. Several of them are [chatting about their experiences](#) and answering your questions on the Reality Check website.

- Will the novelty wear off?
- Will having a sensor connected every day be a problem?
- Does it hurt?
- Is it worth it?

[Get involved in the discussion with our resident guinea pigs.](#)

[Check it out...](#)

Advance Notice: Brisbane : 2nd April 2008

Early warning for our Brisvegas friends that the Mater Hospital is running a forum on evening of April 2nd 2008.

Speakers will include The Type 1 Diabetes Network's Kate Gilbert talking about life with D and lots of tips learnt from literally thousands of people with Type 1 during 10 years of running Reality Check!

Put it in your 08 diary if you're clever enough to have one already! **Or write it on the fridge!** More details early next year.

That's all folks

Don't forget to hit reply if you have any feedback or suggestions any time.

Kate and Mel

The Type 1 Diabetes Network

Managers of www.realitycheck.org.au for and by young adults,

A [Starter Kit](#) for Adults Newly-Diagnosed with Type 1 Diabetes and

www.muntedpancreas.com for and by Parents.

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