

Yada Yada: August Update

In This Issue

[National Endo, DE Conference](#)

[Diabetes & Surgery](#)

[First major report on Type 1 incidence](#)

[Sydney & Townsville get together](#)

[Help us Spread the Word](#)

Greetings!

As we farewell Olympic fever and look forward to the end of cold weather, the national diabetes conference kicks off in Melbourne and we will be there waving the "real life with Type 1" flag. News about that below in this issue of Yada. There's also some help if you have to have surgery, news on the latest Aussie stats on Type 1 incidence, meets and a Type 1 Olympian going for Gold today! **Enjoy!**

*******Sponsored Announcement*******

DAV Eating Disorders Survey

Diabetes Australia-Victoria has been doing groundbreaking work in Type 1 Diabetes and eating disorders for some years now.

They are continuing this work by gathering the experiences of people with diabetes' specific eating behaviours to contribute to their resources and programs. If you can help them with this work, the survey takes about 10 minutes and is completely anonymous.

[Click here to go to the survey](#)

National D Conference hits Melbourne this week

Quick Links

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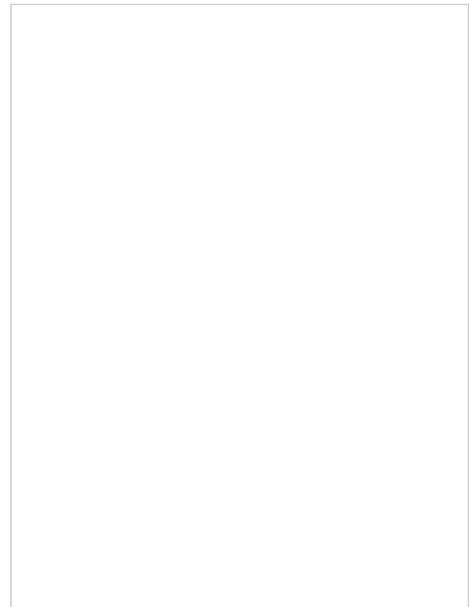
If you are having trouble tracking down your endo or diabetes educator this week, they may be in conference land. The Australian Diabetes Society (the endos) & Australian Diabetes Educators Association's Annual Scientific Meeting is in full swing in Melbourne.

- **Check out the program and [Search for your Diabetes Team](#)** - find something to ask them about to spice up your next appointment!
- **The Type 1 Diabetes Network is presenting two posters:** [DIABETES BURNOUT](#) - what you said it really is and how you deal with it; and another about how [Type 1 adults use Diabetes Educators](#) and what impact seeing them has on important parts of our health. Both posters are now up on our website for you to check out.
- We are also presenting at the Australasian Society for **Psychological Research into Diabetes** - a satellite to the main conference, about Diabetes Burnout. Check out slides from the presentation by Kate Gilbert and Dr Sarity Dodson, Consultant Health Psychologist, [click here](#).

We will be Launching our major project on the final day of the conference:

[A Statement of Issues affecting Australians with Type 1 Diabetes.](#)

We are delighted that **Senator Guy Barnett**, who has Type 1 himself, will join us to launch the Statement. Watch out for a special bulletin with the Statement of Issues - and a heap of solutions we came up with too - this Friday!



Managing Diabetes with Surgery and Hospital stays

The experience of trying to manage D when having surgery, and having to battle the ignorance of medical staff with no endocrine experience but lots of opinions, are well documented from time to time on the Reality Check forum - like [this story](#).

The best experiences we hear are when people have had the opportunity to consult their endocrinologist prior to the surgery to establish a written care plan for managing diabetes whilst in hospital, and also have their endo's mobile number handy during their hospital stay.

The Joslin Centre has produced a guideline for D management pre, during and post surgery that would make an excellent start to your preparations for surgery, heck you might even print it out and take it with you, for those situations when an anaesthetist tells you to turn your pump off 12 hours before surgery. A word of caution though it is US-based and uses mg/l not mmol/l and other American terminology but it makes a helpful resource while we wait for comprehensive Australian Type 1 guidelines to be produced.

Bookmark the document for future reference, you never know when you might need it.

Go to: [Joslin Centre's Inpatient Diabetes Guidelines](#)
(PDF, 6 pages, 136KB)

Kickboxing Champion just happens to have Type 1!

Canberran Warwick Harrington, a Type 1 since very young (*pictured, left*) won his second Australian Super Welterweight Kickboxing title in Sydney last weekend!

Nicknamed The Bull, it was apparently a very tough fight, but Warwick came out on top - again!

We love news of Type 1s doing cool stuff - sport stars, musicians, brain surgeons - hit reply and drop us a line if you or someone you know is kicking goals (real, or metaphorical)!

More Tassies, and more Adult Men, get Type 1

The first major report into the incidence of Type 1 Diabetes in Australia - who's getting it where - has just been released, and tells us:

- **More kids in Tasmania are getting Type 1 than anywhere else:** 28.9 per 100,000 compared to 22.4 national average
- **Northern Territory is the place to be!** Incidence is less than half the national average there at 10.3/100,000 people.
- **It really does get diagnosed in adults too.** In people aged >15 years there are "1,260 new cases per year, or more than 3 new cases per day. Around one-third (32%) of these cases occurred among people aged 15-24 years, 34% among 25-39 year olds and 34% among people aged 40 years or over"
- **Men get Type 1 as adults more than women.**
"Males (over 15) accounted for 63% of new cases while females accounted for 37%"

[Join the discussion, and find the link to the full report, click here.](#)

Next question - Why? Yep, me too.

And some researchers in Melbourne are helping to unravel that one. This week Furlanos, Coleman, Harrison and others have published a paper which explains that the rising incidence and lowering age of diagnosis of Type 1 could be attributed to an environmental trigger of a different gene than used to be the trigger point in people diagnosed decades ago. [Read more ...](#)

*****Sponsored Announcement*****

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[Click here for more information](#)

FOUND! A Type 1 Olympian going for Gold on Sunday!

Since Gary Hall Jnr is no longer on the Olympic scene, we've been on the hunt for a Type 1 to cheer on in Beijing - and at the last moment, we found one!

Kevin Hansen, 26, has had Type 1 since he was 10 and is in the US Volleyball team.

They will play Brazil for an attempt at with USA's first gold medal in volleyball since 1988! Go Kevin!

[Read more about Kevin, and the hunt for a Type 1 Olympian!](#)

New BG Meter - Our Frank & Fearless Review

Thanks to Reality Checker, Henry for a new review of a tiny new BG meter - the Freestyle Lite, which you can find alongside our other honest and independent reviews of D stuff.

Check it out here:

www.d1.org.au/glucometers_test.htm

INSULIN PUMPS FUNDING THREATENED - Help us out

We have reports that the Government is reviewing whether insulin pumps will remain on the Prostheses & Devices list which ensures Private Health Insurance companies must reimburse them in full.

If you are concerned about this, please join the discussion as we make a plan and get to work on making sure access to pumps is protected or even improved!

Go to the discussion, [Click Here](#).

ON THE GRAPEVINE

A few more bits of news from round the traps :

- **Townsville** residents with Type 1 are getting together on the 8th of September, and **Sydneysiders** are going to relax over a few quiet ales at King St wharf on 21st September. Visit the [meets forum](#) for more information.

- **Do you mark the anniversary of your Type 1 diagnosis?** I would never have thought of such a thing before Reality Check, but heck, every day well lived in the face of the crap that goes with D is worth celebrating. From parties to diamonds, vintage champagne or a piano for significant milestones - what will you do? **Join the discussion [here](#).**



- If you'd like a bit of variety on your iPod, this US site might be of interest. [Diabetes Powershow](#) is a volunteer-run site that provides podcasts of type 1 and type 2 diabetes information.
- The Type 1 Diabetes Network have been invited to present the session about 'Diabetes Online' at the next **World Diabetes Congress** - Montreal 2009. We are very excited after all these years that the international diabetes community thinks what we do with [Reality Check](#) is exciting and should be showcased. It's also another opportunity to hear what's happening all over the world and share that with you (as Kate did from [CapeTown in 2006](#).) Yay!

Help Us Spread the Word About Reality Check

If you've found Reality Check helpful, could you help us out? □

As mentioned last month, The Reality Check website is featured in the current issue of Diabetes Management Journal, that is distributed to 30,000 GPs, endos, educators and other health professionals around Australia.

Print out and Give this article to your healthcare team. YOU telling them about Reality Check is the single most effective way of getting them to spread the word to their other patients.

[Get a printable version of the article here](#)

All the best,

Kate & Mel

The Type 1 Diabetes Network Inc.

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