

Yada Yada: Festive Season Update

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Greetings!

With the festive season in full swing, we have Top 7 things to give a Type 1 for Christmas, quick links to info on alcohol and sick days, and Diabetes Etiquette for family and friends just as 'should you be eating that?' starts to ring like a broken Christmas record!

We also have a few stories about life with Type 1 Diabetes: Thinking about Babies; Ants in my Panniers; and a Job Description for Type 1 - a new way to explain what it's really like.

Quick Links

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ETIQUETTE for people who DON'T have Diabetes

Another excellent resource from BDI, the people who first brought us 'Diabetes Burnout' and '10 things you should know about the Emotional Side of Diabetes'.

Diabetes Etiquette for People who Don't have Diabetes includes 10 tips for family and friends.

We especially like:

- Don't peek or comment on my blood glucose numbers without asking me first;and
- Don't tell me horror stories about your grandmother or other people with diabetes you might have heard about.

It has found a safe place on my fridge - just in time for all the 'should you be eating that' helpful comments at Christmas!

[Diabetes Etiquette](#)

[Download your copy here...](#)

BIG NIGHT? SICK DAYS? SILLY SEASON SAVVY

Tis the silly season. Type 1s certainly know how to laugh and to party. But hospital emergency rooms are crap this time of year.

If it's time for a refresher, here's some quick links:

- [Alcohol - effects on Type 1, and simple tips](#)
- [Sick Days, Vomiting, Ketones and avoiding DKA](#)
- [Sick Day Kit](#) -everything we won't be able to find when we need it, so might like to put in a box somewhere safe!



Any more questions, give your diabetes team a yell, or visit the [Reality Check forum](#) to hear other Type 1s' experiences.

A JOB DESCRIPTION FOR TYPE 1 DIABETES

We're always looking for new ways to explain to people what it's really like to live with diabetes. A job description is our latest attempt, with help from the Reality Check online community, Kate Gilbert presented this to the recent paediatric endocrinology conference at Parliament House, Canberra.

Essential Skills and Experiences:

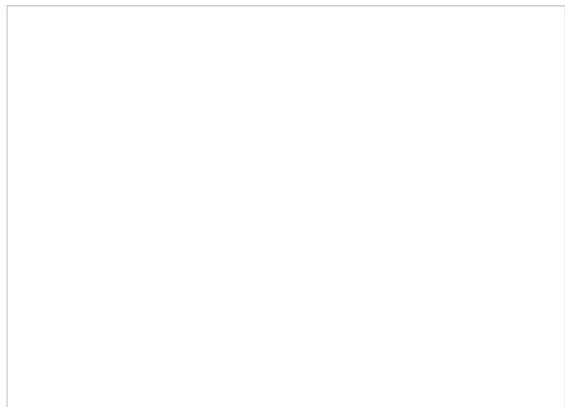
- A demonstrated ability to analyse and interpret **complex data** from multiple sources whilst taking into account varying degrees of accuracy
- The capacity to make **split second decisions**, many times in every hour, that cumulatively have far-reaching consequences
- A demonstrated ability to operate in a **high stress** environment
- **Computer literacy** to access basic support and information about your role

Further Desirable Attributes include:

- Graduate degrees in medicine, biochemistry, physiology, chemistry, nutrition **AND** psychology.
- Exceptional mental arithmetic skills would also be helpful; and
- **Obsessive-compulsiveness** to constantly monitor, record and maintain detailed records of life events and pathology results would be highly desirable.

The ability to work within a team is ESSENTIAL for this position, in fact you will be required to form, maintain and strengthen your team.

Read the full Job Description for Type 1 Diabetes, in Kate's Address to the APEG meeting last month. [Click here.](#)



TASSIE TYPE 1 TO SPEAK AT A CONFERENCE?

The Diabetes Educators Association in Tasmania is looking for someone to speak about adolescence, young adulthood and 'transition' at their next conference in May.

If you are interested, please contact Teresa Skerratt on teresa.skerratt@dhhs.tas.gov.au.

THINKING ABOUT BABIES - Blog Continues

Kate's blog continues:

"Last year I got married.
Last month was our first anniversary.

We got the memo: Next comes babies, and picket fences, and mortgages.

We're thinking about children. NOT in the 'maybe we'll have children soon' sense of thinking. **But it feels like a top secret military exercise that may be doomed...."**



[Continues...](#)

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TOP 7 THINGS TO GET A TYPE 1 FOR CHRISTMAS

with thanks to Lambo!

7. Diabetic Fondue Set. The bowl is cunningly shaped as an abdomen and the skewers are shaped like syringes and Novopens.

6. New fingers. You all know what I mean.

5. An 'Ain't Retinopathy a Bitch' glow in the dark t-shirt.

4. HypoMan Sings His Greatest Hits.

Including such standards as...

- Don't Bring me Down.
- Hunting High and Low.
- Catch me I'm Falling.
- Too Low for Zero.

3. Any cookbook that doesn't feature the word 'Diabetic' in its title.

2. A red computer keyboard... so when your stupid fingers start bleeding on it, it matters not a jot.

..... drumroll drumroll..... drumroll

[CLICK HERE FOR NUMBER 1...](#)

QUICK SHOTS

Hot topics on the Reality Check online discussion this week:

- [Planning for NYE drink with a new pump](#)
 - [I hypo every single Christmas Day!](#)
 - [Waiting til honeymoon ends to start pumping](#)
 - [Am I being cured? Experiences of a drug trial.](#)
 - [NDSS price increase rumoured. 1 January 2009](#)
-
- Jump over to www.realitycheck.org.au for much more.

ANTS IN MY PANNIERS - GAVIN'S ADVENTURE

"When it came close to leaving and I found a recent report on the internet of hundreds of bandits storming the Vietnam/Laos border crossing through which I would be going, I couldn't bring myself to say anything - I just made sure I had plenty of jellybeans."

[Read Gavin's story of an amazing cycling adventure...](#)

UPDATE ON TYPE 1 DIABETES PREVENTION TRIAL

We just received an update from the INIT trial which is looking at how to prevent Type 1. They are needing to find lots of people to screen to do their important work. □

The update included the following:

HOW MANY PEOPLE ARE TAKING PART ALREADY?

Registered: Over 6,400

Screening blood samples taken: Over 3,600

Entered the trial: 34

Completed the trial: 5

A simple blood test can determine the likelihood of you or your relatives developing type 1 diabetes. If the test shows that someone is at high risk, then they may be eligible to participate in the trial of a nasal insulin spray, which may prevent them from getting type 1 diabetes.

People aged between 4 and 30 who have a relative with Type 1 Diabetes are needed for the trial.

Visit www.stopdiabetes.com.au for more information.

All the best to you and the people you love for a very safe and happy festive season. Enjoy, and we'll back with more Reality Checks on the big D in 2009, our 11th year!

All the best,

Kate & Mel

The Type 1 Diabetes Network Inc.

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