

YADA YADA

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Greetings!

Welcome to another edition of Yada Yada, filled with all that's relevant and timely when you just happen to be living with type 1 diabetes.

Can your family help prevent T1D in the future?

SPONSORED ANNOUNCEMENT

INIT II: Clinical Trial to Prevent T1D

Blood relatives of someone with Type 1 diabetes have an increased risk, but they may also have the power to help us find a vaccine.

Encourage them to do a good deed for future generations by getting tested for free!

[Click for more information](#) or call 1300 138 712.

New Position Statement on Food & Diabetes

Bread

The American Diabetes Association has published a position statement about diet and diabetes. It covers all types of diabetes and is somewhat skewed towards the issues of insulin resistance and obesity that characterise Type 2 diabetes but it does not ignore Type 1 completely. It

is definitely worth checking out.

At long last there's a definitive statement about the importance of counting carbs in achieving control, rather than vague instructions about normal healthy diets.

"Monitoring carbohydrate, whether by carbohydrate counting, exchanges, or experienced-based estimation remains a key strategy in achieving glycemic control. The use of glycemic index and load may provide a modest additional benefit over that observed when total carbohydrate is considered alone."

The guidelines also consider **low carb diets** which they say can be useful for weightloss but caution against high protein diets

"High-protein diets are not recommended as a method for weightloss at this time. The long-term effects of protein intake >20% of calories on diabetes management and its complications are unknown. Although such diets may produce short-term weight loss and improved glycemia, it has not been established that these benefits are maintained long term, and long-term effects on kidney function for persons with diabetes are unknown."

[To read the complete statement, click here.](#)

Type 1 D CONFERENCE, BRISBANE, 2ND APRIL

Brisbane's Mater Hospital is running a Type 1 Diabetes conference.

The theme is around 'transition' and teenagers but the lineup of speakers, including our very own **Kate Gilbert** looks really interesting, even if you're past transition.

Swet Conference Logo

The conference is on **Wednesday 2nd April** and for those who can't get away from work earlier, Kate's talk on **Beating Diabetes Burnout** starts at 5.30pm.

[Full program and registration here.](#)

TYPE 1 ADVOCACY - New webpage

The Type 1 Diabetes Network seizes opportunities to promote the interests of the type 1 community.

We've just published a [new Type 1 ISSUES page on our website](#) to pull together some of the letters that we have written in recent months and years, and the responses received to date, the topics being:

- * *The Don't Ignore Diabetes Campaign*
- * *The Victorian Health Promotion Framework*
- * *'Dana insulin pump Guarantees normal blood glucose'*
- * *Pre-Budget Submission to the Federal Treasurer 2008*
- * *Consumer input to the NDSS supply chain review*

Thanks to everyone who has brought these issues to our attention and contributed their suggestions.

And what is your vision for 2020?

A submission to the new Australian Government's 2020 Summit is being planned. Please contribute and discuss ideas on Australia's long-term health strategy and how it affects us on the [forum](#) or send an email to mel@d1.org.au.

Are You Seeing Too Many Doctors?

Indefinite Referrals and Problems getting and keeping them

People with long-term medical conditions like Diabetes are entitled under Medicare rules to ask our GP to write an 'Indefinite Referral' to our specialists like Endocrinologists and Ophthalmologists. This will last indefinitely (obviously!) and can significantly reduce the number of visits to the GP just to get a referral renewed.

Many people have been telling us that sometimes indefinite isn't always indefinite, and **specialists are sending us back to our GP** for a new indefinite referral in various circumstances.

We have checked this out and the Medicare guidelines for doctors state:

Indefinite referrals - when to write one

General practitioners are entitled to write indefinite referrals for the ongoing treatment of patients with chronic conditions.

Specialists and consultant physicians are reminded to accept the validity of indefinite referrals and not to make unnecessary requests to referring practitioners for new referrals.

Source: [Medicare, For Health Professionals](#)

So next time you are told your indefinite referral is not in fact indefinite, refer your specialist to Medicare!

To read more, [see the lively discussion here!](#)

Confused about Ketones?

One of the many things that seems counter-intuitive about type 1 diabetes is the warning **not to exercise when your bsl is high**.

If you are still unclear about this, check out this excellent explanation from the Joslin Centre: [Why can't I exercise with Ketones?](#)

For more general information about ketones and DKA, check out the Reality Check [Factsheet, Ketones and Ketoacidosis](#).

TYPE 1 NEWS IN BRIEF

- **RC meets** are being organised in Canberra, Brisbane and other towns and cities. Visit [the Meet forum](#) for details.
- Diagnosed with Type 1 Diabetes just 4 years ago, Rob Croft, 56, has shared the story of his most recent travelling adventure on the **Trans Siberian rail crossing** with *Reality Check*. [Read Rob's story](#).
- Sydney's Concord Hospital is still looking for male type 1 diabetics to **help with a study** designed to find ways to identify non-diabetic sportspeople who use insulin in an attempt to enhance performance. You are reimbursed for your time. Click [here](#) for more information.
- A group of researchers from St Vincent's Hospital, the University of Melbourne and Deakin University are interested in talking to type 1 diabetics who are over 18, **live in Victoria** and speak English about how they managed important life events. [More details](#)
- **Life by the Clock - Living with Diabetes** is a semi-autobiographical story of a lifetime with type 1 diabetes. The author, Lyn Wiegman has had diabetes for 53 years. For more information or to purchase a copy, you can contact Lyn on lifebytheclock@optusnet.com.au
- It won't happen overnight...but while you're waiting, read about progress in isolating pancreatic **stem cells** [here](#) and Australian efforts at creating indestructible insulin producing cells [here](#).
- If you're the **parent** of a kid with D, don't forget to check out the discussions of triumphs and tantrums and all that's involved in parenting a Type 1 child on [Munted Pancreas](#).
- A big thank-you to everyone who supported our festive **fundraising appeal** which raised over \$1,000 towards providing support and information to people living with Type 1 diabetes. If you didn't get a chance to donate at Christmas, you can still contribute by clicking below

Introducing a brand new service for diabetics

*** SPONSORED ANNOUNCEMENT ***



Dialabetes is a call monitoring service, which calls members EVERY morning ensuring they respond and have not entered into a diabetic coma overnight.

For further information on how Dialabetes can benefit you, please feel free to contact Janine Howard on 1300 797 702, email at janine@dialabetes.com.au or visit the website www.dialabetes.com.au.

That's all for now, please hit reply to give us any feedback, to alert us to something for future newsletters or to ask a question.

Sincerely,

Kate & Mel

The Type 1 Diabetes Network Inc.

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