

Yada Yada: type 1 diabetes news & views

In This Issue

[Tax Time: Donate to Your Favourite Diabetes Charity](#)

[Type 1 Event in Canberra](#)

[Queen's Birthday Honour to Ron Raab!](#)

[News from the Biggest D Conference](#)

[Diabetes Forum in Adelaide](#)

[Hot Topics in our Online Forums](#)

[Reality Checking Diabetes Education](#)

[Top 7 Ways to recognise you have DIABETES BURNOUT](#)

Quick Links

[Join the Discussion](#)

[Make a Donation](#)

[Resources for Health Professionals](#)

[More About Us](#)

[Our Newsletter ARCHIVE](#)

Greetings!

In this Yada, we have news of **Type 1 events to attend** - not much notice, sorry - get in quick! And don't miss our resident comic, Lambo's latest Top 7 - a **great big belly laugh** treat when you make it to the end of this jam-packed newsletter.

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

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'The Family Approach to Diabetes Management'

Joe Solowiejczyk R.N., MSE, CDE *International Speaker on Diabetes*

Living with Type 1 for over 40 years, as a leading U.S. Diabetes Educator/Family Therapist, Joe Solowiejczyk, translates personal experiences into practical patient care specialising in family dynamics, their impact on diabetes management.

- Living with diabetes - daily challenges facing the family
- Communicating effectively with spouses, children and extended family
- How to have a life that's about something other than diabetes!

In Australia, for Animas Insulin Pumps, in June 2008.

WA: Sunday 22nd

SA: Monday 23rd

VIC: Wednesday 25th

QLD: Thursday 26th

NSW: Friday 27th and Saturday 28th

Contact Duysal at Animas on 02-9882-3666.

Donate to your Favourite Diabetes Charity at Tax Time!

**The Type 1 Diabetes Network is a registered charity.
Gifts of \$2 and over are tax-deductible.**

As 30 June fast approaches, and you consider where you might like to donate your money [aside from sending it off to the tax man] a quick reminder that The Type 1 Diabetes Network is now able to accept tax-deductible donations.

Diabetes Burnout, and Sports Stars in Canberra 21st June

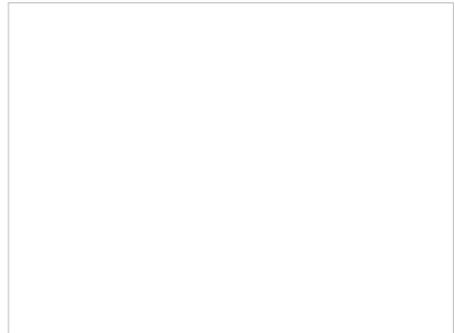
Don't miss the first Type 1 event in Canberra for ages!

Staying Motivated with Type 1 Diabetes

The Eye Room, Regatta Point
Barrine Drive Parkes ACT 2600

Date: Saturday, 21 June 2008

Time: 9:30am - 12 noon



Organised by Diabetes Australia - ACT

Speakers will include [Kate Gilbert](#), Founder of The Type 1 Diabetes Network and the Reality Check website, coming up from Melbourne to lead an entertaining and informative discussion about the popular topic, [Diabetes Burnout](#).

**To book your place, call Rachel at Diabetes ACT
Phone: 02 6287 8725 or email rachel@diabetes-act.com.au**

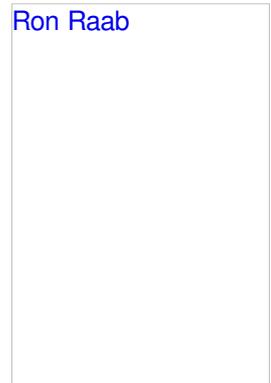
TYPE 1 GETS A BIG GONG!

Queen's Birthday Honour to Ron Raab

Ron Raab

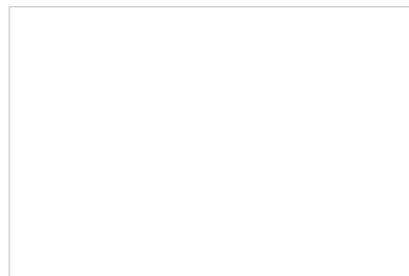
A big Congratulations to formidable diabetes advocate, and veteran of six decades of Type 1 Diabetes, Ron Raab who has been awarded a Medal (OAM) of the Order of Australia for "his contributions to diabetes care organisations and for his work with [Insulin for Life](#)".

We are honored to also have Ron contributing his time and expertise to the Type 1 Diabetes Network's [Opinion Leaders Group](#).



News direct from Biggest D Conference in the World

More than 13,000 top scientists, physicians and other health care professionals from around the world descended on San Francisco last week to share cutting-edge research, treatment recommendations and advances toward a cure for diabetes.



Sydney endocrinologist, Dr Steve Thornley, was in amongst it and provided this brief dispatch for us between sessions:

"There weren't any major announcements on the Type 1 front at this year's ADA conference.

Some interesting developments on immune modulating therapy for early Type 1 or at risk relatives of Type 1 diabetes. And the Outstanding Scientific Achievement Award this year went to Dr Matthias von Herrath from the University of California, for his work developing a therapy to stop the destruction of insulin-producing cells when caught early. [More...](#)

Continuous glucose monitoring is now the norm in the US. Much talk about [Abbott's new Navigator device](#). I got a look at it at the conference and it seems to be quite bulky, but one of many to keep an eye on."

**Final Days to SUBMIT YOUR ISSUE facing
Australians with Type 1 Diabetes - Closes 30th June**

The development of a statement of issues facing Australians with Type 1 diabetes, is about to hit its third of 4 phases.



The closing date for public submissions is 30 June.
Please visit: www.d1.org.au/opinion_leaders.html

The statement will be launched at the [ADEA conference](#) in Melbourne on Friday 29th August. More information to come.

FREE DIABETES FORUM IN ADELAIDE, 17TH JULY

The University of Adelaide, UniSA and others are putting on a free forum in Diabetes Week (at the Uni of SA) on Thursday 17 July 2008, 4.30 - 7.00pm. It looks like being quite scientific, but we have confirmed that everyone is welcome to attend.

Topics include the **Islet cell transplantation** program in SA&NT.

All Welcome - Free admission

More info here: www.adelaide.edu.au/hda/events/

2020 Summit Reports

Kevin Rudd's 2020 summit has just released its final report, including:

[A long-term national health strategy](#)

As we look like being long-term national health consumers, this is something of interest to many of us!

Some of the ideas out of the health group that we think could help to push Type 1 stuff in the right direction include:

- Ensure evidence based allocation of health resources.
- Completely rethink the shape of the health workforce.
- Promote better translation of Australia's research efforts into commercial and health outcomes.
- Create a 'Healthbook' web-based personal record-like Facebook.

[More...](#)

Last month's Diabetes Burnout Survey Sizzles

We were thrilled to receive 241 responses to our survey about Diabetes Burnout in the last Yada newsletter. Thanks to everyone who took the time to share what Diabetes Burnout means for you and what you do about it. Apologies too to those people who commented that they only realised they were experiencing Diabetes Burnout when they did the survey! :(

The responses have been combined with the hundreds of surveys we received from the Diabetes Burnout seminars held in Melbourne and Brisbane earlier.

Results have been submitted as a scientific abstract for consideration by the [big national diabetes conference](#), being held in Melbourne at the end of August.

We'll let you know if we are invited to present it, and share the results as soon as possible.

Meanwhile, don't forget to check out [3 Reality Checkers' views on Diabetes Burnout](#), and [reports from the big Burnout event in Melbourne](#).



Hot Topics

Our online forums are always full of lively discussion, and invaluable sharing of ideas and experiences.

Topics running hot at the moment include:

- [Islet Cell transplant candidate tells his story](#)
- [Dodgy service at the chemist](#)
- [Sleep: and how crappy it can be with D](#)
- [Stupid things 'experts' say](#)
- [Disappointed with Lantus](#)
- [New names for Type 1 Diabetes](#)
- [Newly-diagnosed Pilot battling to keep his license](#)

Click through to check it out and join in anytime.

All our past YADAs now available (for free, of course)!

Three 1/2 years of Yadas are now available online to browse and revisit at your leisure!

> Just found us recently?

> Been busy and want to know what you missed?

[Visit the Yada Archive!](#)

We're very excited that all the work which goes into putting together each newsletter can now be shared and revisited for a bit longer. And it only cost us five bucks (oh, plus about that many hours work, but that's cool.) Enjoy!

Team Type 1 are Riding Across America

Team Type 1

This cycling team, all people with Type 1 diabetes, last week began their epic journey in the Race Across America. This is their third year in the race, and last year they won!

[Read about Team Type 1...](#)

Reality Check-ing Diabetes Education

The Type 1 Diabetes Network has recently joined the Advisory Committee for [Deakin University's postgraduate Diabetes Education course](#). Kate Gilbert will be representing the network.

Representation from people living with diabetes on committees such as this is an important step to improving health care and we look forward to contributing in this new way.

Top 7 Ways to recognise you have Diabetes Burnout

7. You go to order test strips and they are no longer on the order form.

6. You have a donut, go to bolus, but realise that instead of bolussing, you are changing TV channels.



5. You stop enjoying Halle Berry in "Catwoman". Mmmm Lycra©.

4. You are out driving and whilst stopped at a red light this guy pulls up next to you with the top down on his new Porsche. You have no idea who it is. That was your Endocrinologist.

3. Someone asks if you are Type I or Type II - and you can't remember.

2. You own 5 NovoPens (including that ridiculous multi-coloured one) but you can't find any of them.

And the #1 way to recognise that you have Diabetes Burnout is drumroll purleeeeezzzz

1. You finally make an appointment to see an Endo, and they tell you that they found a cure 5 years ago. Bugger.

with many thanks to our resident comic Lambo

[More Top 7s and other laughs](#)

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

□
**[Click here](#) to register with
Roche to receive your
Free Sick Day Management Kit.**

We hope you enjoyed another issue of **Yada** - all about Type 1 diabetes, for and by people who just happen to have the big D.

We love feedback and suggestions. Don't forget to hit reply and say hi anytime.

Cheers!

Kate & Mel

The Type 1 Diabetes Network Inc.

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