

## *Yada Yada: type 1 diabetes news & views*

### In This Issue

[Diabetes Burnout : New Survey](#)

[Shooting Up, A Comedy about Diabetes](#)

[Update on Indefinite Referrals Lobbying](#)

[Type 1 Event, Canberra, 21 June](#)

[New website : Sweet.org.au](#)

[Laugh! Stupid Things People Say](#)

### Quick Links

[Join the Discussion](#)

[Make a Donation to support The Type 1 Diabetes Network](#)

[Resources for Health Professionals](#)

[More About Us](#)

### Greetings!

This issue of Yada Yada is jam-packed and varied as usual. Lots about **Diabetes Burnout**, a topic close to many of our hearts: a new survey, three personal tales and reflections on our sold-out event last year, plus a new event in Canberra on 21 June that will cover this popular topic again.

### Enjoy!

\*\*\*\*\* **Sponsored Announcement** \*\*\*\*\*

### **New Clinical Study for Patients with Type 1 Diabetes**

Hospitals in Victoria invite volunteers to participate in a research study involving a new type of treatment for Type 1 diabetes.

Are you:

- A Type 1 diabetic
- 18 to 45 years of age
- Diagnosed within last 5 years

The study will be performed over the course of 24 to 36 months and will require 20 to 38 visits.

For more information please visit:

[www.clinicaltrials.gov/ct2/show/NCT00453375](http://www.clinicaltrials.gov/ct2/show/NCT00453375)

and contact your nearest participating hospital:

- **Royal Melbourne Hospital - Lee-anne Lynch, Ph: 03 9342 7344, Email: [lee-anne.lynch@mh.org.au](mailto:lee-anne.lynch@mh.org.au)**

**Tell us about Diabetes Burnout: new survey!**

We are working with a **health psychologist** to learn more about what this Diabetes Burnout thing is all about, and how we have learnt to deal with it, and even avoid it.

**In true Reality Check style, this means a snazzy online survey!**

The results will be put up as a scientific abstract to the Australian Diabetes Educators Association conference, and if accepted for presentation, will help to **inform all the diabetes health professionals** who attend that conference later this year about this not yet very well understood, but extremely common, concept of Diabetes Burnout.

Your thoughts and contributions will be most appreciated.

[Click here to take the Diabetes Burnout Survey](#)

**It will take about 5 minutes. Thanks for your help.**

### The Lowdown on Diabetes Burnout: 3 stories

We have just published three Reality Checkers reflections on the sold-out Diabetes Burnout seminar in Melbourne.

As well as picking out the practical tips they learnt and enjoyed from this very popular event, they have generously and frankly shared their own experiences of diabetes and burnout.

[Read Zoe, Mel and Lambo's take on Diabetes Burnout](#)

### Diabetes Drama (in the theatrical sense)!

If you're in Melbourne, go see:

**Shooting Up** - written and performed by Jason Triggs

*"To celebrate Diabetes Awareness Week Jason will be telling his own story of living with type 1 diabetes for 9 years now and sharing the stories of five others, playing 6 characters in total, including a mother of a 6 year old girl."*

Saturday July 19th at 8PM  
All tickets \$10 (General Admission)  
East Doncaster Community Centre  
47-53 Tunstall Road, East Doncaster

Bookings: [lmctheatreco@yahoo.com.au](mailto:lmctheatreco@yahoo.com.au)

### What are the main issues with type 1 ?

The opinion leaders group is in full swing and working towards developing a comprehensive statement of issues affecting Australians with Type 1 Diabetes.

**Take the opportunity to contribute your views on the main issues by making a [submission using this form](#).**

**Deadline for submissions is 30 June.**

For more information on this project and to check out who's involved visit [www.d1.org.au/opinion\\_leaders.htm](http://www.d1.org.au/opinion_leaders.htm)

## Lobbying on Indefinite Referrals Issue - Update

Thanks to everyone who wrote to us after the last newsletter about problems you have had getting indefinite referrals from GPs and having them accepted by specialists.

We have pulled together all the contributions received, including one from an endo!, and sent it off for consideration by the Medicare Consumer Consultative Committee.

**[Read our letter about indefinite referrals here](#)**

***Still having problems?*** While the Medicare guidelines do have some issues, a lot of the problems seem to be with specialists and their staff's incorrect application of the guidelines.

Medicare provides a clear and concise overview of the rules under which indefinite referrals can be issued and must be accepted, which can be found on their website, here:

**[See Medicare's page on Indefinite referrals](#).**

## Feature on Diabetes in last week's newspapers

You may have seen it, or heard on the grapevine, that there was a terrific article in the Good Weekend magazine last weekend all about diabetes, including lots of good stuff on Type 1 - and a clear explanation of the differences between Type 1 and Type 2. Yay!

Ron Raab, Melburnian, Type 1 for more than 50 years, low carb advocate and former Vice President of the International Diabetes Federation (and member of our [Type 1 Opinion Leaders Group](#)), was amongst those interviewed.

The article is not available online but we have managed to track down a copy and popped it up on our website for you to see if you missed it.

**[Read the Good Weekend article on Diabetes](#)**

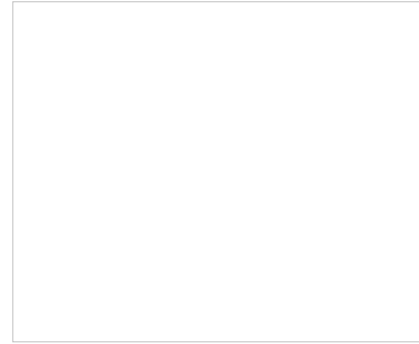
## TYPE 1 EVENT IN CANBERRA - 21 JUNE

A diary date for our Canberra cousins:

***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 speak about Diabetes Burnout. For a preview of what Kate will be talking about, read reviews of a similar event in Melbourne last year attended by more than 200 people.

**More details to come in our next newsletter.**

**Brilliant new website - SWEET.org.au**

When the team at the Mater Hospital in Brisbane got a huge grant last year to improve transition care for teenagers and young adults with Type 1 across the whole of Queensland, one of the tasks they had in the project plan was to develop a young people-friendly 'patient held record book'.

But at the first meeting with their reference group of young people with the big D, the record book idea was promptly thrown out the window!! The team were told unequivocally that good info and better support was needed, but it had to be online and interactive. Not just another record book!

What they have ended up producing, with a lot of help from those young people, is a really quite amazing new website, called Sweet.

It includes lots of interactive bits.

Our favourites are:

- [Carb Counter](#)
- [Diabetes Quiz](#) - cute way to test and update your knowledge

And check out ['The Transition Story'](#) - an interactive journey through making the transition from child to adult diabetes care. (If you're at work, careful, it has audio!)

Visit [www.sweet.org.au](http://www.sweet.org.au)

And congratulations to the team at the Mater and Queensland Health on a tough job done very well indeed!

**Stupid Things People Say - You just gotta laugh!**

A Reality Checker has given us all a good belly laugh by spotting a pearler of an article in Who magazine.

An article on 'how to get great abs' from Jillian Michaels, one of the trainers on The Biggest Loser, quotes her as saying:

*"Cut out processed foods - they turn to insulin very quickly".*

**What the .... ?!** Has Jillian found the cure? Eat lots of processed food and wow, we have insulin!??

After much laughter - we have come up with many more examples of really dumb stuff we have had said to us about diabetes - Enjoy!

**Read more [Stupid Things People Say](#).**

## ON THE GRAPEVINE ....

### A few more bits of news from round the traps :

- The green booklet about [Diabetes and Pregnancy](#) that we produced together with ADIPS and DAVic, is being reviewed and will shortly be sent out to all women of child-bearing age listed on the NDSS! A very exciting and helpful initiative for women with D.
- **Diabetes Australia's National Office** in Canberra is no longer - we hear that last week phone calls to the main number got a 'this number is not connected' beep! Hopefully the Health Minister or a millionaire donor didn't try to call the same day. On further investigation, we hear that they were just moving to new premises and are now back online.
- All is hotting up for the [Annual conference of diabetes health professionals](#) - in Melbourne this year. Abstract deadline is a few weeks away, and an early program [is available online](#).
- The [Australian Diabetes Society](#) (the endos and researchers) are embarking on a major project this year to look at **Diabetes and Driving**. This will include "Evidence-based recommendations to inform licensing authorities on requirements for people with diabetes with a view to move to a more uniform system Australia wide". More news as it comes to hand.
- **[Australasia Paediatric Endocrine Group's national conference](#)** will be held in Canberra this November, and Type 1 D Network and Reality Check website founder Kate Gilbert has been invited to speak to the endos about the reality of living with Type 1 and what we want fixed - the session will be at Parliament House and it is hoped a few government people will pop by.

\*\*\*\*\*Sponsored Announcement\*\*\*\*\*



For more information visit, [www.accu-chek.com.au](http://www.accu-chek.com.au)

All the best,

***Kate & Mel***

**The Type 1 Diabetes Network Inc.**

Join Our List

Join Our Mailing List!

Email Marketing by

