

yada yada: type 1 diabetes news & views

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Greetings!

This month, we unearth some celebrities who just happen to have the big D. By popular demand, we take a close look at the link between diabetes supplies and the environment. Some new evidence that all people with diabetes should be taking cholesterol-lowering drugs - something to discuss with your endo. And girl stuff! Enjoy.

SICK DAY MANAGEMENT KIT

**** SPONSORED ANNOUNCEMENT ****


***Click [here](#) to register with Roche to
receive your free sick day
management kit.***

Diabetes Burnout, BRISBANE, 2ND APRIL 2008

Quick reminder about the Sweet conference in Brisbane next month which will feature a session on the popular topic of Diabetes Burnout.

Founder of Reality Check and the Type 1 D Network, Kate Gilbert will be in town to present in this session, and local psychologist (who also happens to have Type 1) Bronwyn Rees will also present.

[Full program and registration here.](#)

**New evidence for use of cholesterol-lowering drugs
(statins) by all adults with diabetes**

A new review of 14 major clinical trials has found that people with diabetes significantly benefit from statin therapy, which are cholesterol-lowering tablets. Benefits included reduced rates of major vascular events (heart attack and stroke) and reduced rates of mortality.

The authors concluded that **"Most people with diabetes should now be considered for statin therapy**, unless their risk is low (eg. children) or statin therapy has been shown to be unsuitable for them (eg. pregnancy.)"

A question to liven up your next endo appointment!

For more, [read the summary in The Lancet.](#)

Mr Universe arrested for having a Hypo

Doug Burns, Mr Natural Universe and a Type 1 diabetic (pictured) had to contend with being arrested whilst experiencing a hypo at the movies!

child

After police sprayed him with pepper spray and handcuffed him, he was finally treated for his hypo.

Doug Burns has had all charges dropped against him, but only after police insisted on having doctors reports and a chat with his Endo!

For more, read the [article about the arrest.](#)

GirlTalk: Finding the right contraceptive for D

The Reality Check women have been tossing around which is the best contraceptive option from a diabetes perspective.

Some of us experience wild swings in BSLs with our monthly cycles, so finding a Pill or other device that moderates this is a constant challenge. A quick background on this can be found in the Starter Kit: [Hormones & Girl Stuff](#) page.

A number of new options have come onto the market in recent years, NuvaRing, Mirena, Implanon.

Please jump on the website and add your experiences with any of these or other choices, to our dicussion.

[Join the discussion here](#)

American Idol who just happens to have D1

27 year-old Virginian, Elliot Yamin came 3rd in the last series of American Idol, and wore his diabetes proudly on his sleeve.

In his official profile he speaks freely and easily about being diagnosed with D at 16, some excerpts:

What would people be surprised to learn about you?

Probably that I wear an insulin pump.

What's been your toughest obstacle in life?

Learning to manage my diabetes.



[Read more about Elliot and his music](#)

Thanks for your help!

Thanks to more than 50 people who put their hands up to be a part of our major event for 2008, forming an Opinion Leaders Group to develop a Type 1 Diabetes Issues Statement.

We are delighted to now have involved in this exciting process the International Diabetes Federation, Diabetes Australia, JDRF, the Diabetes in Pregnancy Society, the GP Registrars Association, the Diabetes Educators Association, Dietitians Association of Australia and many others as well as people living with Type 1 diabetes from all walks of life.

For more on this project, and how to support it, please visit www.d1.org.au/opinion_leaders.htm

All the best,

Kate & Mel

The Type 1 Diabetes Network Inc.

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