

Yada Yada: November Update

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Greetings!

Type 1 has been on Triple J, at Parliament House, and is even heading for Antarctica! News of all that in this issue of Yada.

Plus brand new services for young adults (yay!), an exciting new online course to deal with hypo unawareness (get involved!) and events from Ballarat to Perth. Read all about it here...

GIVE or GET A REALITY CHECK THIS CHRISTMAS

We are delighted to launch a small online store with some Reality Checks you can buy to keep a smile on your D1 dial!

To begin, just in time for Christmas, we launch one of our all time favourite Laughs (thanks, Aidan!).

My Glucometer after Christmas Lunch

Quick Links

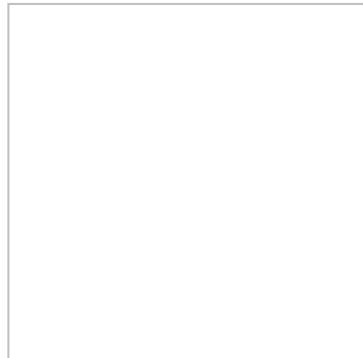
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PRINTED ONTO A COFFEE CUP!



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www.cafepress.com/

[RealityChecks](#)

A small contribution from each mug purchased goes towards helping us keep the Reality Check site online.

EDUCATING THE ENDOS at Parliament House

Our very own Kate Gilbert was invited to speak on living with Type 1 Diabetes at the Paediatric Endocrinology conference held at Parliament House in Canberra last week.

In 15 minutes she managed to make people laugh and cry, give them an understanding of what it's really like to live with this thing every day and advocate for implementation of solutions from the [Type 1 Issues Statement](#) - no mean feat!

You can check out the [speech and the slides she used here](#) (and one pictured here).

It really is worth reading.

[Job Description for Type 1 Diabetes](#)

One of our [members commented](#):
"that is BRILLIANT. It made me laugh, it made me cry (never a bad thing in my opinion) and it was engaging and insightful. Well done Kate - you are a gem of this community"

1,000 Years of Type 1 Diabetes

Where else would you go to talk everything type 1?

The Reality Check online community had no trouble clocking up a combined experience of 1,000 years of type 1 diabetes.

[Come over and add to the total.
We're aiming for 2,000 now?](#)

Help Australianise a successful ONLINE T1D COURSE

Leading researchers need your help to adapt from American to Australian a course for people with Type 1 Diabetes that improves the ability to detect and diminish both hypos and hypes.

It is especially popular and relevant to people with hypo unawareness or fear of hypos.

You need to be:

- over 18
- Type 1
- able to spend 15-60 minutes each week for 8 weeks doing the course, plus speak to the researchers each week

The course, called BGAT "is an interactive system, in which users enter personal data, such as their insulin regimen or the results from their blood glucose awareness diary. Using this information, the system provides personalized feedback, such as an insulin action curve or identification of optimally discriminating symptoms of hyperglycemia and hypoglycemia."

Even if you can't help with the trial, an exciting one to watch.

Please email tmskinner@cucr.uwa.edu.au if you are able to assist.

Are you Above Average?

Novo has produced a map of average HBA1cs for all people with diabetes throughout Australia.

State averages range from 7.2% (NSW) to 8.1% (NT).

Visit **[Changing Diabetes Map](#)** to see if you've put the average for your region up or down.

[Changing Diabetes Map](#)

Continuous Monitors During Pregnancy

A small study published in the BMJ showed that continuous glucose monitoring devices for women with type 1 and 2 diabetes during pregnancy led to **lots of important benefits**: improved glyceamic control during the third trimester, lower birth weight and lower risk of macrosomia (too big babies).

Let's hope that CGM becomes standard practice in D pregnancy clinics, make sure you ask about CGM if you're currently pregnant or planning to become so.

[Click here to read more...](#)

DIABETES FITS CAMP in Perth next April

Early notice is just out about this camp in WA for people to learn about sport, exercise and TYPE 1 diabetes.

[Diabetes Fits Camp](#)

The camp aims to promote safe physical activity for individuals with type 1 (insulin-dependent) diabetes through education and hands-on learning. The camp is geared for people of all levels of fitness.

When? April 4th & 5th, 2009.

[More information...](#)

And on the same topic, Diabetic Athlete Dr Sheri Colberg, has released a new book [The Diabetic Athlete's Handbook](#) - amongst the new info is stories from some Australian athletes who just happen to have Type 1 Diabetes too.

QUICK SHOTS

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

Topics running hot at the moment include:

- Search for long lost [diabetes camp buddies](#), if you were at Glengarry in the 90s or St Gregs in the 70s touch base with fellow campers.
- Always ready to tackle the big issues, Reality Checkers share some tips on [Spray tans and pumps](#) in preparation for summer.
- Stressing about our [kids getting Type 1 too](#)

Click through to check out the discussion and join in anytime.

DO YOU COMPUTE YOUR INSULIN DOSES?

One of our new members is looking for other people who use computer programs, like spreadsheets that you have developed, to calculate insulin doses.

[Accu-chek](#)

More specifically if using a pump anyone who uses computer analysis of blood glucose levels to calculate hourly basal rates, carb ratios, insulin sensitivity rates.

Peter Yates has not been able to find anyone who does, since his daughter was diagnosed earlier this year and he has begun to experiment with this stuff. If you have been doing this too, please contact Peter on pyates@bigpond.net.au.

TRIPLE J DOES TYPE 1 D

Triple J's Hack featured a great story about what it's like to live with Type 1 this week.

Covering all sorts of issues from eating disorders to counting carbs and public injecting, to our very own Mel giving an interview.

It's up online to download for the next few days only!

[More here....](#)

PRO SURFBOARDER: "I like what diabetes did for me"

Pro surfer Sean Busby is heading for Antarctica to raise awareness of Type 1.

His thoughts on his recent diagnosis are very positive: "It's given me a different direction in my life," said Busby, who will graduate in December with a degree in health promotion and education.

And his story includes a life-threatening misdiagnosis of type 2 diabetes when he was a professional athlete in his early 20s, pretty amazing.



[More...](#)

NEW SERVICES FOR YOUNG ADULTS IN MELBOURNE

Two big Melbourne hospitals have recently launched new young adults clinics especially designed for people with Type 1 diabetes.

Austin Health YADS Clinic

4th Wednesday of each month, 4pm-6.30pm

Repat campus, Heidelberg (north east Melbourne)

For 15 - 25 year-olds

Includes paediatric and adult endos, diabetes educator, dietitian

More info: 03 9496 2444 or email yads@austin.org.au

TODAY Clinic (Type One Diabetes and Young)

1st Wednesday of each month: 5.30 - 8.30 pm

Box Hill Hospital (eastern suburbs Melbourne)

Includes Endos, Diabetes Educator, Dietitian, Psychologist

More info: Contact Diabetes Education Phone 03 9895 3333

PUMP INFO NIGHT in BALLARAT

The *Ballarat Type 1 Diabetes Social Group* is putting on an Insulin Pump Information Night.



Guest speakers include the famous Cheryl Steele, Manager of Diabetes Education Services at Western Hospital, Melbourne.

Monday 8th December 2008 from 5.15pm

Christmas Dinner will follow at 7.30pm (at own cost) at Oscars.

[More details....](#)

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



For more information [Click here](#)

We hope you enjoyed this issue of Yada. Don't forget to tell us what you think, or send us your news for the next issue.

All the best,

Kate & Mel

The Type 1 Diabetes Network Inc.

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