

Yada Yada: September Update

In This Issue

[New Blog : Type 1 Talk](#)

[Type 1 wins Gold!](#)

[Statement of Issues
Launched](#)

[Network of Issues
Champions](#)

[D & Psych Conference](#)

[Type 1 on Denton's
Enough Rope](#)

[Fantastic Awareness
Video](#)

[First Major Continuous
Monitor Trial Results](#)

[HOT TOPICS](#)

Quick Links

[Join the Discussion](#)

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

[Resources for Health
Professionals](#)

[More About Us](#)

Greetings!

This month we have everything from Lobbying to Blogging, Psychology to Pregnancy, Dating to Denton - all in the tune of D1. **Enjoy!**

NEW BLOG begins with PUMP EXILE

Kate Gilbert launches Type 1 Talk

"I dragged myself out of bed and hesitated to collect up my pump dragging behind, then remembered it wasn't there. One less thing to worry about as I stumbled through to the kitchen in the dark, hunting for the jelly bean jar.

But would I have been doing this if my pump had been there?

Blood sugar had been good an hour before, off to bed and just getting to sleep as the heart starts pounding and brain slowly kicks in that sleep is not on the cards just yet...."

[Read on at Type 1 Talk...](#)

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

Diabetes and Pregnancy Trial

Do you have type 1 diabetes and are currently in the first few weeks of Pregnancy or Trying to become pregnant?

You may be suitable to participate in a research study comparing two different types of insulin in women with type 1 diabetes.

If you would like further information please contact our trial sites in Sydney, Wollongong, Newcastle, Adelaide or Perth.

[Click here for more details](#)

All study related costs will be covered.

The trial has been approved by the necessary ethics committees.

All enquiries are confidential.

TYPE 1 OLYMPIAN WINS GOLD!

We were thrilled to find ourselves a Type 1 Olympian, and even more excited when he won GOLD!

Kevin Hansen, 26, has had Type 1 since he was 10 and is in the US Volleyball team.

At diagnosis he and his family were helpfully told "that sports would be difficult to pursue". Clearly he thought he'd show them where to shove that idea!!

[Read more about Kevin, and the hunt for a Type 1 Olympian!](#)

OUR STATEMENT OF TYPE 1 ISSUES LAUNCHED!

Our [Statement of Issues affecting Australians with Type 1 Diabetes](#) was launched to a packed room at the national diabetes conference on 29th August 2008. 150 people attended - standing room only!

Kate Gilbert began with a presentation on the need for the Issues Statement and the process we went through to develop it.

Anthony Lambert-Johnston took the audience through his various complications and the complexity involved in management - including a quiz, a great joke about specialists and some outrageous statistics.

Brisbane Endo A/Prof Maarten Kamp spoke extremely passionately about his various experiences with patients and in particular younger adults and teenagers. He also made a great point about the fact that the issues statement was **developed largely by those with T1 themselves** and that we are not waiting for 'some else' to fix things for us.

The Hon. Guy Barnett, Senator for Tasmania (*pictured*) shared some of his own experiences with the audience, and stories from some of his constituents who are also living with Type 1 Diabetes - especially the difficulties with access to specialist medical advice and medical technologies in Tasmania (his insulin pump was proudly on display).

Senator Barnett officially launched the Statement, and a lively Q&A session concluded the event.

[More info....](#)

CAN YOU HELP US FIX TYPE 1?

We are forming a Network of Type 1 Diabetes Issue Champions

Don't forget we are looking for people to join our Network of **Type 1 Issue Champions**.

Pick one of the [Issues from the Statement launched last month](#). Come up with lots of ideas - big or small - to chip away at it. Get in touch and join our web and teleconference discussions of what other Issue Champions are up to.

Kicking off in the coming weeks - if you're keen call Kate Gilbert on 0402 515 825 or email kate@d1.org.au.

Diabetes & Psychology CONFERENCE LOWDOWN

The Australasian Society for Psychological Research into Diabetes conference hit Melbourne a few weeks ago, and a quick rundown on bits of interest to Type 1 is:

- **Diabetes Burnout.** The Type 1 D Network (us!) presented [results of the Diabetes Burnout survey](#) which many of you completed. In a nutshell, we found that some people might be experiencing depression when they talk about 'Diabetes Burnout' but there is also a large group of people experiencing something else (prolonged stress and burnout) which psychology doesn't well explain.
- **Serotonin receptors in brain and Psych distress in people with diabetes - Women are of highest risk.** Two papers were presented about this: one identified significant gender differences and recommended that diabetes in female children might predict psychological stress as an adult, so specific screening and treatment should be targeted at female children with D.
- **Seeing the same doctor or other health professional really helps.** Evaluation of a program training practice nurses to help people with Diabetes and Depression found that the number 1 thing from patient perspective was having one constant person to help them. We hear this all the time and need to keep advocating for how important it is.
- **Type 1s represented on the Society's Committee.** Type 1 Diabetes Network President Kate Gilbert was elected to the [committee of the Society](#) as their consumer representative for the coming year, and will be assisting with development of Psychological Guidelines for Diabetes.

More from the conference, [click here](#).

TYPE 1 ON DENTON'S ENOUGH ROPE

Andrew Denton interviews Gina Pash about Type 1 D

Gina Pash, who Sydneysiders may know for her great work increasing support for young adults, gave a terrific interview on Enough Rope last Monday.

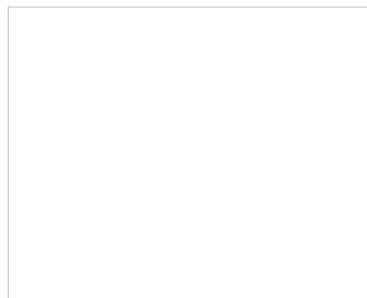
About life with Type 1, life after Type 1 and her pancreas-kidney transplant earlier this year.



[Read or watch the interview - plus the discussion about it](#)

PREGNANCY BOOKLET - PICS OF YOUR BUBS?

We are excited that the famous green booklet, [Can I Have a Healthy Baby?](#), that Reality Check, DA-Vic and ADiPS produced together is soon to be re-printed en masse and sent to ALL women of childbearing age with diabetes throughout Australia.



For the re-print, we are looking for photos of your gorgeous babies!? If you would like to contribute pics, please send them to Renza at DA-Vic by email to rscibilia@diabetesvic.org.au.

TYPE 1 AWARENESS VIDEO HITS YouTube



Diabetes UK has worked with lots of young people with Type 1 to develop this pretty cool little ad explaining what Type 1 Diabetes is - and what it isn't!

Not "fat and old" - like, ya know!

[Check it out on YouTube or the Diabetes UK website](#)

CONTINUOUS GLUCOSE MONITORS WORK!

Results from first major study

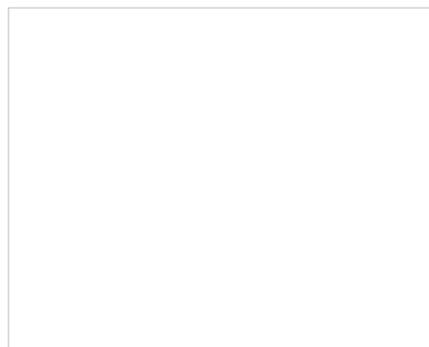
The New England Journal of Medicine has just published results from a trial of 332 people, which showed that using a CGMS reduced HbA1c by average of 0.53% (significant) in adults over 25 years of age. Interestingly, there was NOT a significant improvement in children or adolescents.

[Read the NEJM article](#)

Some continuous monitors are available in Australia, (though not easily and not without \$\$\$).

Several of our members have written about their experiences of getting them and using them.

[Read about real life with a continuous monitor](#)



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:

- [Tips for managing D during childbirth/labour](#)
- [Massages make me hypo](#)
- [Supermarkets make me hypo every time](#)
- [Dickhead date freaked out by needles](#)
- [Pregnancy and unsupportive health professionals](#)
- [Just diagnosed at 22](#)
- [Cleo infusion sets too sticky for some](#)
- [Do you eat lollies?](#)

Click through to check it out and join in anytime.

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

[Accu-Chek Multiclix](#)

[Click here for more information](#)

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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