

Yada Yada: August 2009

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Greetings!

Welcome to your August instalment of news, humour and talk about real life with type 1 D. Check out a cartoon book about why diabetes sucks, the latest research about things other than tight control that can prevent complications. the latest facts and figures and hot topics.

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D Cartoons

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I love it when people use diabetes to spark creativity. So whilst procrastinating, ehem that would be researching to bring you this newsletter I stumbled upon a type 1 cartoonist who has produced a cartoon book "One Lump or Two? Things that suck about Diabetes".

I particularly like the line in Haidee's press release "**I've traded-in denial as my favorite coping mechanism and chosen humor; it seems to be much more productive.**"

Get a sneak preview or order a copy of Haidee Merritt's work [here](#).

[Link Between Diabetes, Vitamin D & Heart Disease](#)

A link has been proven between low levels of vitamin D and heart disease in people with diabetes. A recent study from the Washington University School of Medicine suggests that

"...diabetics deficient in vitamin D can't process cholesterol normally, so it builds up in their blood vessels, increasing the risk of heart attack and stroke. The new research has identified a mechanism linking low vitamin D levels to heart disease risk and may lead to ways to fix the problem, simply by increasing levels of vitamin D."

[To read the full article Click here.](#)

To see what Reality Checkers are saying about the study, including their results of tests for vitamin D, [Click here](#)

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BP Meds May Prevent Retinopathy

A study published in the New England Journal of Medicine showed that drugs usually used to treat high blood pressure helped to prevent retinopathy in people with D but no signs of existing complications.

The study involved people with Type 1 D, no signs of kidney disease or high blood pressure and minimal retinopathy. Those given losartan or enalapril were two times less likely to experience a worsening of retinopathy. Interestingly, the tablets showed no evidence of preventing the onset of kidney problems in this particular group.

Further work needs to be done, but it's good to see research leading to a better understanding of complications and prevention methods.

For JDRF's summary of the story, [Click here](#)

Transition Program Under Threat

6 Minutes.com.au reports that a transition program implemented by Nepean Hospital has improved outcomes for young adults with type 1 diabetes.

A diabetes transition co-ordinator provided after-hours telephone support and a single point of contact for access to health care providers. A study of the program reported fewer hospitalisations from DKA, greatly improved control and follow up for those who participated in the study.

It's disappointing that the program is under threat because of a lack of funds. Researcher Rickie Myszka is quoted as saying "**Despite growing numbers and success, this program dies without future funding, which means young people with diabetes will be at risk until they can fully connect with adult health services.**"

[Full article available here](#)

Reminder: Parents' Night in Frankston, Melbourne

Kate Gilbert, Founder & President of The Type 1 Diabetes Network will speak at an event **just for parents of kids or young adults with Type 1** in Frankston, near Melbourne shortly.

Date: Tuesday 15th September at 6.45 pm for 7-8:30pm.

Venue: Diabetes Clinic, 13 Hastings Road, Frankston, 3199

For more info and to RSVP contact Tania or Brie on 03 9784 7670.

New Facts & Statistics from AIHW

The Australian Institute of Health and Welfare has just released a report on the incidence of insulin-treated diabetes in Australia from 2000-2007.

Some interesting snippets from the report:

- " The incidence of Type 1 diabetes in children has increased. The 990 new cases in 2007 among those aged 0-14 years represents a 30% increase compared with 2000.
- Between 2000 and 2007 there was a fall in the rate of new cases of Type 1 diabetes in people aged 40 years and over, but little change in incidence rates among people aged 15-39 years.
- ...it appears that the peak incidence rate of Type 1 diabetes occurs before the age of 15 years. "

[The full report is available online.](#)

QUICK SHOTS

Hot topics on Reality Check online discussion this week:

- [Good online article about T1 vs T2 for those "friends" who still don't get it.](#)
- [Myers Briggs Profiles & The Diabetic.](#)
- [Real Life Meets-Is there one near you?](#)

On Munted Pancreas, parents of type 1 kids are talking about

- [Point of Testing for Ketones?](#)
- [Anyone sought psychological help for their child?](#)

All the best 'til next month when we'll see you in Spring!

Kate & Mel

The Type 1 Diabetes Network Inc.

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