

# Yada Yada: February 2009

## In This Issue

[Recreational Drugs Survey](#)

[Anneika's Pregnancy Stories](#)

[CGMS Trial Perth](#)

[Research Progress](#)

[Event in Bunbury](#)

[Meets in Real Life](#)

[Hot Discussion Topics](#)

## Greetings!

Lots of events and get-togethers in this issue of Yada Yada, and we can hear the sighs of relief as Type 1s meet someone else who 'gets it' all around the country. Try to get along to those things we are featuring here (Perth, Bunbury, Melb, Sydney) - or jump onto our website and get something organised closer to you!

Anneika has done a beautiful job of relaying her experiences of pregnancy and motherhood with Type 1 Diabetes in tow - something for everyone (not just pregnant gals!) in her story.

And some research projects - including a long overdue one needing your experiences of recreational drugs - support them if you can.

## Quick Links

[Join the Discussion](#)

[DONATE HERE to support The Type 1 Diabetes Network](#)

[Resources for Health Professionals](#)

[Online Community for Parents](#)

[MUNTED PANCREAS](#)

[More About Us](#)

## Join Our List

[Join Our Mailing List!](#)

\*\*\*\*\* SPONSORED ANNOUNCEMENT \*\*\*\*\*

## TELL US ABOUT RECREATIONAL DRUGS & Type 1 D

### Marijuana, Ecstasy, Speed, 'Cat', 'Eve', anything

Recreational drug use is common amongst young people, including those of us with Type 1 Diabetes of course.

### How drugs effect Type 1 Diabetes isn't very well understood.

Recently, endocrinologists at St Vincent's in Sydney have become concerned about the number of young people ending up in hospital with [DKA](#) that may have been caused by drug use. We need to better understand the link between drugs and diabetes so that doctors can better help their patients with type 1 diabetes.

**We are conducting an anonymous survey, together with Endocrinologists from St Vincent's.** The survey is quick, online and completely anonymous. You do not need to provide your name or anything other than age and gender.

### [Do the Quick Drugs Survey Here](#)

Thanks for supporting this important research.

*More information about the survey and how the results will be used are at the survey link above.*

**BUSHFIRES - Links to Get or Give Help**

Our hearts go out to everyone affected by the horrific Victorian bushfires a fortnight ago, and sadly still continuing to cause havoc. Many people have contacted us asking how they can help people with diabetes who might have lost everything.



We have compiled the ways you can get or give help - [click here](#).

## A NEW WEBSITE IS COMING OUR WAY!

We are delighted to have been awarded a grant through the [Optus Connecting Communities Grants Program](#) which will allow us to build a NEW WEBSITE for The Type 1 Diabetes Network!!

Over the coming months, we'll be building a new home for our 500 (and growing!) pages of information about living with Type 1 Diabetes. The new site will have some wonderful new technology which will make updating it much easier for our volunteers and will also make navigating the site much simpler for our visitors.

Many thanks to [Tony Bernauer](#), Optus employee and T1DN volunteer extraordinaire for all his work in putting together the successful grant application and to Optus for their support of our work. [Watch this space!](#)

[More....](#)

## TWO & COUNTING : Anneika's Pregnancies with D

"I sit staring intensely at this tiny helpless creature  in front of me and can't help but return to a place long gone now and remember those words that were to change my life.

"You do realise it would be best to have your children before you turn 30?" were the words that **rolled fluidly off my endocrinologist's tongue**. ... How was I to deal with that? I was only 20 ... hell I didn't even have a boyfriend! I went home deciding I had enough to worry about, just dealing with the ups and downs of type 1 diabetes. And kids, I'd never thought much about kids. "

**ANNEIKA'S STORY** covers:

- **8-hour round-trips to hospital**
- **harder the second time**
- **a toddler in tow**
- **colostrum & breastfeeding**
- **what's next?**

[Read on....](#)

## GET A CONTINUOUS GLUCOSE MONITOR TO TRY

## Research Participants needed in Perth

The University of WA is conducting a study to test whether a continuous glucose monitor's alarm set at 5.5 mMol/L will **prevent low blood glucose levels caused by exercise** in individuals with type 1 diabetes mellitus both during (30 minutes) and while recovering from (2 hours) moderate-intensity exercise in comparison to no alarm.

[More details here...](#)

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



## Hypo Heaven - Travel Tales with D

Don't miss Kate's postcards from her recent adventures in Europe and Hong Kong:

- Italy: The Food!
- **The Chilly Hypos**
- Continuous monitor making friends and enemies
- **Hypo Heaven** (pictured)

[Read on...](#)

[Hypo Heaven](#)



## NO CURE YET, BUT a little more progress

A few interesting reports to keep our hopes alive:

- **Artificial pancreas** - overnight trials on 12 kids in Cambridge to get information to help with developing an algorithm to calculate insulin doses for a future artificial pancreas.

Lead researcher Dr Hovorka, says: "*The human body has a very clever way of working out exactly how much insulin the body needs, and we are only just beginning to understand that.*" [More...](#)

Arena

- **Results from 7 encapsulated islet transplants** are just in, and recipients are showing improved a1c and the cells are surviving for some. [More...](#)

and for something completely out there ...

- **Tattoo testing!** A tattoo that test BGLs - one day maybe! [More...](#)

**AND A FREE PUBLIC LECTURE in MELBOURNE**  
**- AT VERY SHORT NOTICE but just hit our desk today ...**

**Progress Towards the Prevention and Cure of Type 1 Diabetes**

Presented by **Professor Len Harrison**, Head, Autoimmunity and Transplantation Division, Walter & Eliza Hall Institute.

**Wednesday 25 February 2009 @ 6:00 pm - 7:00 pm**

> WEHI Lecture Theatre, 1G Royal Parade, Parkville

For reservations phone Rosie Falcone on 03 9345 2555. [More...](#)

**Australia's 1st SPORTS & Educational Weekend for People with Type 1 Diabetes - Perth, April 4-5, 2009**

Diabetes Fits will be a weekend of sports and educational seminars and activities specifically for people with Type 1 Diabetes. This sports camp aims to promote safe physical activity for individuals with Type 1 Diabetes through education and hands-on learning.

All levels of fitness are welcome. Cost is just \$50!

More information at [www.diabetesfits.com](http://www.diabetesfits.com)  
or call (08) 6488 3181.

**BUNBURY, WA: Taking Control of Type 1 D Event**

Taking Control of your life with Type 1 Diabetes will feature Angela Hislop, a psychologist and diabetes educator giving you some insight and practical advice in this interactive workshop.

[Bunbury Dolphin](#)

**When:** Saturday March 14th 2009

**Where:** St John of God Hospital, Bunbury, Conference Room

**Time:** 10am-4pm **Cost:** Free

**Bookings essential - Numbers limited.**

**Contact:** [jenny.mcdonnell@health.wa.gov.au](mailto:jenny.mcdonnell@health.wa.gov.au)  
or phone 08 97 221 370

## Reality Check Meets In Real Life

Plans have been finalised for get-togethers in:

- **Melbourne**, Friday 27th February at Hotel Kew
- **Penrith, Sydney**, TBC
- **Sydney CBD**, TBC

For more details and to RSVP, or to get one happening in your town, check out the [Meet Forum](#).

## QUICK SHOTS

**Hot topics on Reality Check online discussion this week:**

- [AARGHH Sick of D!!](#)
- [Is Insulin really a Steroid?](#)
- [What were all those Old Insulins called?](#)
- [Should we boycott Virgin Blue?](#)
- [Choosing a pump](#)
- [First aid training gets D1 wrong](#)
- [Rare complication Charcot Foot](#)

Jump over to [www.realitycheck.org.au](http://www.realitycheck.org.au) for much more.

*There's almost 2,000 years of T1 Diabetes experience there!*

Don't forget to do the [Recreational Drugs survey](#) - just 5 minutes.

And hit reply if you have any stories of your own to share with us, or suggestions for future issues.

All the best,

***Kate & Mel***

**The Type 1 Diabetes Network Inc.**

Join Our List

Join Our Mailing List!

Email Marketing by

