

Yada Yada: Welcome to 2009

In This Issue

[Insulin Going off in the Sun?](#)

[Postcards from Europe](#)

[Mental Wellbeing with D](#)

Quick Links

[Join the Discussion](#)

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

[Resources for Health
Professionals](#)

[More About Us](#)

Greetings!

Welcome to 2009, we hope you can still remember the holiday season and that you've settled back into work, uni or school and that you and your insulin aren't frying in the summer heatwave. This issue brings you postcards with a different perspective from Europe, a refresher guide to storing insulin and in case all the doom and gloom that's circulating at the moment is getting you down, we share a resource developed by Diabetes Counselling to help you maintain your mental health and lots more.

In a bright spot for diabetes research, amidst the euphoria over the inauguration of a new US President, it's good to hear that he's in favour of overturning the restrictions on stem cell research.

***** **SPONSORED ANNOUNCEMENT** *****
Free Sick Day Kit

[SickDayKit](#)

To register for a free kit [Click here](#)

Is Your Insulin Going Off in the Sun?

We know that ideally insulin should be stored between 4 and 8 degrees, and there are various recommendations regarding how long you should keep an open bottle of insulin but with temperatures soaring in the Aussie summer we thought a refresher might be good.

This guide summarises manufacturers' guidelines on how long insulin will maintain its maximum potency when stored outside of the fridge.

[Insulin Shelf life Guide](#)

It's also worth noting that sunlight as well as heat will cause insulin degradation, so try to keep the vial or pen you're using in the dark as much as possible.

Postcards from Europe

Kate shares her latest adventure with d...

"Two pairs of itchy feet appeared, the planning all came together, many lists ticked and crossed, and my husband and I were off to Germany for Christmas. Yippee! Here's a few postcard moments with a Type 1 D flavour."

[Read on...](#)

D & Mental Health & Wellbeing Resource

We're always on the lookout for resources and information on psych support for living with D.

Helen Edwards' Diabetes Counselling website has this article about maintaining your mental wellbeing, from diagnosis to burnout and more it's worth checking out for some good tips.

[Diabetes, Mental Health & Wellbeing](#)

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

Insulin Pill

It's hard not to stifle a yawn but...

Just so that you can nod politely when people tell you that you don't need to take injections anymore, here's the latest media story about a breakthrough to do away with injections. Ho hum when will non-ds realise that the injections aren't the biggest thing about living with type 1 diabetes?

[Nano-pill to do away with injections](#)

[Join the discussion on Reality Check here](#)

Reality Check Meets IRL

Plans have been finalised for meets in

Melbourne, 27th February at Hotel Kew
Brisbane, 1 February at Three Monkeys

For more details check out the [Meet Forum](#)

QUICK SHOTS

Hot topics on the Reality Check online discussion this week:

- [Travelling with Sharps on VirginBlue](#)
- [Pick of the Pumps](#)
- [Is diabetes a disability?](#)

Jump over to www.realitycheck.org.au for much more.

Hope that 2009 is treating you well so far, stay tuned for more exciting updates on all things diabetes related in future editions!

All the best,

Kate & Mel

The Type 1 Diabetes Network Inc.

Join Our List

Join Our Mailing List!

Email Marketing by

