

Yada Yada: March 2009

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Greetings!

News just in of what may be the diabetes world's first victim to the global financial crisis... Cozmo insulin pumps are no more.

Thanks to the more than 160 people who did our survey about **recreational drugs and Type 1** last month - it generated some [media interest](#), thanks to the ABC. It also generated lots of questions, so we have put together a new webpage with some info we have collected about recreational drugs and Type 1 D.

Quite a few get-togethers being organised in the coming month and a fundraiser to benefit Type 1s in Sydney. Meanwhile, the Type 1 Network is busy beavering away to develop our **new website** - news here of how you can have a sneak peak, and vote on the design! And please help us **raise awareness of Type 1**, especially if you were diagnosed with Type 1 as an adult.

Diagnosed Type 1 as an Adult? WE NEED YOUR HELP!

Can you help us raise awareness of Type 1 Diabetes?

We're well on the way to the 1,000 responses we need for our survey about adults who are diagnosed with Type 1 diabetes. Thanks to everyone who has already helped.

Don't forget to do our 5 minute survey, and spread the word:

[Click here to do the survey](#)

And watch this space for survey results and the media campaign. Thank you!

**Stop Press: COZMO INSULIN PUMPS
DISCONTINUED**

Anneika's Pregnancies with D

[Anneika & the Kids](#)

There was a brief problem in our last email with the link to Anneika's fabulous article about her pregnancy with Type 1 in the last issue, so if you missed it, click here:

www.d1.org.au/os_anneika.htm

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

Vitamin D link with Type 1 and other illness Explained

Many of us have been following the research into Vitamin D, or more importantly Vitamin D deficiency and its link with Type 1 Diabetes as more evidence has emerged in recent years. Notably, a Finnish study that followed 12,000 babies over 30 years observed a 3-fold increase in Type 1 diabetes amongst those who were Vitamin D deficient.



The Independent newspaper in the UK has recently published a useful guide to Vitamin D and a lot of the research behind it.

[Read on...](#)

Fundraiser Lunch at Parl House for Type 1s in Sydney

A fundraiser in Sydney next month will help St Vincent's Hospital Diabetes Centre purchase a **Continuous Glucose Monitoring system** which they will then loan out to patients - people with Type 1 Diabetes in Sydney.

Arena

Organised by Sovereign Order of St John of Jerusalem, the fundraiser lunch will take place at 12 noon, **Friday 3rd April** in the Strangers Room, **Parliament of NSW**. Tickets are \$80, for more information contact Eileen or Ann Marie on 02 8382 2622 or email eanastas@stvincents.com.au.

Information needs - research results

Basil Alzougool, a PhD Student from the Department of Information Systems at The University of Melbourne recruited participants for his research through Yada Yada last year, and has kindly provided us with an update on his research findings.



Information needs of informal carers of children with Type 1 diabetes include:

- information to support the persons whom they care for, but also information to support themselves
- information relating to the condition itself, treatment, nutrition, diet and exercise requirements
- **the caring process**
- strategies of interaction with the person needing care
- **impact of the condition on the whole and wider family**, and
- changing the routine life of the person needing care

[Read on...](#)

Reality Check Meets In Real Life

Plans have been finalised for get-togethers in:

- **Perth**, 26th April
- **Penrith, Sydney**, 19th April - Picnic, Nepean Ave
- **Sydney CBD**, 4th April
- Advance notice! > **Melbourne**, Friday 19th June

Quite a few Reality Checkers are also heading off to the [Diabetes Fits Camp](#), Perth, 4-5 April.

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

Griffith University Wellbeing & Chronic Illness Study

Participants are needed for a study, conducted through Griffith University, investigating the **impact of positive-focused actions** on wellbeing among Australians living with chronic illness.

Participation would involve approximately 20 minutes of your time to complete an online survey. All responses will be anonymous and confidential.

If you are interested in finding out more information about this study, please [click here](#).

Connecting Communities Forum Workshop

We will be at the Collective of Self-Help Group's 'Connecting for Health and Wellbeing' forum in Melbourne next week, 2nd April.

Kate Gilbert will run a workshop to share with other groups what we have learnt from more than 10 years of **connecting people online**, discussing the risks and challenges and the very many benefits of online communities such as Reality Check.

[More...](#)



QUICK SHOTS

Hot topics on Reality Check online discussion this week:

- [Subsidised dental services](#) for people with D
- [Excellent iPhone app Glucose Buddy](#)
- [To Pump or not to Pump?](#)
- [Brett Stewart and the Diabetes Defence](#)
- [Induce or Caesarean for Type 1 pregnancies?](#)

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

There's almost 2,000 years of T1 Diabetes experience there!
Seriously, we added it all up!

All the best,

Kate & Mel

The Type 1 Diabetes Network Inc.

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