

# Yada Yada: October 2009



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## Greetings!

Welcome to the latest instalment of news, humour and talk about real life with type 1 D.

Hot off the press we bring the latest info from last week's World Diabetes Congress in Montreal where Kate gave a very succesful presentation on diabetes and the internet and the T1DN's Issues Statement was also featured in a poster presentation.

## Stop Press World Diabetes Congress Highlights



Those of us unable to attend the annual International Diabetes Conference felt like we were there thanks to Kate's entertaining tweets coming direct to us from Montreal.

Having had a day or two to recover, she's put together a great summary of conference highlights to keep us all up to date on everything from stem cells and new treatments for retinopathy to teaching HPs to show empathy and curiosity!

[Check out Kate's Report of Congress Highligts](#)

If you're more interested in the sound-byte version...

[You can still read Kate's tweets from Montreal](#)

## Quick Links

[Join the Discussion](#)

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

[Resources for Health Professionals](#)

[Online Community for Parents](#)  
[MUNTED PANCREAS](#)

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## Join Our List

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[Diabetes Burnout event in Brisbane - 22nd November](#)

Following two very well-attended events this year in Brisbane, we are pleased to announce our final Brisbane event for 2009:

## **Beating Diabetes Burnout**

### **> Some strategies for managing the head stuff that comes with Type 1 Diabetes**

- What to do when you can't be bothered any more
- Learn how other people beat burnout
- Lots of chances to laugh!

#### **SPEAKERS:**

\* **Alan Headey - Health Psychologist**

and

\* **Kate Gilbert** - Founder of the Reality Check website and the Type 1 Diabetes Network, with 26 years experience of D and fresh back from the World Diabetes Congress in Canada, Kate is coming up from Melbourne to speak at the seminar

**WHEN:** Sunday 22 November 2009, 2-4pm

at the Sky Bar, Queens Arms Hotel, 64 James Street, New Farm

[More details...](#)

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



## **Good News for Xenotransplantation**

From the Sydney Morning Herald.

"...The National Health and Medical Research Council is believed to be ready to abandon the moratorium on transplants of animal tissue and organs - or xenotransplantation - once the ban expires on December 31.

The ban was implemented in 2004 because of concerns about the spread of a pig virus to humans. Research overseas has since found no evidence of infection in patients who have received a transplant of pig tissue...."

There has been some exciting work in transplanting pig islet cells into humans, so this opens the way for more research in Australia.

[For the full story](#)

## Autoimmune Diseases Link with Diet???

Researchers at the Garvan have identified a mechanism by which diet may be affecting our immune systems. They hypothesise that the increase in autoimmune diseases such as asthma and type 1 diabetes may be linked with a decline in the amount of fibre consumed in modern western diets.

[Read on ...](#)

## Really Bad D Jokes-Can you Do Better?

Ok, so Yada Yada is always on the case of bringing you the latest not only on news and views of diabetes but also to inject (ha ha get it!) some humour into life with D.

Well, in my exhaustive research I stumbled across a collection of incredibly bad jokes (think Dad jokes but worse) all with a diabetes theme. Here's an example

**Q:** My doctor told me to get a test called Ay Wan See. What does that mean?

**A:** Ay Wan See was a Chinese philosopher of the Ming Dynasty who was studying the meaning of life. If you're having trouble with your diabetes control, your doctor may want to know what you think about philosophy. Don't ask me why. "

As long as you have a needle and thread handy to stitch up your sides, [click here](#).

If you think you can do better send us a joke that somehow relates to diabetes. We'll even find a prize for the best joke sent to us before the next edition of Yada.

## Sydney Get Together 5th November

Sydney Reality Checkers are getting together for a few drinks and maybe a bite to eat on Thursday 5th November at 7pm. Venue is James Squire Brewhouse at King St Wharf, a short walk from the city or Darling Harbour.

For more info visit the [Meet forum](#)

## QUICK SHOTS

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

- [Are you getting the H1N1 Vaccine?](#)
- [Is anybody \*not\* pumping?](#)
- [T1DN represented at Consumer Health Forum in Canberra](#)

**Upcoming MEETS in real life :**

- Wollongong Date & Venue TBA
- Melbourne, BBQ by the Yara, 22 November
- Sydney, 5th November, King St Wharf
- Brisbane, Beating Diabetes Burnout, 22 November
- [Click here for details](#) or to organise a meet in your area

All the best,

***Kate & Mel***

The Type 1 Diabetes Network Inc.

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