

# Yada Yada: August 2010



TYPE 1  
**diabetes**  
network

Support, Information and a Voice for the Type 1 Community

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## Greetings!

As the five loony weeks of the election campaign dragged on into even more politicking post-election, you may have nodded off, but we have been keeping an **eagle-eye** on anything that might be promised to improve life for Type 1s! The biggest thing to get our attention was online consultations with specialists - **skyping** our endos - how cool would that be?

We have some info on that this issue, and next month we will bring you more of **what was promised** in the heat of the campaign that we need to make sure will actually happen.

We also feature much, much more Type 1 stuff in this August edition of Yada Yada, so check it out and enjoy.

## 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](#)

## Hurry! Last chance to nominate for The Seed Award!

Only a few days left to nominate an outstanding group or individual for The Seed Award.

The Type 1 Diabetes Network has instigated 'The Seed Award' which will recognise people who have shown the strong values and commitment that Melinda Seed, one of our founders, has been contributing to the Type 1 community for many years.

Nominations close on **31st August 2010** so be quick!

[Further information.](#)

## Join Our List

[Join Our Mailing List!](#)

**Waiter, I'll have another glass of red!**

According to recent new studies, red wine may in fact increase insulin sensitivity and slow down or even stop retinal disease (a potential Type 1 eye complication).



Study participants who took concentrated amounts of **resveratrol**, a chemical found in red wine and peanuts, all showed improved insulin sensitivity and lower levels of blood glucose after a meal.

Granted, these studies were conducted on older and overweight people and therefore implications tend to focus more on those who are at risk of developing Type 2. However, researchers say that they are encouraged by the findings and "plan to conduct **additional studies** to further explore the potential utility of resveratrol in improving glucose metabolism."

Another study has found that resveratrol could slow down or even stop **macular degeneration**, a potential long-term side effect of diabetes. Resveratrol shows promise of inhibiting the growth of the blood vessels, which can tend to be weak and "leaky" in long-term Type 1s, and thus prevents further damage to the retina.

So, we say, "Bring on the vino!".

Read [more about these studies](#).

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

An advertisement for Optium Xceed blood glucose and ketone strips. On the left, a photograph of Rob Palmer, a TV presenter, smiling while sitting at a table with a meal. In the center, a close-up of the Optium Xceed device showing a reading of 5.8 on its screen. To the right, a green background contains a handwritten-style quote: "Keeping an eye on my blood glucose and my blood ketones just makes my life easier." Below the quote, it says "Rob Palmer • TV Presenter Living with Type 1 diabetes". At the bottom left, a pink banner reads "OPTIUM BLOOD  $\beta$ -KETONE STRIPS HAVE BEEN DRAMATICALLY REDUCED! PLEASE ASK YOUR PHARMACIST OR NDSS OUTLET TODAY!". At the bottom right, there is a small disclaimer and the Abbott Diabetes Care logo with the website "www.abbottdiabetescare.com.au".

SKYPE THE ENDO? Election promises worth watching

Amid the dreary political manouvering of this year's federal election campaign, an exciting new concept that got our attention was **online consultations** with specialists such as endocrinologists.

Access to specialists was highlighted as one of the Top 10 issues for Type 1s in our recent [Issues Statement](#).

Online consultations could make it easier for people with Type 1 to get the specialist health care we need, especially (but not only) those people in rural and regional areas. **Moving Medicare into the 21st century** and embracing online technology like this would be an exciting step forward.

The technology for online consultations has been improving for a while and it's great we are now discussing reforming Medicare to recognise that a medical consultation might not always have to be in person in a consulting room. With the election result still in the balance we can't be sure this is happening but the T1DN votes for more of this sort of thinking please!

For [more information or to discuss](#) online consultations.

## HELP US SPREAD THE WORD by ordering some postcards



We have just printed up some terrific **postcards** (pictured) to spread the word about the support and information people with Type 1 can find via our fab new website.

The postcards are on their way to health professionals around Australia. And you can help too!

You can help us support and connect people with Type 1 by telling your health professionals about the Type 1 Diabetes Network. You can also make sure they have postcards to give to other Type 1s.

**Order some of our postcards and take them along to your endo, diabetes educator or other diabetes health professional - contact Colleen Clarke at [colleen@d1.org.au](mailto:colleen@d1.org.au).**

It is easy to feel isolated and alone in the daily struggles with the big D. We hope that letting more people know about the Type 1 Diabetes Network and how we can help them to connect with other Type 1s will ease the load.



Thanks for your help, and in the words of Jerry Maguire (almost):  
**Help us, help you!**

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

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Diabolical diabetes days and the power of being positive

## So, have you ever had a DDD (Diabolical Diabetes Day)?

I had one the other week.

I tootled off to my new doctor for symptoms I thought were totally unrelated to Type 1. Yet despite my numerous protests, they repeatedly **blamed** my diabetes. I left with no real solutions and the unhealthy urge to laugh hysterically while I stabbed my GP psycho-style with an insulin syringe!

After ranting angrily to myself in the car (and startling a few other drivers with my raging, psycho-style antics) I arrived home and not long after realised I felt a bit hungry. So, as you do, I did a glucose test - 1.8! @#\$@! Talk about **hypo insensitivity!** It scared the pants off me (note - not literally) to think that I could be that low and not really feel any significant symptoms.



Glugging down the full-sugar coke I keep in my fridge for just such an occasion, I then managed to **choke** on the aforementioned elixer. I coughed...I spluttered...I sprayed a sticky, disgusting mess all over my kitchen cupboards! I was not happy and I lost it. Falling onto the kitchen floor amid the splatterings of coke, I burst into a flood of tears.

There I was - coughing, crying and still trying to drink the @#\$ stuff to get some sugar into my system, when I was interrupted by a turn of a key in the door. It was my housemate and her suave new boyfriend dropping in to pick up a forgotten item before heading out. Oh the **mortifying humiliation!** Type 1 was now officially a curse too terrible to be borne!

A few days later (when I had sufficiently recovered my pride to venture out of my room), I read an article in Diabetes Health about the power of being positive, and suprisingly it really helped to remember that Type 1 is not (always!) the end of the world.



Tyler Stevenson, a fellow Type 1 and author of the article, says, "There are thousands of people less fortunate than me. Being sorry for myself for having diabetes won't make it go away. Having a 'Pity Party' accomplishes nothing."

"I believe that there is power in **being positive**. Start appreciating and valuing what you have, and you'll start having better days."

So I've resolved to be more positive about the big D, and you know, although it is still only early days, and it will never, ever wipe that DDD from my memory, my new-found positive attitude really has made a **difference**.

Read [The Power of Being Positive](#).

Tell us about your DDD on our [Reality Check online forum](#).

Read more stories about being positive (and otherwise) on our [T1DN website](#).

**CHANGES TO HOW HBA1C IS MEASURED & REPORTED**





**Thanks** to all those people who responded to the "Driving and Diabetes" survey last month.

An initiative of the Australian Diabetes Society's "Diabetes and Driving Working Party", the survey attracted more than

**300 participants** in under 24 hours - a huge and fabulous response! Go us!

We are now analysing the results and will keep you abreast of news about driving and diabetes as it comes to hand - this is clearly a popular topic you're keen to be involved with!

## CELEBS WITH TYPE 1 - you might be surprised!

Most of us find those who have done great things despite (or because of!) the big D inspiring, and we are often asked about successful and/or famous people who have Type 1.

These are just a few that we know of:

- Anne Rice - author of Interview with a Vampire and the Vampire Chronicles
- **Rob Palmer** - Better Homes and Gardens presenter and Dancing with the Stars extraordinaire (nearly!)
- Steve Renouf - former NRL player
- **Marcia Hines** - singer and TV host
- Sam Reid - AFL footballer
- Guy Barnett - Tasmanian Liberal Senator
- Brett Stewart - Manly Seaeagles rugby league player
- **Nick Jonas** - singer from The Jonas Brothers
- Barbara Holborrow - Children's Court Magistrate
- **Victor Garber** - actor (Alias, Titanic, First Wives Club, Sleepless in Seattle)



Check out more celebrities with Type 1 (or maybe not?! Halle Berry once claimed to have Type 1, then later to have cured herself!) and perhaps even add to the list at our [Reality check online forum](#).

Want to catch up with some other Type 1-ers?

These informal meets are the perfect way to meet others in your area who have Type 1. Organised by everyday people, these unofficial get-togethers are fun, relaxed and totally awesome, as you get to talk to people who really do understand!

**Canberra - Type 1 Diabetes Interest Group (DIG)**

**When:** Tuesday 31 August

**Where:** Hellenic Club in Woden

**Time:** 6:30 - 8:30pm

**[Further information](#)** or join their **[Facebook group](#)**.

**Wollongong**

**When:** Thursday 16 September

**Where:** Oak Flats Bowling Club, David Ave

**Time:** 7pm

**[Further information](#)**

To **[organise a meet](#)** in your area.

## Quick shots

Once again, the **Reality Check online forum** has been getting heaps of posts this month! Hot topics include:

- [Does Type 1 decrease libido/sex drive?](#)
- [Overseas travel advice](#)
- [Weight Watchers and "points" for hypos](#)
- [Type 1 and the pill \(contraception\)](#)
- [Can you really stay in the 7-10mmol blood glucose range?](#)
- [Differences between Type 1 and 2?](#)
- [Lantus twice a day?](#)
- [Donating blood](#)

On **Munted Pancreas**, Parents of Kids with D are discussing:

- [One year after diagnosis - what a year!](#)
- [Frustrations and decisions re replacement pumps](#)
- [Diabetes camp](#)
- [Questions re coeliac](#)
- [So over school right now!](#)

So, that's it for this month. We look forward to moving towards better support and services for those with Type 1 with the federal government - whoever it may be!

And remember, contributions and article ideas for Yada are most welcome. Just hit reply to this email to send us a story or tell us what you think.

**All the best,**

# ***Simone***

**The Type 1 Diabetes Network Inc.**

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