



Yada Yada: December 2010

In This Issue

[Kate is saying goodbye :\(](#)

[Order your Starter Kit](#)

[Are you having a diabetes holiday this Christmas?](#)

[Type 1 overview by respected medical journal](#)

[Silly season silliness](#)

[You have made a difference to health psychology](#)

[Don't forget to give us a hand!](#)

[Quick Shots - Hot Topics on our Forums](#)

Greetings!

Seasons greetings! It's December and the season of fun-filled parties, celebrations and bbqs with a few drinks is upon us! Yay!

But amid the celebrations, we have a sad announcement to make. Kate Gilbert, our founder and president for over 13 years, is saying **goodbye** to the Type 1 Diabetes Network. You can read more about Kate's decision to step down below, but I'm sure you'll all agree that Kate has been an inspiration to us all, and join us in wishing her all the very best for the future.

This month we need your help **educating health professionals** about Type 1 - please do our quick survey. We also look at how **you made a difference** to health psychology, and of course, some silly season silliness.

Farewell to Kate - we'll miss you!

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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After 13 years of leading The Type 1 Diabetes Network, from what was just a good idea at the pub in 1997 to a national registered charity and a strong consumer voice for Type 1s, Kate Gilbert has decided to **step down** from her roles with our organisation.

We are delighted that a **dynamic bunch of Type 1s** will continue to lead our organisation after Kate's departure.

At the end of March next year, **Kerry** Vinall in Brisbane will be President, **Natasha** Reddrop in Sydney will be our Vice President and **Susan** Greenbank, also in Brisbane, will shortly take on a new, very part-time position of General Manager to support our volunteer committee. Kerry, Natasha and Susan will be very ably supported by our other committee members and volunteers including our dynamo new Treasurer **Emma** Warneke in Adelaide and our committee's Secretary (and our organisation's backbone), admin coordinator extraordinaire, **Colleen** Clarke in Melbourne.



You can read more about all these wonderful people who are working hard to support the Type 1 community on the [T1DN website](#).

Please join us in **thanking** Kate for all her work to support the Type 1 community over many years. We are sure it is not the last we will see of her, and we will be keeping her busy up until her stepping down at the **end of March** downloading all that experience and knowledge!

Help Us Help Health Professionals Understand Type 1

As part of our mission to help health professionals understand more about what it's like to live with T1D, we're currently working on producing an **eLearning** module that they can access for their professional development.

We would love to get your input!

Please [click on this link and complete the survey](#).

It is a really quick one - it will only take 5 minutes (or 10 at the absolute max).

Don't run out - order your Starter Kits by 22 December



To all our committed Health Professionals out there, ensure you have plenty of Starter Kits over the summer holiday period by ordering **before 22 December**.

To order, just [fill in the simple order form](#) on our T1DN website.

Any questions, contact Colleen at colleen@d1.org.au.

Does the silly season = silly glucose levels?

Other than Easter, the Christmas/New Year period seems to be the time of the year that Type 1s either dread most, or look forward to the most - depending on your approach.

So, what do **you** do? Will you be having a diabetes holiday on Christmas Day this year? Visit the [T1DN website](#) to let us know your approach and see what the rest of the T1DN community is doing.

You can also check out and join in a few other **discussions** relevant to T1 and the sociable party season on the Reality Check forum:

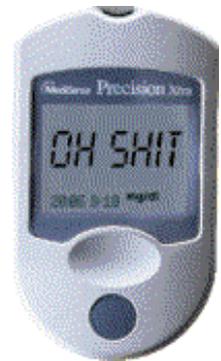
[First T1 Christmas](#)

[What is the best alcohol for glucose levels?](#)

[Public displays of diabetes](#)

[Addicted to chocolate and other sweets](#)

However you approach the silly season, make sure you enjoy it!



Want to be "up" with the latest T1 knowledge?

Do you ever find yourself arguing with someone (perhaps a doctor, family member or boss) who **thinks** they know all about Type 1 and what it is, but you **know** that they've got it wrong - you just don't have the concrete evidence to back it up?!

Well, we have an answer!

The Lancet, a highly esteemed medical journal, has just published a series of 'seminars' that provide comprehensive **overviews** of the 100 diseases of global importance, including Type 1 diabetes (Type 2 is, of course, a separate disease and therefore has its own overview).

A [summary of all current scientific knowledge on Type 1 is available for free](#), but for the full 'seminar', you will need to subscribe to *The Lancet*. Health professionals, government employees or uni students may find that they already have full access the journal through their respective organisations.

Great article to keep in our back pockets!

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

"Keeping an eye on my blood glucose and my blood ketones just makes my life easier."

Rob Palmer • TV Presenter
Living with Type 1 diabetes

OPTIUM BLOOD β -KETONE STRIPS HAVE BEEN DRAMATICALLY REDUCED! PLEASE ASK YOUR PHARMACIST OR NDSS OUTLET TODAY!

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And for some silly season silliness...



Check out this song on youtube, called '[Santa Claus gave me diabetes](#)'.

Performed by an American comedy duo, Stuckey and Murray, the song was written by Andrew Stuckey after he was diagnosed with Type 1 at 28 years old, on Christmas day! D

It's a few years old now, but it still gave me

a laugh or two!

You have made a difference! Woo-hoo!

A little while back we promoted a petition protesting the plan to no longer officially recognise Health Psychology as a profession.

And guess what?! It worked!

We have recently received word that the petition "to endorse Community Psychology and Health Psychology in Australia" has been successful!

Dr Ken Robinson of the APS College of Health Psychology wrote to us, "I sincerely thank you for your support as your contribution in the online petition was significant in our joint campaign involving the APS College of Community Psychologists and the APS College of Health Psychologists."

Why is this important?

Health psychology investigates the links between psychological and social factors, and physical health in order to improve health and prevent illness. Health psychologists are specialists in health behaviour change and practise in two main areas:

- > Healthpromotion which involves the prevention of illness and the promotion of health-related behaviours; and
- > Clinical health psychology, which involves the application of psychological principles to the assessment and treatment of illness, and to rehabilitation.

Many people with Type 1 have found the services of health psychologists invaluable, and we are delighted the profession will continue to exist and hopefully grow.

[More information on Health Psychology](#)

Exercising with T1 - AcT1vate weekend workshop

When: Friday 4 February to Sunday 6 February, 2011

Where: International House, Melbourne University, Parkville

Who: Anyone with Type 1 interested in exercise (above age of 18)

Cost: \$260 per person (partners can attend at a discount)

Includes:

- two nights accommodation at International House, Parkville
- all meals from dinner Friday night until Sunday lunch
- practical tips, information on the latest T1 exercise tools and diabetes exercise management theory
- opportunities to speak to elite athletes with T1, personal trainers, dieticians, diabetes educators and specialised keynote speakers

[Further information](#)

[Facebook page](#)



Volunteers needed for exercise and glucose level study

The University of Western Australia is currently conducting research into the **effects of exercise** on blood glucose level in Type 1s.

After recently discovering that a 10-second sprint on an exercise bike causes blood glucose level to rise rather than fall, the research team believes that this may prove to be a useful technique for people with T1 diabetes to prevent or **delay hypoglycaemia**.

They are now further exploring this phenomenon in the hope of creating practical guidelines to make it easier and safer for people with Type 1 to enjoy all the benefits of regular exercise.

Participants must fit the following **criteria**:

- 1) 15 to 25 years old
- 2) Free of any diabetic complications
- 3) Not taking any medications other than insulin (the contraceptive pill is ok)
- 4) HbA1c below 9.5%

[Further information](#)

DON'T FORGET to give us a hand by adding yours!

Over 300 of you have left your own mark so far, helping raise awareness of diabetes, AND raising **much needed funds** for the T1DN. Well done and thank you!



Getting involved is simple - just **write a word** on your hand that best describes what diabetes means to you, and then share it with Australia by taking a photo and uploading it onto the [Global Diabetes Handprint website](#).



For each hand shared, Johnson & Johnson Medical will commit **\$5** to the [Type 1 Diabetes Network](#) and Diabetes Counselling Online.

Our goal is to reach 10,000 hands - that's \$50,000! Imagine what we could do with that! So don't forget to...

Give us a hand, by adding yours!

[Global Diabetes Handprint](#)

Global Diabetes Handprint is brought to the Australian community by ONETOUCH VERIO® and supported by Johnson & Johnson Medical.

Inspired by Manny Hernandez's Word in Your Hand™ Project on [TuDiabetes.org](#) the Global Diabetes Handprint is bringing greater diabetes awareness to the world - and giving back in the process.

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!

There are **currently no meets** scheduled over the December/January holiday period.

However for [more up-to-date meets information](#), keep your eye on our Reality Check forum.

Or perhaps you'd like to [organise a meet](#) in your area.

Quick shots

Hot topics on the Reality Check online forum include:

- [New to forum, pregnant and stressed about HbA1c](#)
- [Is hallucinating while hypo normal?](#)
- [HbAc1 is too low - what's your ideal?](#)
- [Insulin resistance for no obvious reason - ideas?](#)
- [Does anyone still 'inject' rather than 'pump'?](#)
- [Carb counting fails...rah!](#)
- [Diagnosis - dealing with feelings of loss](#)
- [Lolly stealers](#)

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

- [Our very own hypo hound?](#)
- [Fast food and nutritional information](#)
- [Parents of children with Type 1 - video](#)
- [Young adult son plus bad hypo = worry!](#)
- [Overwhelmed mum with newly diagnosed 4-year-old](#)



Hope you enjoyed this edition of Yada Yada. As usual, if you have any feedback or suggestions, just hit reply to this email.

For heaps more interesting information and fascinating stories, check out our website at www.d1.org.au.

Merry Christmas and a fabulous New Year!

Simone

The Type 1 Diabetes Network Inc.

P.S. If you would like to help us to continue providing support, information and a voice for the Type 1 community, we are a registered charity and all donations over \$2 are tax deductible. [Click here to donate online.](#)

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