

Yada Yada: February 2010



Connecting, Informing & Representing the Type 1 Community

In This Issue

[Meeting the Health Minister about Pumps & Pregnancy](#)

[Competition Winners Oldest Lancets](#)

[New blog: Doctor leaves Kate Speechless](#)

[Type 1 Network SEEKING PROFESSIONAL WRITER](#)

[Type 1 Winter Olympian](#)

[Meets in Real Life](#)

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

Greetings!

First things first this month - **Are you a professional writer?** Or do you know one? The Type 1 Diabetes Network (us!) are seeking a professional writer to work from home and help us to put together our email newsletter every month (this one!). More details below.

The Health Minister Nicola Roxon has been giving Type 1 some attention this month - raising subsidies on insulin pumps for kids, and meeting with a long-term Type 1 to discuss what needs to be improved.

We've found a Type 1 amongst the ice and snow in Vancouver. And much more. Enjoy!

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

Strip-free Accu-Chek Mobile system

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](#)

Meeting the Minister - and advocating for Pregnancy Help

Join Our List

[Join Our Mailing List!](#)

We were delighted to learn that Long-Term Type 1 and Reality Checker, Gabrielle Hodson put up her hand and got the chance to speak with the Federal Health Minister, Nicola Roxon when she visited her home town of Ballarat in Victoria last week!

Gabrielle told us about meeting the Minister:

"It was quite surreal. The 10 minutes went very quickly

*I stated in my application for an interview a few weeks back that I wanted to talk about diabetes services and resources in Western Vic - especially in Ballarat - and especially for **pregnant women**.*

Nicola said she picked this because it was a topic she did not know much about."

Gabrielle went to the Minister with the problems she had experienced getting the help she needed during her pregnancy (including having to drive 9,606km, further than Melbourne to Vladivostok!!). She also had some solutions to help other women:

"I said it would be wonderful to see a pump for loan or hire in every hospital.

Nicola and the Parliamentary Secretary both looked at each other, said "what a good idea" and took a few notes."



The Type 1 Diabetes Network is pleased to be able to support Gabrielle - and have written to the Minister this week in support of Gabrielle's proposals.

You can see more about Gabrielle's experience meeting the Minister - while the Prime Minister baby sat her daughter! - [and read our letter HERE](#). We will be sure to let you know the response.

Congratulations again to Gabrielle for getting out there and making a difference!!

Competition Winners - Oldest Lancets - goes to

We heard some great stories through the competition we ran in last month's newsletter!! Thanks to everyone who entered.

Here is a sample of our winners:

Trisha sent us documentary evidence (right, below).

Hi Guys , I went to my D supplies to have a [Trisha's lancet box](#) look at the first and only box of Lancets I have ever purchased. I was diagnosed in 1994. **My first and only box** of Lancets has a sterilized date of 22/7/02 and a expiry date of 22/7/05. For the many years before this box of lancets the couple that came with a new tester must have been enough to keep me going. The box is still quite full!

Michelle wrote:

After rummaging around in my 17 year old son's diabetes drawer I managed to find his lancets. He has had diabetes for **7 ½ years** and I have only ever bought one box of lancets. It is a box of 50 and still has about 15 left! The use by date is 01-2006. Only four years out of date!

Steve also sent a happy snap of his ageing lancets box (right), and told us:

*I've tried to get a routine going where I change a lancet with each cannula, but in reality, they get used for weeks, sometimes months. The box shown in the attached photo is probably **eight years old and still contains many new lancets...** It's moved with me from Canberra to Healesville to Parkeville to Albury and to Exeter, and will likely last another move or two...*

Sarah says:

*I still have the first box of lancets that my parents bought when I was diagnosed, **way back in 1991!** There are still heaps left in it (and yes, I still use them, I just hardly ever change them).*

*At the time, my parents were told to **keep the lancet in a small jar of metho in between uses**, and to continue using it until it was too blunt to get any blood. I can't read the use-by date on the box.... as it's so old.*

Thanks to everyone who entered our funny little competition! Ten people received a new lancing device and a box of lancets from Abbott Diabetes Care. We hope you enjoyed having a giggle.

As Elle said when I posted some of the responses at Reality Check: "**I always thought i was a bit of a crap diabetic for having the original box for so long - now i'm thinking it's a pretty normal thing!!!**" We think there's no such thing as a crap diabetic!!

[See more responses](#)

Kate's Blog - Flashback to the Future leaves me Speechless

I have recounted an incredible doctor experience last week in a new post in my blog, Type 1 Talk. It begins like this:

"Now you have Type Oooooone Die-ar-bee-tes. That means that you do not produce any insulin," the doctor said as he reached for his pad and pen to draw me a diagram of this phenomenon with which I am, in fact, intimately familiar - having lived with the condition for Twenty-Seven Years!!!

This is not the story of my diagnosis, but a story from last week. I have no idea what the doctor said next because I was in shock!



I snuck a look at my husband, who was sneaking a glance at me - and sitting forward on his chair in case he had to restrain me from jumping across the desk. There was, however, no doctor-throttling as I was so shocked that I was simply speechless - for a moment.

[Read what happened next at Kate's blog....](#)

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

[Abbott Diabetes Care](#)

SEEKING PROFESSIONAL WRITER to work from home

The Type 1 Diabetes Network is seeking a professional writer, who is passionate about effective *communication for the web*, with experience working in health and medicine and possessing high attention to detail (plus a *sense of humour!*), to help us put together our popular email newsletter. **This one right here!** Do you know that *Yada Yada* is now sent to more than 4,000 people with Type 1 Diabetes every month?

>> **Do you have experience in writing for the web or e-marketing?**

>> **Do you understand health, medicine, science and the special requirements of writing and communicating to consumers on these topics?**



>> **Are you an established writer looking for a new and exciting challenge**, where you will be collaborating with highly skilled volunteers who are dedicated to connecting, informing and representing the Type 1 Community?

To receive more information about this opportunity, please email colleen@d1.org.au. Applications close Friday 4th March 2010.

Free Seminars: Finding good Health Info on the Internet

Royal Melbourne Hospital and the State Library of Victoria are running several free workshops about:

- how to source quality and trusted health information
- the best health sites to use on the internet
- how to better understand and manage your health care

When: Choose one of these six workshops:

Wed 10 March, 4-6pm Fri 19 March, 10am-12 noon
Wed 7 April, 4-6pm Fri 23 April, 10am-12 noon
Wed 5 May, 4-6pm Fri 21 May, 10am-12 noon

Where: State Library of Victoria, 328 Swanston Street Melbourne

How: email bookings@slv.vic.gov.au or phone 8664 7099

Up to 80% Pump Subsidies for D KIDS (only)

The Federal government announced this month that [Rochel](#) they will expand their program for subsidising insulin pumps for children under 18 with Type 1 diabetes. The scheme was introduced in 2008 with small subsidies that have now been increased. The subsidy will be means-tested and based on a sliding scale reflecting gross family income.

More information about the subsidy from DOHA
- [click here](#).

There are still no subsidies on insulin pumps for adults with Type 1, who make up more than 90% of Australians with Type 1 diabetes. ([See Gabrielle's meeting and our letter to the Health Minister this week.](#))

But this is great news for Aussie kids - there are some amazing stories of how much pumping can help even tiny kids on our discussion forum for parents of kids with D, [Munted Pancreas](#).

TYPE 1 GOES FOR WINTER GOLD

World champion cross-country skier [Kris Freeman](#) Kris Freeman is flying the Type 1 flag at the Winter Olympics this week. *Kris is the only Type 1 winter olympian we could discover - do you know of any others?*

Kris has unfortunately had a ban run with his D this Olympics. A last minute reschedule of his first race meant he had time for either a blood test and basal adjustment or a test run - choosing to put his D first he was at a significant disadvantage to his competitors who'd got to try out the course. In his second race, he had a hypo - a real, shocking crashing one where he had to lie in the snow to recover a while.

The stories of Kris managing D during his hurculean and icy feats are amazing, and US blogger Amy Tenderich has been bringing them to life for us all wodnerfully.

[Read more here....](#)

Meets in Real Life

As always, we have some informal get-togethers being organised.
Everyone is always welcome to attend
- just click through for the details.

Meets coming up:

- [Perth \(Rockingham\)](#)- BBQ on the forshore, Sunday 14 March.
- [Wollongong](#) - 20th March



Or if there isn't one in your area, see our [tips for organising a meet](#) in your hood - anyone can do it.

Perthites may also be interested in the **DIABETES FITS** weekend being organised by University of WA again this year April 10-11 - see www.diabetesfits.com.

QUICK SHOTS

Hot topics on Reality Check online discussion this week:

- [Can Type 1s diagnosed as kids excel at sport?](#)
- [Friends with Type 1](#)
- [Pregnant with an Hba1c of 10.1](#)
- [How would you ask your team at work to support you?](#)
- [Pumps: Being Connected 24/7. Is it for everyone?](#)

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

- [Free dental cover for people with chronic disease](#)
- [Hypothyroidism](#)
- [Great experience - New paediatrician](#)

I hope you enjoyed that update on all things Type 1. Hit reply with any feedback or send us ideas for future articles any time.

All the best,

Kate

The Type 1 Diabetes Network Inc.

P.S. If you would like to help us to continue connecting, informing and representing the Type 1 Community, we are a registered charity and all donations over \$2 are tax deductible. [Click here to donate online.](#)

Join Our List

Join Our Mailing List!

Email Marketing by

