

Yada Yada: July 2010



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

Greetings!

Welcome to the July edition of Yada Yada.

This month we introduce you to the Seed Award, look at unhealthy relationships with food and consider when you really know that you've had Type 1 for too long.

We also discuss why the Australian Type 1 clinical guidelines are on track for a successful outcome, and find out how the evaluation of our online community is coming along.

And don't forget to take part in the driving and diabetes study for the chance to win a \$20 gift card!

Driving and Diabetes Study

Do you drive a car? Are you taking insulin?



The "Diabetes and Driving Working Party", an initiative of the Australian Diabetes Society and The Australian Diabetes Educators Association, is gathering consumer views about driving and diabetes.

If you drive a car and take insulin, they would be grateful for your input. **The survey can be [accessed here](#).**

Completing the survey involves reviewing two draft pamphlets which will be used in a national campaign about driving and diabetes. It should take approximately 45 minutes of your time, and the first 50 people to complete the survey will receive a **\$20 Coles Myer gift card**.

All information collected in the survey will remain anonymous and confidential.

Introducing 'The Seed Award': Call for Nominations

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Melinda Seed has been volunteering her time, passion and expertise towards providing support, information and a voice for the Type 1 community for 10 years. Melinda was a founding director of the Type 1 Diabetes Network, as well as its first Treasurer and a long-standing moderator of the Reality Check online community. She will shortly be stepping down from her formal roles to pursue other interests.

In recognition of the critical role that Melinda has played in the development of our organisation over many years, The Type 1 Diabetes Network has instigated 'The Seed Award' which will recognise people who have shown the **strong values and commitment** that Melinda has been contributing to the Type 1 community for many years.

The Seed Award will go to an individual or group that has:

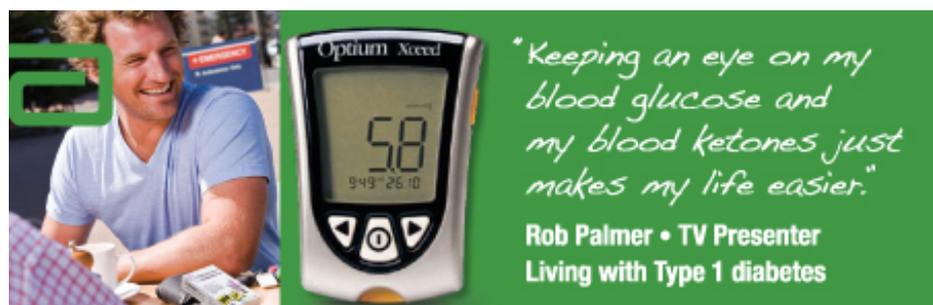
- **provided support, information and/or a voice** for the Type 1 community
- **demonstrated initiative and intelligence** in their endeavours
- been committed to the principle that **people living with Type 1 diabetes can and should have a voice** in the decisions that affect our lives

We would like to invite **nominations for the inaugural Seed Award**. Please send nominations to Colleen Clarke at The Type 1 Diabetes Network by email to colleen@d1.org.au by **31st August 2010**.

Please include in your nomination a brief description of how the nominee/s meets each of the three criteria listed above, contact details for yourself and for the nominee (if known).

For more information, please contact Colleen by email (above) or by phone 0414 281 539.

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



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

Diabetics with elevated blood ketone levels should seek medical advice. Ask your health care professional for an Optium Xceed β -ketone strip. Please visit the Abbott Diabetes Care website for more information on our ketone strips, ketone test strips and other products. © Abbott Diabetes Care, Inc. 2010. All rights reserved. Visit www.abbottdiabetescare.com.au

Abbott Diabetes Care

You know you've had diabetes too long when...

A few of our Reality Check forum users have been swapping stories about all the weird and wonderful automatic thoughts a diabetes-focussed mind can come up with.



You know you've really had Type 1 too long when...

- your best friend or significant other is chomping down loads of carbs, and you start to work out how much insulin they need
- you look at someone in a nice outfit and wonder where they keep their pump
- you see the two cars in front of you have number plates with BSL and IOB and you have a giggle to yourself and think that is freaky
- somebody asks you what certain things taste like and you have to admit that you have no idea and that you can't remember
- you're on the treadmill at the gym and it switches to 'cool-down' at 5.3 kmph. You think, 'Oh good, that's a nice number'.

To read more or make your own contribution, visit our [Reality Check Forum](#).

'Sweet talk' - a TV show dedicated to diabetes

'Sweet talk - My life with diabetes' is a **new television series** hosted by Marcia Hines (a fellow Type 1) that explores the lives of six prominent Australians living with diabetes.



It has been produced (very noticeably!) by one of the blood glucose meter companies.

Each episode, a respected and high-achieving Aussie shares how they have **overcome the hurdles of diabetes** and helped others conquer its challenges.

People featured include:

- Barbara Holborrow (former children's magistrate)
- Peter Howard (chef)
- Nathan Basset (AFL coach)
- Judi Moylan (Member of Parliament)
- Jimmy Little (Indigenous singer)
- Rod Kafer (ex-Wallaby)

'Sweet Talk' is showing on Fox's Lifestyle channel from **July 17 to August 21**, at 6pm Saturdays and 12pm Sundays.

You can also watch previous episodes at www.sweettalkdiabetes.com.

For comments from people with Type 1 about the show, visit our online [Reality Check forum](#).

Medicines Line number and process change



On 1 July, the Medicines Line service (run by the National Prescribing Service) changed its phone number to **1300 633 424 (1300 MEDICINE)**.

Medicines Line gives people access to **advice and information about all kinds of medicines**, including insulin and other medications that may influence the glucose levels of Type 1s.

The change in number is a result of a new collaboration with the National Healthcare Call Centre Network service. The new collaboration has also **improved Medicines Line processes** in order to offer people greater access to information about their medicines and answer more complex questions.

Adverse Medicine Events Line will not be affected by these changes and its number remains the same (1300 134 237).

Medicines Line operates from **Monday to Friday, 9am to 5pm (AEST)**.

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

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EASY, QUICK and DISCREET diabetes management via Bluetooth® wireless technology. Experience it at www.accu-chek.com.au/combo

Used in the treatment of diabetes for people diagnosed with this condition. Please always seek advice from your healthcare practitioner.

ACCU-CHEK, ACCU-CHEK SPIRIT COMBO and PERFORMA COMBO are trademarks of Roche. The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Roche are under license. © 2009 Roche. Roche Diagnostics Australia Pty Ltd, 31 Victoria Avenue, Castle Hill NSW 2154, ABN 29 003 601 205.

Pump Hotline: 1800 633 457

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For more information visit www.accu-chek.com.au/combo

Type 1 and an unhealthy relationship with food

Constantly having to monitor and regulate your food intake can be difficult. A popular discussion on the Reality Check forum this month has been about **the relationship between binge eating and Type 1**.



Many people are discussing how they struggle with maintaining a balanced diet, saying they swing between either eating all the right foods and recording everything, or downing all chocolate bars, ice cream and junk food in sight, until they are so full that they feel physically ill.

Some think that their **hunger seems more intense** since being diagnosed with D. Others say that the **pressure of managing** a chronic disease just gets to them sometimes, resulting in a temporary break-out of major proportions.

A few people say that overeating is a regular occurrence for them because they feel they use food as a **general coping mechanism** for any life stressors.

Poor **body image** also seems to have influenced many a binge, according to the forum posts, especially after **losing a lot of weight** before diagnosis, and then **putting it all back on again** (plus more) after starting on insulin.

Depression is also cited as a major contributor.

Read about others' experiences, **vent** your struggles or **share** your support, [here](#).

If you feel you have an unhealthy relationship with food and want help, contact one of your diabetes health professionals. Forum contributors mention that they have (mostly) found their **dietician, GP, endocrinologist or psychologist** to be understanding and helpful.

For a **list of diabetes health professionals in your area**, including some counsellors and psychologists who have been recommended as understanding Type 1, visit the [T1DN website](#).

Diabetes Counselling Online also offers both online and face-to-face counselling specifically for people with diabetes. Visit their website at www.diabetescounselling.com.au for more information.

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

Make a Difference

The New FreeStyle Lite test strips with no coding and ZipWik tabs are helping patients make a difference with a better testing experience.

* Data on file, Abbott Diabetes Care Inc.

Visit www.abbottdiabetescare.com.au.

Development of Type 1 clinical guidelines on track

The first **Australian guidelines for adults with Type 1 diabetes** are currently being developed. These national evidence-based guidelines aim to ensure all clinicians across Australia are similarly informed when treating/advising adults with Type 1.

A recent article in [The Lancet](#) has stressed that a **collaborative and cooperative approach is important** when preparing any type of guidelines.

The article indicates that **infighting and competition** between diabetes organisations can sometimes result in a number of similar guidelines, causing **confusion among clinicians and patients**.

Confusion due to plurality of guidelines has already hit the US. Apparently national guidelines for the management of diabetes have been published by three different organisations in the US, and covered the same topics.

Among other solutions, the authors suggest that **stakeholders work together** and "divorce guidelines from organisational infighting altogether". Only time will tell if this approach, currently being used to develop the Australian guidelines for adults with Type 1 diabetes guidelines, is successful.

To view the full article (The Lancet 2010; 375:2203-04), [click here](#). (Note you will need to be subscribed to view full text.)

Reality Check online forum evaluation update

Thanks to everyone who contributed to the Reality Check online community and discussion forum evaluation that we called for help with last month. Almost **100 people with Type 1** volunteered to take part in the focus groups (which is huge - well done!) and more than **100 health professionals** completed the survey.

Kate Gilbert, our T1DN President, is conducting this evaluation as part of her Masters of Public Health thesis.

Kate promises to let us know the **findings** from the evaluation **later this year**.

For more information on the evaluation, [click here](#).

Help us spread the word about T1DN

[Great Nonprofits](#) is a website that seeks to **help nonprofit organisations increase their exposure**. It also provides a platform for potential donors and volunteers to find out more about organisations in their field of interest.

Great Nonprofits is currently running a campaign where you can **write reviews** of nonprofits such as the Type 1 Diabetes Network. By writing a review, you can help spread the word about T1DN, allowing us to reach out and give support to a wider audience.

Take a look at what others had to say or **write your own review** about T1DN, by [clicking here](#).

And don't forget you can also tell us about what a good job we're doing (we hope!) or how we can improve by replying to this email.

Clinical Trial Network for Type 1 diabetes

JDRF is currently running an advocacy campaign to help secure **\$35 million from the government** for the Clinical Trial Network for Type 1 Diabetes.

The Clinical Trial Network hopes to offer Australians with Type 1 **more opportunities** to participate in clinical trials, thus speeding up **access to new therapies and technologies**, such as the artificial pancreas.

To get involved, [click here](#).

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!

Melbourne

When: Friday 13 August

Where: Kew Hotel, on Kew Junction

Time: 7pm

Details: Public transport nearby

[Further information](#)

Wollongong (including AGM)

When: Thursday 19 August

Where: Oak Flats Bowling Club, David Ave

Time: 7pm (6pm if attending AGM)

Details: Take Central Ave (main road through Oak Flats) and then the second right onto Fisher St to the end of the street. The club is right in front. To park, turn right into David Ave

[Further information](#)

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](#).

To organise a meet in your area, [click here](#).

Quick shots

The Reality Check online forum has been getting heaps of posts this month! Hot topics include:

- [Successfully starting a career as a flight attendant](#)
- [Hypo during an exam](#)
- [An unhealthy relationship with food](#)
- [Babies due around Aug, Sep, Oct](#)

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

- [School BGL testing policy/procedures](#)
- [Broken meter](#)
- [Good news about carer allowance](#)
- [Pre-pump jitters](#)

Finally, remember that any feedback regarding the newsletter, website or T1DN is most welcome. Just hit reply to this email to tell us what you think.

Keep warm and all the best,

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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