

Yada Yada: June 2010



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

Brrrr! The thermals are out, activities are in, and winter is definitely upon us.

But don't let those winter blues get you down - snuggle up instead in your favourite chair and check out our [new Type 1 Diabetes Network website](#). Launched only a couple of weeks ago, it's bigger, better and (we hope) the absolute bees knees!

This month, we also look at a number of Type 1 blogs, ambulance cover, educating diabetes educators about Type 1 and we give you (both health professionals and Type 1s) the chance to shape the future of our Reality Check online community and forum.

Enjoy!

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

Quick Links

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References: 1. Evaluation of the Accu-Chek Performa, Medisense Optium® and Medisense Optium® Point of care blood glucose meters against a laboratory comparative method. L. Kitchener, G. Freitas, Australasian Association of Clinical Biochemists ASC, Sept 2008. (P28). 2. Evaluation Report: Accu-Chek Performa System. Data on file. 3. Lavenoz, M.V., et al. Extended Study Report on Accu-Chek Performa Self-Monitoring Blood Glucose System, 2008. Data on file. CHW R0000080

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Find out more at www.accu-chek.com.au

Have you seen our shiny new T1DN website?



It's here, it's here, it's here!

Packed full of even more fabulous features for the Type 1 community, our brand new website is indeed a splendid "sight" to behold.

Whether you have diabetes yourself, or you're a partner, friend, parent, health professional or workmate of someone with Type 1, there is something here for you.

With more than 300 pages of stories and articles all about Type 1 diabetes, it even features a brand new YouTube channel with our pick of videos about the big D. Plus so much more!

Check it out at now at www.d1.org.au.

Discovering Type 1s in blogland

There is a great plethora of Type 1 blogs out there in cyberspace. Some are wonderful - funny, interesting and touching; some are just plain old good with a couple of highlights; and some are...well...not so good.



Whether the stories are good, bad, or ugly, reading about other people's experiences really does help many of us realise that we are not alone in our struggles. I daresay blogging is also a cathartic experience for many of the writers as well.

Many of the blogs out there are American, which can make the glucose levels and health check procedures a little difficult to follow. However, we've managed to find a few shining gems, both Australian and American:

[Type 1 Talk](#) - Kate, our T1DN president, has been blogging since 2008 and continually keeps us entertained as she "experiments in blogland".

[Diabetes Unconditional Love](#) - Jess is one of our own Yada subscribers. Her new blog seeks "to explore a peaceful existence between mind, body and spirit for diabetics and those who love them".

[D and the Guy](#) - An interesting and up-to-date blog by Henry, one of our a T1DN committee members. "A blog about diabetes and the guy who lives with it."

[Six Until Me](#) - Great writing and quite funny, this is an excellent American blog by Kerry, who says, "Diabetes doesn't define me, but it helps explain me". Her posts about the birth of her first child last month are simply breathtaking.

[Lemonade Life](#) - A blog that follows the "journey of a twenty-something in New York City living with diabetes".

[Ninjabetic: The B.A.D Blog](#) - A self-proclaimed "Born Again Diabetic" (BAD), Ninjabetic is an entertaining and prolific blogger.

[The Jagged Edge](#) - Interesting and plenty of posts by Mark, an active and adventurous father who concentrates on "diabetes and healthy living".

Finally, if you're feeling like some online Type 1 company, don't forget our **[Reality Check](#)** and **[Munted Pancreas](#)** forums, where you can bitch, moan, ponder, discuss and even rejoice about the everyday challenge that is Type 1 diabetes.

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



...the in-store price when you **trade-in** your old blood glucose meter!

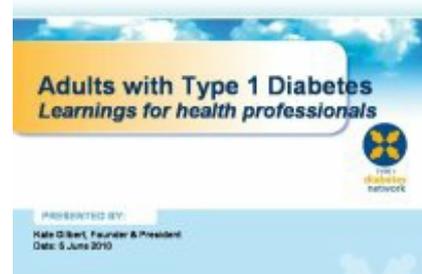
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For more information visit www.abbottdiabetescare.com.au.

Educating the educators about Type 1

A big congratulations to Kate Gilbert who recently presented at a conference for the Australian Diabetes Educators Association Victoria Branch.

Kate's 30-minute presentation, titled *Adults with Type 1 Diabetes - Learnings for Health Professionals* was received extremely well by the 200-strong crowd of diabetes educators.



Specifically aiming to "educate the educators" about the **people** behind the disease, Kate covered a number of issues. Topics included how adults with Type 1 feel about their diabetes, how small changes in language used can have a big impact, and why only 3% of Type 1s experience smooth transitions from paediatric services to the adult system. Go Kate!

The conference also featured a presentation about a new training course to teach "intensive diabetes management" to diabetes nurse educators.

Currently being developed by Deakin University and Diabetes Australia-Victoria, this appears to be specialised training in Type 1 diabetes. Woo-hoo! This is a terrific step in the right direction to ensure that more diabetes educators can become well-versed in Type 1.

The subject, when available, will be able to be taken as part of a Masters of Nursing or an Advanced Diploma of Nursing. We are hoping that the content of the course will be well informed by what people with Type 1 diabetes want and need from diabetes education.

Ambulance cover - just do it!

Dealing with diabetes can sometimes be a rather tricky business. Undetected hypos and hypers, childcarers and teachers that just don't get it, sick days and wildly swinging glucose levels can make even the most stalwart of us a little jittery.



Most of the time, everything is under control and there's no need to worry. However, very occasionally, we might find ourselves in need of an ambulance.

At present, ambulance services are provided directly by state and territory governments, except in Western Australia and the Northern Territory, where the state contracts St John Ambulance Australia to provide ambulance services. In most states, consumers will incur a cost to use an ambulance service, unless they have purchased ambulance cover.

At the recent Diabetes Educators Association conference, a horrific story was told in which a 30-something year old male was flown by ambulance helicopter to The Alfred Hospital after becoming incredibly ill with gastro. It turned out that the poor man had never been told he had Type 1 diabetes, was on two shots of mixed insulin and when admitted had a glucose level of 80! On top of all this, he then had to deal with a bill of over \$6,000 for the ambulance!

The Heart Foundation has published a discussion paper about universal ambulance cover, concluding with a clear recommendation that ambulance coverage should be a universal entitlement, with one option for achieving this being to include it as an entitlement under Medicare.

Public consultation is invited on the paper and further details are [available here](#). Responses are due by 6 July 2010.

If you would like to purchase ambulance cover, you can do so through your private health insurance, or through your state ambulance association.

You may also want to discuss or read about some other Type 1 ambulance experiences on our online forums, [Reality Check](#) and [Munted Pancreas](#).

Below are some specific discussions:

[Worst hypo of my life so far](#)

[Sick days and living alone](#)

[Birthday dramas](#)

[School and testing for ketones](#)

[Teacher trouble](#)

[Couple of hypo questions](#)

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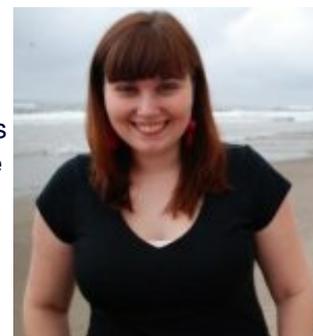
Believe
the hype

Hey! Don't feel guilty, it's all okay!

Many of our readers and forum contributors tell us that they feel like they're on a constant guilt trip. High blood sugar levels, no glucose tests, eating sugar, forgetting insulin, hypo-ing at an important moment, etc, etc, etc. We know we shouldn't feel guilty, but many of us do.

Enter Allison Blass, (aka the Lemonade Life blogger) and her "Hey, it's okay!" list.

A Type 1 since the age of 8, Allison encourages us to look at the funny side of diabetes and has come up with a fantastic "It's okay" list that a lot of us can relate to:



Hey, it's okay to...

- yell at your insulin pump when it beeps at you.
- test your blood-sugar five times in a row when you have a good reading in order to get your meter's average down. It won't do anything for your actual HbA1c, but at least it will make you feel better temporarily!
- cringe every time someone says, "Oh well at least you don't have..." Diabetes still sucks, even if isn't cancer.
- think your insulin pump is cooler than their insulin pump.

For more of Allison's wise-cracking words of wisdom, visit [Lemonade Life](#).

More laughs can be found on our [new T1DN website](#).

Or, vent your guilty feelings on our forums:

[Reality Check](#) - for the Type 1 community

[Munted Pancreas](#) - for parents with Type 1 children

Shape the future of Reality Check - tell us your thoughts

Here's your chance to contribute to the Type 1 Diabetes Network and shape the future of the Reality Check online community.

As part of her Masters of Public Health thesis, Kate (our illustrious president), is evaluating the Reality Check online community and discussion forum. The evaluation will help to inform the future development of the online community.

She is currently looking for feedback from two stakeholder groups: health professionals and people who have Type 1. Participants must be familiar with the Reality Check website and online community.

Health Professionals

Health Professionals can take part in a brief, anonymous online survey which will take approximately 10-15 minutes of your time.

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

People with Type 1 Diabetes

People with Type 1 Diabetes can contribute to some online focus groups which will require approximately 15 minutes of your time on two occasions - a total of 30 minutes.

Your contribution will be anonymous and all members of the research team will not be aware of your identity at any stage of the research.

To register and for more information, [click here](#).

Melbourne event - Art: seen through the eyes of Type 1

A new exhibition called *Art: seen through the eyes of Type 1*, will explore what it's like to see the world through the eyes of someone living with Type 1 diabetes.

Coordinated by Jason Triggs, the exhibition will feature art works by 50 children and young people (including adults) all living with Type 1.

The challenge is to create an artwork on a small canvas (10.2cm x 10.2cm) that portrays:

- what it's like to live with Type 1 diabetes; and/or
- why it's so important to find a cure.

And it's not too late to submit a canvas! If you would like to express your creative side and your feelings about Type 1, give Jason a call on 0439 653 577.

The exhibition itself will be designed for children, with interactive and hands-on areas, including art activities and experiences, along with chill out zones for older children and young people.

When:
Saturday 10th July

Where:
East Doncaster Baptist
Church,
47-53 Tunstall Road, East
Doncaster

Time:
2pm onwards

Cost:
Free (but donations
welcome)

More info:
Jason Triggs
Ph: 0439 653 577



Nicola Gawlik has had Type 1 diabetes for more than 10 years and is undertaking research for her Honours thesis concerning the health and well-being of **females** with Type 1 diabetes.

Nicola would be most grateful if you would complete a questionnaire to assist her in this project.

You will be asked about your quality of life, lifestyle issues associated with diabetes, attitudes toward the future, and general information about your diabetes management.

The survey takes about 10 minutes.

Click [here](#) for more information.

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 2 July

Where: Automatic Cafe, Crown Casino

Time: 7pm

Details: Table booked under Kat

[Further information](#)

Adelaide

When: Saturday 10 July

Where: Cafe Fibonacci, Adelaide Botanic Gardens

Time: 2pm

Details: For coffee or late lunch

[Further information](#)

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

Quick shots

Hot topics on Reality Check online discussion this week:

- [Time for a new pump...decisions, decisions](#)
- [My mate Ralph the pharmacy assistant - NOT!](#)
- [Ok, I'm freaking out now - insulin resistance and pregnancy](#)
- [How much work is diabetes? A great doc has some new ideas!](#)
- [No strips required! Happy, happy, joy, joy!](#)
- [A question for the parents out there...](#)
- [Drinking and diabetes](#)

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

- [On being "disabled"](#)
- [Pre-pump jitters](#)
- [What glucose monitor do you use and why?](#)
- [Please let me have a rant](#)
- [Rudd and his health reform](#)

So, that's all for this month - we hope you had fun!

Don't forget to check out our new website, and remember that any feedback regarding the newsletter or the website is most welcome. Just hit reply to this email to tell us what you think.

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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