

**reality**  **check**  
young adults with diabetes



## Support, Information and a Voice for the Type 1 Community

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### Greetings!

I'm Simone, a Type 1-er for over 18 years now, and I have joined the team to help with all things 'Yada'!

In this month's edition, we look at a new exercising with diabetes website, emotional hypos and update you on the Type 1 Diabetes Insulin Pump Program.

We also want to let you know that our brand new website for the Type 1 Diabetes Network is just days from being ready, after almost two years of hard work by our amazing volunteers! Watch your email for a big announcement any day now!

### 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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For more information visit [www.abbottdiabetescare.com.au](http://www.abbottdiabetescare.com.au).

### Join Our List

[Join Our Mailing List!](#)

**New website: How to exercise with Type 1**

Do you get that sinking feeling whenever your doc or educator asks you about exercise? Yeah, me too! However, help could be on the way - specifically for how to balance Type 1 and exercise! Yay!



**Whether you're a newbie to exercise, an athlete wanting to improve your performance, or just wanting to drop those kilos, this is one new website you absolutely must check out.**

Filled with lots of practical tips and tools, this Australian-based site aims to help people with Type 1 diabetes understand and enjoy exercise. Plus, it's been developed by someone who has Type 1 themselves!

**The site's creator, Allan Bolton (aka 'Coach'), has had Type 1 diabetes for over 30 years and has some majorly impressive credentials behind him.** Allan has also competed in over 100 alpine, water and road-based endurance events around the world, making him one awesome coach who certainly knows what he's talking about.

The site's tools do have a yearly subscription cost, but you can 'try before you buy' with a FREE membership sampler.

**Make sure you check it out at [www.ext1d.com.au](http://www.ext1d.com.au)**

## **Brisbane Type 1 Seminar: HYPOS - Causes & Solutions**

Following three well-attended events last year, we are delighted to announce that our seminar series is returning - with the first seminar for 2010 coming up in a few weeks!

[Brisbane seminar series](#)

**Find out how low is too low, whether pets can really detect hypos, what's happening in your brain, and much, much more!**

Professor Frank Bowling, Director of Biochemical Diseases for Mater Health Services (and **a Type 1 himself for over 50 years!**), will discuss hypoglycaemia and its causes and solutions. Frank will reflect on his own experiences and invite attendees to do the same.

**WHAT: Hypoglycaemia - Causes and Solutions**

**WHEN:** Saturday 26 June 2010, 2-4pm

**WHERE:** Des O'Callaghan Auditorium, Mater Health Services, Raymond Terrace, South Brisbane

**COST:** Free. Catering will be provided.

**RSVP:** [brisbane@d1.org.au](mailto:brisbane@d1.org.au) by Monday 21 June 2010

For more info and a venue map, [click here](#).

**Rising sports star - watch Jack run!**

Jack Edwards certainly seems to be taking the challenging combination of exercise and Type 1 diabetes all in his stride.

Jack has recently been nominated for the 2010 Junior Sports Star Award, and at 15 years old, can run the 110m hurdles in 13.18 seconds, only 0.09 seconds outside the NSW state record.

During competitions, Jack tests his BSLs up to four times an hour, and even has to get approval from the anti-doping authority to use insulin!

Read the full story [here](#).

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

<http://www.accu-chek.com.au>

Find out more at [www.accu-chek.com.au](http://www.accu-chek.com.au).

**Can you and your family help prevent T1D?**

**INIT II: Type 1 Diabetes Prevention Trial**

Relatives of someone with Type 1 diabetes have an increased risk of the disease, which can be assessed by a simple blood test.

If relatives are at high risk they have the opportunity to participate in a prevention trial of a nasal insulin vaccine.

Relatives are vitally important in research to prevent and eventually cure Type 1 diabetes.

Encourage relatives to think of themselves and future generations by having the blood test for free.

Click [here](#) for more information or call 1300 138 712.

**Exploring the dark depths of the emotional hypo**



Many people tell us they have been there - down to that deep, dark place filled with anger, misery and confusion - down to the emotional hypo.

Have you ever morphed into your evil twin and end up shouting at your beloved, sobbing uncontrollably or trying to throw punches at your best mate? Or, perhaps you've been on the receiving end of a bewildering, low blood-sugar tyraid?

Emotional hypos can be a perplexing, embarrassing and sometimes a regular phenomenon for those of us living with the big D.

Join in the [discussion about emotional hypos](#) at Reality Check's online forum.

## "You must have eaten too much sugar as a kid."

Arrrrrgh!

This widespread myth must be one of the most annoying sentences ever uttered by well-meaning members of the public.

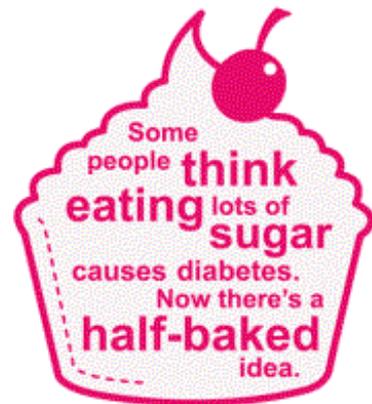
As I try to fight the urge to shove a whole pack of sugar-coated jubes in my mouth, just out of spite, I search for the correct response. Do I bother trying to educate the ignorant populous through gritted teeth, launching into a complicated explanation which makes the offending person's eyes glaze over? Or do I see how far I can reel them in with stories of great childhood sugar orgies and rotting teeth?

Type 1 diabetes can be a complicated topic, and sometimes even those of us who deal with it everyday can fall victim to much-repeated though totally unreliable statements.

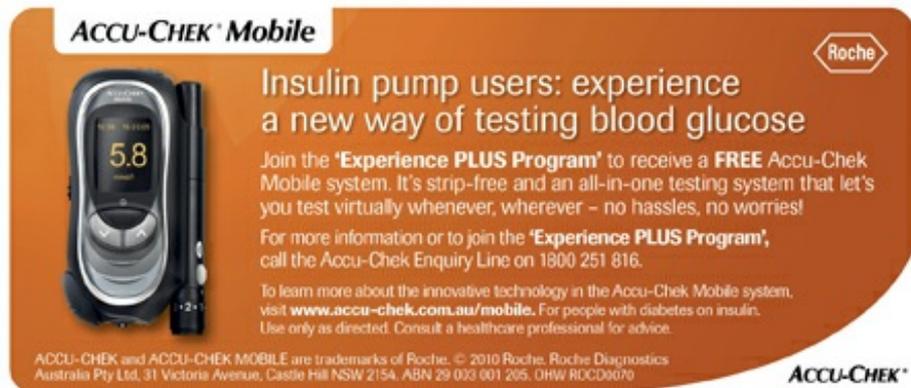
We were really interested to see that Diabetes UK is raising awareness of some of the widespread myths about diabetes with a series of [cute posters](#), including the one pictured above.

What myths have you come across?  
How do you respond?

Let us know on our [Reality Check forum](#).



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



**ACCU-CHEK® Mobile**

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Join the 'Experience PLUS Program' to receive a **FREE** Accu-Chek Mobile system. It's strip-free and an all-in-one testing system that let's you test virtually whenever, wherever – no hassles, no worries!

For more information or to join the 'Experience PLUS Program', call the Accu-Chek Enquiry Line on 1800 251 816.

To learn more about the innovative technology in the Accu-Chek Mobile system, visit [www.accu-chek.com.au/mobile](http://www.accu-chek.com.au/mobile). For people with diabetes on insulin. Use only as directed. Consult a healthcare professional for advice.

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Subsidies for kid's insulin pumps NOT to be extended to adults

In a letter to one of our Reality Checkers, the Department of Health and Ageing has confirmed that the Australian Government is NOT currently considering extending the Type 1 Diabetes Insulin Pump Program to adults.

The Program currently subsidises insulin pumps for children under the age of 18, and is administered by JDRF on behalf of the Government.

The Department says that they face many competing priorities when considering funding requests. The letter states:

"While insulin pumps are a significant benefit for many patients, they may not be optimal therapy for all persons with Type 1 diabetes. Insulin pump therapy, however, is regarded as an optimal treatment for young people with Type 1 diabetes, particularly when the diabetes is difficult to manage. For this reason, the insulin pump subsidy has been targeted at this group."

For more information on the Type 1 Diabetes Insulin Pump Program, click [here](#).

Or [chat with parents whose kids have been able to access the program](#) on Munted Pancreas, our discussion forum for parents of children with Type 1.

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 OR Simpson Kiosk, 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:**

- [Which careers are off-limits?](#)
- [Mum scared me with complications at 6 and now...](#)
- [Babies due around Aug, Sept, Oct](#)
- [Pump cannula pain](#)
- [I don't want diabetes anymore](#)
- [Hopeful after coeliac diagnosis](#)

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

- [Can I let him go to his friend's again?](#)
- [Continuous glucose monitors - any info?](#)
- [Lite or diet?](#)
- [Insulin pump subsidies for kids](#)

Hope you enjoyed our first edition together as much as I did!

We'd love to hear from you, so please email us! Maybe you have a new story idea, or perhaps you'd like us to follow-up on a previous article? Any feedback is most welcome, so just hit reply to this email and tell us what you think.

**All the best,**

# ***Simone & Kate***

**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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