

Yada Yada: September 2010



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

It's spring! Woo-hoo!

"Spring" into Yada Yada this month and take note of the election promises affecting Type 1s; check out the new additions to the T1DN website; reminisce about the diabetes "dark ages"; and if you're in Brisbane, make sure you sign up for an insulin pump workshop.

And don't forget to smile a little at life with the big D by taking a look at the cartoons.

Insulin Pump Workshops - Introduction & Advanced (Brisbane)



Live around Brisbane and to want to discover more about "pumping" from the people who really know?

Then don't miss out on this fantastic opportunity to attend one of our T1DN introduction or advanced insulin pump workshops!

When: Sunday 24 October 2010, 1-4pm

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

Cost: Free, with catering provided

RSVP: To brisbane@d1.org.au by Monday 18 October 2010 and advise if attending Workshop 1 or Workshop 2

Workshop 1: Introduction to pumping (1-3pm)

This session is suited to non-pumpers or those contemplating pump therapy.

Workshop 2: Advanced pumping (2-4pm)

This is an advanced workshop and is suited to existing pumpers wanting an update or to learn more.

Speakers: Assoc Prof Darrell Price, Janet Taylor CDE, Steve and Elissa Renouf, Susan Greenbank

[Further information](#)

New-look Reality Check online forum coming soon!

Quick Links

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We're launching the upgraded, new-look, super fabulous Reality Check forum on **28 September!**



We've currently got a few members trialling the forum to make sure that it works before we make it live.

Curious? Check out this [new look teaser](#) and keep your eyes peeled for the new look and new features coming soon!

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

"These new strips with ZipWik tabs are ace! They really draw up blood fast, just touch the strip and beep, you're done." Rob Palmer | TV Presenter | Living with Type 1 diabetes

Ask your local Pharmacy or Diabetes Australia about the new FreeStyle Lite Blood Glucose Test Strips featuring the innovative ZipWik tabs today.

FreeStyle Lite
Blood Glucose Test Strips

MAKE A DIFFERENCE **Abbott**
A Promise for Life

For more information visit www.abbottdiabetescare.com.au

What's NEW on the T1DN website?

Feedback regarding our new [T1DN website](#) has been awesome - thanks guys!

However, you may not have realised that the T1DN committee has continued to work hard behind the scenes over the past few months to ensure the website contains new and up-to-date info.

A few recent additions include:

T1DN YouTube channel

We've started to link to some videos that might be interesting or helpful to our members and visitors. In the longer term, we are hoping that we may make some videos of our own to upload. Visit the [T1DN YouTube channel](#) and let us know what you think.

New Reviews

[Care-sensN meter review](#) by Steve.

[PumpSets review](#) by Terry.



Don't forget you can also help spread the word about the T1DN website to other Type 1s by giving our new postcards (pictured) to your diabetes educator, endo or other health professionals. Contact Colleen at colleen@d1.org.au to order.

Election promises - will they stick?

Yes, that's right folks - after a laborious (pardon the pun!) 17 days of limbo, Labor has formed federal government by an absolute whisker.

So, as promised in our last edition, we will now look at those election promises made by Labor in the heat of the pre-election moment that affect the Type 1 community.

Our eagle eyes picked up two main proposals:

- **Health consumers to get a say in local health services**

Plans are underway to form some new bodies to coordinate and oversee health services in local areas across the country.

Funding will apparently be provided to the Consumers Health Forum of Australia (the peak body for consumer health groups like us here at the T1DN) to support real life people who use health services (like us!) to be represented on these new groups. The funding will allow CHF to assist with recruitment, training and ongoing support for consumer representatives.

[More details](#)

- **Online consultations - skyping your endo?**

As discussed in our [previous edition](#), Labor has also proposed to rebate some specialist online consultations through Medicare. This may make it possible for Type 1s to skype with health care professionals such as endocrinologists and diabetes educators.

If this promise is fulfilled it may help to address the number one issue in our [issues statement](#) around specialist Type 1 medical advice being limited, especially in rural and regional areas.

[Further information](#)

But will these promises stick?

Julia Gillard has recently said that key promises made in the election campaign may now be broken due to the "new environment" of a hung parliament.

However, advocacy groups such as the Consumers Health Forum remain positive that genuine healthcare reform is possible with the support of Independent MPs who have a strong community focus. Let's hope they're right!

You can hold the government accountable for these pre-election promises by writing to your [local Federal MP](#).

"Overly aggressive" blood pressure control = no benefits

A recent study suggests that "overly-aggressive" blood pressure (BP) control in people with diabetes may actually do "more harm than good", and at the very least, does not show any significant benefit.

Previously, it has been thought that the "tighter" BP control, the smaller the risk of microvascular (smaller blood vessels) complications, macrovascular (large blood vessels) disease and death.



However, this study reports no significant difference between the "tight" control and the "usual" control groups.

The study defines "tight" control as a systolic BP less than 130 mm Hg, "usual" control as between 130 mm Hg and 140 mm Hg, and "uncontrolled" as over 140 mm Hg.

[Read the study summary](#)

(Note: You will need to register with Medscape to view this article - registration is free.)

LOL! Fabulously funny diabetes cartoons



"...Well, I'll know how much insulin to take just as soon as I figure out exactly what the heck this stuff is!..."



Donald's attempt at subtlety failed when he missed his leg by about six inches.

For more great diabetes cartoons, visit [Diabetes Health](#).

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



ACCU-CHEK® Combo



Introducing the new
State-of-the-art
Accu-Chek Combo System

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.

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Pump Hotline: 1800 633 457



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

Revisiting the diabetes "dark ages"



My grandfather, a Type 1 diagnosed in the 1960s, used to tell me horrifying stories of the diabetes "dark ages" - the days of boiling massive glass syringes and only being able to test **yesterday's** glucose levels with urine sticks.

Even since my own diagnosis in the early 90s, so much has changed!

What can you remember from the diabetes "dark ages"? Even better, do you still have any of your old equipment hidden away in the cupboard that you can send us a photo of?

Join in the reminiscing on our [Reality Check online forum](#).

Or, send your photos to: tony@d1.org.au

Do you have an iPhone and Type 1?

Morwenna Kirwan is conducting research for her PhD studies at the School of Medical and Applied Sciences at CQUniversity in Rockhampton and is looking for people with Type 1 Diabetes to participate.

If you are over 18 years old, have Type 1 Diabetes, own an iPhone and want to improve your diabetes self-care, you can participate in this new exciting research project.

As a participant you will receive the AccuChek Mobile Glucometer - valued at \$149 - FREE!

You can participate from anywhere in Australia and the study runs for nine months. The minimum required of you as a participant is to:

- Visit your General Practitioner for a diabetes check every three months
- Get your HbA1c tested every three months
- Complete a web survey every three months

To learn more about this research and register your interest in participating, visit www.mkirwan.com.au.

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!

Illawarra Race Day

When: Saturday 23 October

Where: Kembla Grange Racecourse, Kembla Grange

Time: Gates open at 11am with first race at 12.30pm

Cost: Type 1s receive a FREE ticket! \$55 for all other attendees.

RSVP: To illawarratype1diabetes@exemail.com.au by 20 September - bookings essential.

[Further information](#)

Melbourne

When: Sunday 24 October

Where: The Angles (near Highpoint)

Time: 4pm

[Further information](#)

Canberra Type 1 Diabetes Information Group (DIG)

When: Tuesday 26 October

Where: Hellenic Club, Woden

Time: 6.30pm - 8.30pm

[Further information](#)

[Organise a meet](#) in your area.

Quick shots

Hot topics on the Reality Check online forum include:

- [Stuck on train at 2.2. and crashing](#)
- [What vitamins for pre-pregnancy?](#)
- [Accucheck mobile](#)
- [Trust in Healthcare professionals?](#)
- ["No delivery" pump angst](#)
- [Juggling work, children, diabetes, etc - how?](#)
- [Rob Palmer - Dancing D demon](#)

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

- [New diagnosis and outdated knowledge](#)
- [Seeking support group - Melbourne](#)
- [Tummy bugs, hospital stays and Type 1 ignorance](#)
- [Lunchbox ideas](#)
- [Lower price for blood ketone strips](#)

Reply to this email to send us a story for Yada Yada, or tell us what you think.

Happy spring!

Simone

The Type 1 Diabetes Network Inc.

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