



TYPE 1
diabetes
network

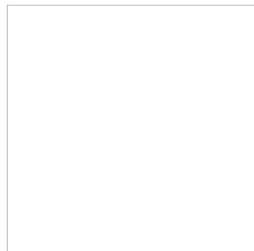
Support, Information and a Voice for the Type 1 Community

Greetings!

Hello and a belated happy Easter! We hope you managed to eat some chocolate? This month we bring you lots of research about long-term complications (there's actually some good news!), and carb counting. We also look at travelling with your insulin supplies and how small acts from our members lead to big, positive changes for everyone with T1.



Protection against long-term complications - exciting new research!



Here's a bit of **exciting news**: some of us are **naturally protected** from **long-term** diabetes **complications**! How? Why? Well, we don't quite know yet, but this was the finding of a study published this month. The study examined long-term diabetes complications in people who had T1 for more than 50 years. A **substantial number** of the 351 Americans who participated **had not developed particular complications** - like eye, kidney,

nerve or heart disease. (To see the number of people who were free of each complication, read the full study [here](#).) These individuals appear to be **enriched with factors** that may have protected them against these complications, but it is not clear exactly what these factors are. We hope the researchers find out soon, as it will help to **develop treatments** for those of us who are not lucky enough to be naturally protected from complications.

As an aside, we find the title of the study amusing: Protection from retinopathy and other complications in patients with Type 1 Diabetes of *extreme duration*. "Extreme duration" - hmmm, maybe 50 years can justify the phrase!

***** Mindfulness Program *****

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What is Mindfulness?

Mindfulness is the practice of paying attention to the present, moment by moment, without judgment. Mindfulness is an innate resource that can assist anyone to develop a wise relationship with one's self that in turn helps to manage stress and maintain wellbeing.

Establishing a Mindfulness practice can also deliver other benefits such as:

- Mastery over self-defeating habits e.g. over eating
- Increased concentration, clarity, and creativity
- Enhanced empathy and emotional regulation
- Assistance with anxiety and depression, anger, and irritation

Dr Lisa Engel, Health Psychologist, is presenting a **Mindfulness program** at Baker IDI Heart and Diabetes Institute, Melbourne, commencing **May 12th**. Email lisaengel@netspace.net.au or phone **0439 036 847** for further information.

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Strip-free Accu-Chek® Mobile system:
A new way of testing blood glucose
Easy to use – 4 simple steps
Experience it at www.accu-chek.com.au/mobile

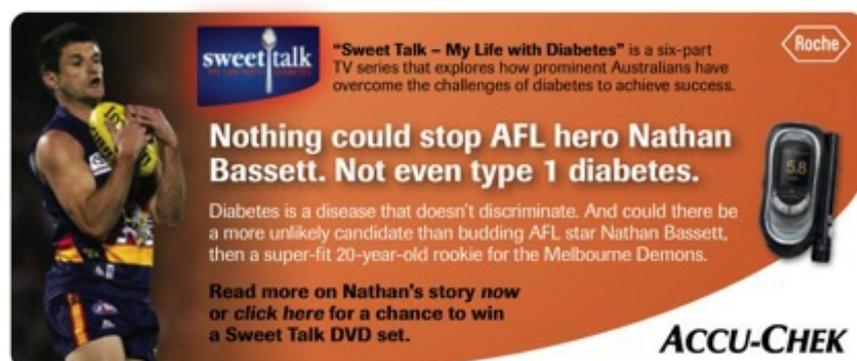
The Accu-Chek Mobile test cassettes are PBS-listed for people with diabetes on insulin. For people with diabetes on insulin. Use only as directed. Consult a healthcare professional for advice.

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



sweet talk

"Sweet Talk – My Life with Diabetes" is a six-part TV series that explores how prominent Australians have overcome the challenges of diabetes to achieve success.

Nothing could stop AFL hero Nathan Bassett. Not even type 1 diabetes.

Diabetes is a disease that doesn't discriminate. And could there be a more unlikely candidate than budding AFL star Nathan Bassett, then a super-fit 20-year-old rookie for the Melbourne Demons.

Read more on **Nathan's story now** or **click here for a chance to win a Sweet Talk DVD set.**

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

Taking a flight soon? Tips for carrying diabetes supplies.

Some of you are discussing this very topic on the Reality Check forum [here](#) and [here](#). We thought we'd share some useful information to make sure we **don't get separated** from our **diabetes supplies** when **travelling**.



As a general rule, it's a good idea to **carry a letter** from your **doctor**, listing all the T1-related items that you'll be packing in your **carry-on baggage** (a template letter is provided on the Australian Government Travel Secure [website](#)). It's also a good idea to keep some of your **insulin** in its **original packaging** with the pharmacy label on it, proving that it belongs to you.



What about carrying **needles** on board? Well, you can pack them in your **hand luggage**, but you'll need to have **proof** that they're medically necessary. This is where a **letter** from your doctor mentioning needles will help. Carrying your **NDSS card** and a **prescription** for insulin (even though you may not intend to get it dispensed) are also helpful in proving that the insulin is yours and that your carry-on sharps

are necessary.

Keep in mind that many of our Reality Check members report travelling with insulin and sharps with no questions asked - and for domestic flights, some members say your NDSS card may be all you need. However, it's best to be prepared!

If you'd like **more details**, or want to read the full documents, check out the following links:

- Two links from the Australian Government Travel Secure website -
 - [Liquid, aerosol and gel exemptions](#)
 - [What to do if traveling with medicines](#)
- Australian domestic airlines' medicines and sharps policies -
 - [Qantas](#)
 - [Virgin Blue](#)
 - [Jetstar](#)
 - [Tiger Airways](#).

Do you have a story you'd like to share about travelling with diabetes paraphernalia? Post it on Reality Check either [here](#) or [here](#).

Pain in the --! Treating diabetic neuropathy



Most of us have heard of **diabetic neuropathy**, and many of us know all about it first-hand. It's **nerve damage**. It's painful. It's debilitating. But thanks to drugs, it **can be managed**. Speaking of which, a recently published study found that two medicines, **amitriptyline** and **duloxetine**, provided '**good**' pain relief in up to **59% of people** and **significantly reduced** diabetic neuropathic pain. Amitriptyline is a drug that has been around for years, and duloxetine was introduced to Australia almost 2 years ago. So this is a classic case where a study compares an old treatment with a fairly new one to see if one works better than the other. Alas, in this case, it doesn't appear to be so. Duloxetine was found to provide similar pain relief to amitriptyline. To read the study abstract go [here](#).

In related news, [new guidelines](#) on managing diabetic neuropathy have been developed by the **American Academy of Neurology** which were published this month. Basically, they say **pregabalin** tops the list of treatments for this condition.

If you have diabetic neuropathy and want to share your experience, jump onto our [forum](#).

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

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For more information visit www.onetouch.com.au

*****Diabetes Fits sports camp*****

When: Friday 13th to Sunday 15th May, 2011

Where: Crawley Campus, University of Western Australia

Who: Anyone with Type 1 interested in exercise

Cost: \$50 per person

Includes:

- better understand blood sugar levels during and after exercise
- learn while being in a controlled setting
- speak to diabetes educators and doctors in small groups
- meet other active individuals and families with diabetes
- learn about proper nutrition and training principles
- free product samples!



3rd ANNUAL Sports & Educational Weekend
May 13-15th, 2011
University of Western Australia



Diabetes Fits helps individuals with type 1 diabetes:

- better understand blood sugar levels during and after exercise
- learn while being active in a controlled setting
- speak to diabetes educators and doctors in small groups
- meet other active individuals and families with diabetes
- learn about proper nutrition and training principles
- free product samples!



Fantastic prizes to be won:

- Bakers Delight vouchers
- Adventures for the Cure DVD documentary
- Revive123 Spa packs
- And more!



!!! Register now !!!
\$50 pp



ALL AGES & FITNESS LEVELS WELCOME!
For more information please visit our website
<http://www.sseh.uwa.edu.au/community/diabetes>
OR call (08) 6488 - 3181

For further information visit

<http://www.sseh.uwa.edu.au/community/diabetes>

Small acts make big change

In last month's [newsletter](#), we mentioned that one of our members was **winning the fight against misinformation** - read about it [here](#). As a result, a few others got inspired to take action themselves, including a member who wrote a letter to **correct** info on the TV *Swap it* campaign.

It's little acts like these that can add up to big change and, through the **Seed award**, we here at the T1DN like to recognise great individuals who quietly make a difference - like **last year's winner**, Cheryl. You can read about Cheryl's win on our [website](#).

Right now, it's a bit early to call for Seed award nominations, but **get your thinking caps on**. We'll let you know as soon nominations open. In the meantime, have you been **inspired** to stand up on behalf of people with T1? If so, drop on to our [forum](#) and **share your experience**. We'd love to hear from you!

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

FIND YOUR FREEDOM

with the Animas 2020[®] insulin pump

- ▶ Small, sleek and easy to use
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- ▶ A food database capable of storing 500 of your foods
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The freedom to get the most out of your life
Improved control • Fewer BG fluctuations • Easier lifestyle

An insulin pump should only be used under the advice of your Health Care Team and is not a substitute for professional advice and correct diabetes management

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Carb counting: does it give the full picture?

We all know that **counting carbs** is **important** - it's generally a reliable way to work out how much insulin we need. Of late, carb counting seems to be a **hot topic** - both in the **research** world and on our Reality Check forum.



First, to the research: Two recent, but very different, carb counting studies have been published. The [first study](#) looked at the **effects of carb counting** in adults with T1 who were **only on insulin pump** therapy. Those who counted their carbs had a **small reduction** in weight and waist size after six months. They also reported having **better quality of life**, but improvements in their **HbA1c levels** were fairly small - so **is there more to the picture?**

Perhaps the [second study](#), which was done in people **without T1** diabetes, can help. This study showed that **Glycaemic Load** (GL), which is the amount of carbs in grams multiplied by the food's **Glycaemic Index** (GI), repeatedly outshone carb counting in predicting blood sugar and insulin rise after a meal. The study's results certainly give us **something to think about**: we may like to **consider a meal's GL**, not just its carb content, when working out our insulin needs. As we know, foods with a low GI release glucose slowly, so this makes sense.

What do you think? Do you carb count, and have you tried incorporating GL?

On a somewhat related topic, a few of you are discussing **snacking** (extra carbs!) on the Reality Check forum. How much do you snack before you need to have some **insulin**? Join the conversation [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 a fun and relaxed way to get to talk to people who really understand!

There are currently upcoming meets in [Adelaide](#) and [Melbourne](#).

Why not [organise a meet](#) in your area?

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

The advertisement features a blue background with a white Abbott logo on the left. The headline reads "One meter. Twice the benefits." Below this, it states "Optium Xceed has the ability to test both blood glucose and blood ketones, giving you peace of mind everyday." A website URL "Learn more at: www.abbottdiabetescare.com.au" is provided. On the right, there is a photograph of a diverse group of people, a gold seal that says "Australia's #1 Cheapest blood glucose test strip", and an image of the Optium Xceed meter displaying "5.8". The Abbott logo and tagline "A Promise for Life" are at the bottom right. The phrase "DESIGNED FOR EVERYDAY LIFE" is written in large white letters at the bottom left. Fine print at the very bottom provides details about the sales data and medical advice.

**One meter.
Twice the benefits.**

Optium Xceed has the ability to test both blood glucose and blood ketones, giving you peace of mind everyday.

Learn more at: www.abbottdiabetescare.com.au

DESIGNED FOR EVERYDAY LIFE

Abbott
A Promise for Life

*Based on IMS and NDIS Data Blood Glucose Test Strip MAT Unit Sales October 2007 to November 2010. Diabetics with elevated blood ketone levels should seek medical advice. Ask your healthcare professional how an Optium Xceed may assist you. Always read the label and use only as directed. Optium Xceed is a trademark of the Abbott Group of Companies in various jurisdictions. Information contained herein is for distribution outside of the USA only. ©Abbott Diabetes Care, 856 Doncaster Road, Doncaster VIC 3108. ABN 95 000 180 399 MSE110328024633 ADC0171

For more information visit www.abbottdiabetescare.com.au

Quick shots

Hot topics on the Reality Check online forum include:

- [Problems with private health insurance covering pump](#)
- [Forgotten Lantus shot - what would you do?](#)
- [Tips for managing D on a cruise](#)
- [Diabetes in the police force](#)
- [Irony of an Easter diagnosis](#)
- [Trigger finger again](#)

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

- [Birthday parties](#)
- [Diabetes at boarding school](#)
- [Carer's allowance](#)
- [Pump independence](#)
- [Mysterious stomach pain](#)

I hope you enjoyed this edition of Yada Yada. As usual, if you have any suggestions, just reply to this email.

All the best!

***From everyone at
The Type 1 Diabetes Network***

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