

# Yada Yada: August 2011



TYPE 1  
**diabetes**  
network

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

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### Greetings!

Hello and welcome to the August edition of *Yada Yada*. Can you feel Spring in the air? We are moving out of the cold, wet, dark winter towards the warmth, lightness and blossoms of Spring. There hasn't been much hibernation over winter here at T1DN, and we have more projects coming up! So, in this issue we are putting a call out to gather some volunteers for these projects and to help us spread the word about the T1DN. There's also a reminder about the Seed Award, information on the prevalence of T1 in Australia, and we share some new research on the relationship between HbA1c and staying out of hospital. Finally, we close this month's newsletter with a couple of triumphs - enjoy!

**The Type 1 Diabetes Network wants YOU!**

### Quick Links

[Join the discussion -  
REALITY CHECK online  
forum](#)

[DONATE HERE to  
support the Type 1  
Diabetes Network](#)

[Resources for Health  
Professionals](#)

[Online community for  
parents: MUNTED  
PANCREAS](#)

[T1DN Online Module](#)

[More About Us](#)

### Join Our List

[Join Our Mailing List!](#)



The last 6 months has been an exciting time for T1DN. We have a new leadership team on board, and we've just released an elearning module aimed at showing health professionals what it's like to live with type 1.

In addition to our two forums and monthly newsletter Yada Yada, we have several other projects planned or in progress. To help us with

some of these projects, we are now recruiting new volunteer committee members.

Do you have skills, experience or interests in any of the following areas?

- Accountancy/Bookkeeping
- IT
- Social media - e.g. Facebook and/or Twitter
- Webinars
- Web development, including web design
- Writing - documents & creative
- Administration
- Advocacy

Then we would love to here from you!

We are also looking for a parent of someone with type 1 diabetes to represent this group of people on our committee.

If you aren't sure whether you have any of those skills but want to help out, get in touch anyway - we're there will be something you can do to help!

For more information, or to get involved, [email Susan](mailto:susan@t1dn.org.au) by 4 September 2011. You can also find more details on the [forum](#).

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

An advertisement for the Optium Xceed blood glucose and ketone meter. The background is blue. On the left, there is a stylized 'a' logo. The text reads: "One meter. Twice the benefits." Below this, it says: "Optium Xceed has the ability to test both blood glucose and blood ketones, giving you peace of mind everyday." A URL is provided: "Learn more at: www.abbottdiabetescare.com.au". On the right, there is a photograph of a family (a man, a woman, and two children) and a circular badge that says "Australia's #1 Choice - blood glucose test strip". Below the family photo is an image of the Optium Xceed meter, which displays "5.8". The Abbott logo and tagline "A Promise for Life" are in the bottom right corner. At the bottom, it says "DESIGNED FOR EVERYDAY LIFE". Small text at the very bottom provides legal disclaimers and contact information.

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

Seed Award reminder

Have you put in your Seed Award nominations yet? Nominations close on Wednesday, 14th September - so be quick and get them in! For the eligibility criteria, check out [last month's newsletter](#).



You can email your nominations to Colleen at [colleen@d1.org.au](mailto:colleen@d1.org.au). If you have any questions, you can also ask Colleen by [emailing her](#) or giving her a call on 0414 281 539.

For more information about the Seed Award and how it started, go [here](#).

## First published data on prevalence of type 1 in Australia!

We've had data on new diagnoses and on the incidence of T1D, but never on prevalence.

A recent report by the Australian Institute of Health and Welfare (AIHW) presents the most up-to-date estimates of the number of people diagnosed with diabetes in Australia. These estimates are based on self-reports to the Australian Bureau of Statistics' 2007-08 National Health Survey. One of the key findings of this survey showed that in 2007-08 there were an estimated 87,100 Australians with type 1 diabetes.



You can read the full report [here](#).

Source: [Australian Policy Online](#)

Photo by Bernard Farrell

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

For more information, or to enter the Sweet Talk Awards, go to [www.sweettalkdiabetes.com](http://www.sweettalkdiabetes.com)

For people with diabetes, use only as directed. Consult your healthcare professional for advice.  
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For more information visit [www.sweettalkdiabetes.com](http://www.sweettalkdiabetes.com)

## HbA1c levels can predict hospital admission risk

This was an interesting study recently published in the Diabetes Care journal. It concluded that in 24,750 people with type 1 diabetes, keeping HbA1c levels in a safe range helped to keep them out of hospital.



Those that had HbA1c levels of 7.7 - 8.7% had the lowest risk of hospital admission compared to those with the highest HbA1c readings (10.8 -18.4%), who were almost three times as likely to be admitted to hospital.

This, of course, makes a lot of sense, but maintaining HbA1c levels in the recommended range isn't always easy to achieve! Read the study abstract [here](#).

### Want to spread the word about T1DN?

A promotional graphic for the Type 1 Diabetes Network. The left side has a blue background with white text: 'Support, Information and a Voice for the Type 1 Community' and 'Connect with others with Type 1 at www.d1.org.au'. The right side features the 'TYPE 1 diabetes network' logo (a blue circle with four yellow hands) and a group photo of diverse people of various ages and ethnicities smiling and hugging.

Then get some of our branded postcards to give to your health professional for their waiting room! Contact Colleen, and she'll post you out a small bundle of postcards. You can either [email her](#) or call her on 0414 281 539.

### \*\*\*\*\*Garvan High Tea\*\*\*\*\*

A promotional poster for 'Host a Garvan High Tea'. The background is light pink. At the top left and right are decorative paisley patterns. In the center, the text reads 'Host a Garvan High Tea' in a large, elegant font, followed by 'this September to support medical research' in a smaller font. On the bottom left is a colorful teapot illustration, and on the bottom right is the Garvan Institute logo, which includes a stylized DNA helix and the text 'GARVAN INSTITUTE'.

For more information visit [www.giving.garvan.org.au/hightea](http://www.giving.garvan.org.au/hightea)

## Celebrating 2 wins at the ADS-ADEA\* conference!



The first win we'd like to celebrate is that Kate Gilbert, our former president, is presenting a poster about the T1DN's [online module](#) for health professionals at the conference. We are chuffed to have such a presence at one of Australia's most important conferences on diabetes.

The second win is that HypoActive will be presented with an award at the conference. HypoActive's mission is to inspire and enable the Type 1 community to live a more physically active lifestyle. They do superb work (check them out [here](#)), so it's wonderful they've won the Abbott Diabetes Care Case Study Award. The case study submission was written by Dr Cheryl Steele ([last year's Seed Award winner](#)), Monique Hanley, Lyndal Hynes and Ewin Williams. The ADS-ADEA organising committee has also accepted another piece of research from HypoActive, which will be shown as a poster presentation. Congratulations guys!

*\*The Australian Diabetes Society and the Australian Diabetes Educators Association are having their conference in Perth from 31 August to 2 September 2011. This conference promotes the exchange of the latest clinical practices and cutting edge research in diabetes with state-of-the-art lectures, with free clinical, scientific and educational symposia. You can read more about it [here](#).*

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

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For people with diabetes, use only as directed. Consult your healthcare professional for advice.

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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, B. Phillips, Department of Clinical Chemistry, South West Sydney Area Pathology Service, Liverpool NSW 2170, Australian Association of Clinical Biochemists ABC, September 2008. 2. Evaluation of three blood glucose meters: Accu-Chek Performa®, One Touch® and One Touch® against laboratory comparative method. L. B. Johnson, S. Dondopulos, Department of Biochemistry, Sydney South West Area Pathology Service, Liverpool Hospital, Sydney, Australia, September 2010. 3. Extended study report on Accu-Chek® Performa self-monitoring blood glucose system. MK, Lovrovic, B. Rado, January 2008. Data on file. 4. Accu-Chek® Performa User Study Australia and France. R.L. Kozabek, Data on file. 2008. All other product names and trademarks are the property of their respective owners. 1109 10032010

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## 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 diabetes. Organised by everyday people, these unofficial get-togethers are a fun and relaxed way to get to talk to people who really understand!

Keep an eye on the [Meet Forum](#) for meets in your area. Currently, a meet is being organised in [Melbourne](#), [Brisbane](#) and [Gold Coast](#) - or why not [organise a meet](#) in your area?

## Quick shots

Hot topics on the Reality Check online forum include:

- [Low carb NOODLES!](#)
- [Pregant, type 1 and now thyroid](#)
- [Gaps in knowledge of carb counting?](#)
- [Genes and autoimmune disorders](#)
- [DAFNE course](#)

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

- [Waiting for appointment for insulin pump](#)
- [5 year anniversary](#)
- [Pumping is a success!](#)
- [Travelling with type 1](#)
- [Share your recipes](#)

Oh, and before we forget, the [starter kit](#) has been updated - we think it looks fabulous! Check it out [here](#). And thanks to Abbott for supporting the reprint. :-)

I hope you enjoyed this issue 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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