



Yada Yada: December 2011



Support, Information and a Voice for the Type 1 Community

Greetings!

Hello and welcome to this year's final *Yada!* The year has gone quickly and we have achieved plenty at the Type 1 Diabetes Network, including the launch of an online learning module for health professionals, getting a new leadership team up and running, and having input into the new national evidence-based clinical care guidelines for type 1 diabetes.

With this newsletter, we wrap up the year with an update on those new clinical guidelines, a story about a very successful young adult transition program, a recent research article that grabbed our interest, and a report on our representation of type 1 at the recent Diabetes Australia National Diabetes Policy Forum.

Oh, and we finish off on a lighter note with a video that's guaranteed to make you chuckle!

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

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New national evidence-based clinical care guidelines for Type 1 Diabetes



National Evidence-Based Clinical Care Guidelines for Type 1 Diabetes in Children, Adolescents and Adults

For the first time ever, type 1 diabetes clinical care guidelines that cover a person's whole lifetime have been developed in Australia - guidelines have previously existed for children and adolescents but never for adults.

The guidelines were prepared by the Australasian Paediatric Endocrine Group (APEG) and the Australian Diabetes Society (ADS) and will support health professionals and people with type 1 diabetes in the management of this condition. They were launched on World Diabetes Day, 14 November 2011 - very timely!

Earlier in the year, as we [mentioned to you](#), we were very happy to have the opportunity to review the draft guidelines. Now, we are involved in a working group that is looking at how to get the key messages from the guidelines out to consumers and health professionals. We will keep you updated on this!

If you'd like to check out the guidelines yourself, you can download them from [here](#) or [here](#).

(Source: [APEG/ADEA Guidelines Press Release](#))

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An example of a new successful young adult transition program

At the recent 2011 ADS-ADEA conference in Perth, we heard about a new young adult transition program being run at the Nepean Health Service in NSW. We thought it was a fine example of what could be done nationally. A transition program is where teenagers with type 1 are transitioned from paediatric care into the adult health care sector.



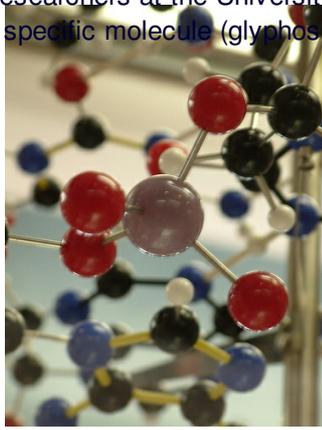
The program works by actively recruiting young adults in the local community who have type 1. These people are sent a letter or given information by their endocrinologist explaining the new program and asking whether they would like to sign up. Within 2 years, the number of young adults attending the Health Service diabetes clinic grew from 42 to 220.

The program uses hospital admissions for diabetes ketoacidosis as the key measure for success, and, to date, it has had reductions in admissions equating to an estimated cost saving of \$790,000. Impressive! Part of this may be due to having a diabetic educator on call evenings and weekends for all patients who attend the clinic. This is such a great success story about the complicated process of transition.

Rickie Myszka, the program coordinator, was also short-listed for this year's Seed Award. A very worthy contender!

New molecule discovered that prevents T1 in mice - and in human cells

Researchers at the University of Colorado School of Medicine have found that a specific molecule (glyphosine) prevents the onset of type 1 diabetes in mice,



Picture by Paul

by interfering with the process of islet cell destruction. Encouragingly, this molecule had the same effect on cells from people who have diabetes.

Based on this two-and-a-half-year study, the researchers say it may be possible to screen people who are likely to develop type 1 diabetes, and begin treatment with molecules like glyphosine to prevent the onset of the disease. Studies would need to be done in humans to understand the effects better. You can read more about this exciting research

[here.](#)

(Source: [Science Daily](#))

*****Sponsor Study*****

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

Representing type 1 at the National Diabetes Policy Forum

To discuss how to better manage diabetes, Diabetes Australia recently invited 85 Australian diabetes experts to attend the National Diabetes Policy Forum, held on World Diabetes Day - including us!

Despite being a diabetes event, the discussions, unsurprisingly, focused mainly on type 2. But we're pleased to say there was a small contingent of type 1 advocates and supporters. After expressing our concern on the lack of type 1 support, we were glad to be given the opportunity to have our voices heard!



The type 1 crew highlighted the following:

- while T1D is only 10-15% of the total diabetes statistic, its cost to Australia is approximately 42% of the total diabetes cost
- while prevention is the focus of type 2 diabetes, greater resourcing and collaboration to help prevent long-term problems should be the focus for type 1
- greater importance needs to be placed on addressing the impact of type 1 diabetes on mental health.

At the forum, we also discovered that several doctors found the T1DN ['Issues Statement'](#) a valuable resource - and they congratulated us for producing it. We were chuffed to hear that all our hard work on this was appreciated. :-)

In the end, we were just happy to be able to represent the type 1 community at the forum - and even though it may take some time before type 1 is given the same space and attention as type 2, we'll continue doing what we do to make sure we get there!

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*****Study Announcement*****



Diabetes Counselling Online received a "In Memory of Barry Young" grant from the ADS and Servier to develop a study looking at the impact of their web-based counselling services for men living with diabetes in rural areas of Australia.

This study will help us to evaluate the effectiveness of our online counselling, with men who enrol being randomised to either a group:

- receiving email counselling and access to all public areas, forums, regular men's chat and Aussie Men with Diabetes facebook group

or

- receiving just access to the public areas for first 3 months and then offered email counselling.

We ask participants to complete online surveys pre and post contact with us. Participants will receive support, counselling and connections with other men living with diabetes.

We are working with University of Tasmania and Professor Timothy Skinner, as well as Flinders University and Diabetes Outreach in SA.

Please contact Helen Edwards by [email](#) for more details, or hop on to the "Men with diabetes shed" website [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 diabetes. Organised by everyday people, these unofficial get-togethers are a fun and relaxed way to get to talk to people who really understand!

There have recently been meets in Sydney and Brisbane - keep an eye on the [Meet Forum](#) for meets in your area. Alternatively, why not [organise a meet?](#)

Quick shots

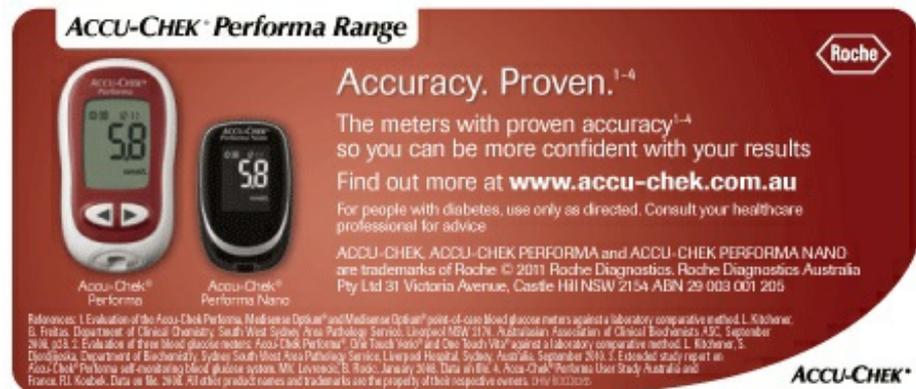
Hot topics on the Reality Check online forum include:

- [A success on radio](#)
- [Rotating injection sites](#)
- [QML Pathology gives access to test results](#)
- [Scary hypo](#)
- [What moods send your levels into chaos?](#)

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

- [Ideas for lunchbox](#)
- [Loving pump](#)
- [Junk food at school](#)
- [Sugar free sports drinks](#)

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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. Priddy, Department of Clinical Chemistry, South West Sydney Area Pathology Service, Liverpool NSW 2171, Australian Association of Clinical Biochemists ABC, September 2008. 2. Evaluation of three blood glucose meters: Accu-Chek Performa®, One Touch® and One Touch® against a laboratory comparative method. L. Kitchener, S. Dooling, 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. M.K. Lovvick, B. Rado, January 2008. Data on file. 4. Accu-Chek® Performa User Study Australia and France. R.I. Kocabek, Data on file, 2008. All other product names and trademarks are the property of their respective owners. 01914033205

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We hope you enjoyed this issue of *Yada Yada!*

As our last newsletter for the year, we'd like to thank you for your continued support and wish you all the best for the festive season.

We will 'see' you again in January. In the meantime, we leave you with [this video](#) for some Christmas cheer!

Merry Christmas & Happy New Year!



From every one at

The Type 1 Diabetes Network

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