

Yada Yada: January 2011



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

Greetings!

We hope you had a lovely Christmas and celebrated Australia Day with true Aussie gusto!



However, our thoughts do go out to those who have been affected by the recent floods in Queensland and Victoria, and those who battled bushfires in WA late last year.

This edition, we look at what diabetes supplies to take with you if you are evacuated due to an emergency situation.

We also tell you how to post on Reality Check with your mobile, explore the medieval "pissing eville" and look back at what it was like to be diagnosed with D 46 years ago.

And if you use Optium blood glucose test strips, make sure you find out about the recently discovered inaccuracy issues below!

Visit *Reality Check* from your phone!

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After many requests from our RC users, you can now view and post to our Reality Check online discussion forum from your mobile phone!



Go to www.realitycheck.org.au/mobile and the content will be reformatted on your mobile's browser to make it easier to scroll, zoom in and out, post, and generally use!

At this early stage, we are unsure of what phones it will or won't run smoothly on - it's simply a matter of trial and error. But we have tested it (and **it works!**) on an iPhone, an Android phone and a Blackberry.

If it works for you on your phone, please email our web extraordinaire, Tony, at tony@d1.org.au with your **phone make and model** so he can keep a list of working phones.

We're offering support for this capability on a 'best efforts' basis. This means Tony will try to help if it doesn't work for you (email him at tony@d1.org.au), but please remember that our "master of the web" is a T1DN volunteer with only so much time and he cannot work miracles!

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](#)

[More About Us](#)



We've also created a **QR code** (see left) that may be used with a QR Reader app on your phone. This allows you to scan the code with your phone's camera and it will take you directly to the correct web address (once there, make sure you bookmark it). This is totally unsupported but we know that it certainly works on an Android phone.

Keep an eye on future editions of Yada for more details on this cutting edge technology. **Enjoy!**

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

Join Our List

[Join Our Mailing List!](#)

Mindfulness-Based Stress Reduction Program for people with Diabetes

Dr Lisa Engel, a highly experienced diabetes educator and newly qualified health psychologist, is offering the Mindfulness-Based Stress Reduction Program for people with diabetes during February through to April this year.

Based in Melbourne, this program is participatory and supportive, and structured over 8 sessions with a one-day retreat.

The cost of the program is \$480 and includes all tuition, handout notes, meditation CDs and the one-day retreat.

Dates: 17 February - 7 April 2011 (inclusive)

Evenings: Thursdays 6.30pm - 9.00pm

One-day Retreat: Saturday 19th March 2011, from 9.30am to 3.30pm

All sessions will be held at Baker IDI Heart and Diabetes Institute at 99 Commercial Rd, Prahran.

Contact Lisa Engel on 0439 036 847 or email lisaengel@netspace.net.au



What to pack when you HAVE to go!



The recent onslaught of natural disasters has got the T1DN thinking about our everyday T1 needs, and how frustrating it can be if your normal diabetes supplies are forgotten in the heat of the moment or unavailable.

Some of you who were caught up in the massive flood **evacuations** across Qld, Vic and northern NSW may have already gone through such an experience.

A friend of mine in Brisbane was recently looking for size 16 shoes on facebook because he forgot to grab his on the way out of his rapidly flooding flat!

So, what can we do?

Ann Robinson, a diabetes educator in cyclone-prone Townsville, says **prepare**.

"It is so stressful and unless preparation has been made, you may not remember to grab everything you need for adequate diabetes management."

"We get all our Type 1s to put a **kit together** that includes:

- a waterproof container
- a BSL meter
- strips
- insulin
- needles
- spare pump consumables
- a sharps container
- hypo treatments
- glucagon

A first aid kit that includes dressings (for foot injuries, etc) is also helpful."

Check out the following links for some useful info:

[Evacuating if you have diabetes - what to pack](#)

[Diabetes supplies assistance](#)

[Accessing pump supplies in Brisbane](#)

We acknowledge that for many of you, such advice is too late, but perhaps you can offer some further suggestions based on experience!

If you would like to know how some of your **T1DN friends** are doing, or post your best wishes, visit:

[Reality Check - floods in Queensland](#)

[Munted Pancreas - best wishes to flood affected areas](#)

Problems with Optium blood glucose test strips

Abbott Diabetes Care has advised the T1DN of a problem with certain lots of the **Optium blood glucose testing strips**.

They found upon routine quality assurance testing that certain lots of strips (that had been exposed to high temperatures) had problems associated with slow filling, leading to falsely low blood glucose readings.

Those of you holding test strips with any of the [affected lot numbers](#) that are not filling correctly may contact Abbott Australasia on their Customer Service Line on 1800 801 478 and the product will be replaced.

For [further information](#) from the Therapeutic Goods Administration.

[Discuss on Reality Check forum](#).

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



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The meters that think for themselves so you can be more confident with your results
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For people with diabetes, use only as directed.
Consult your healthcare professional for advice

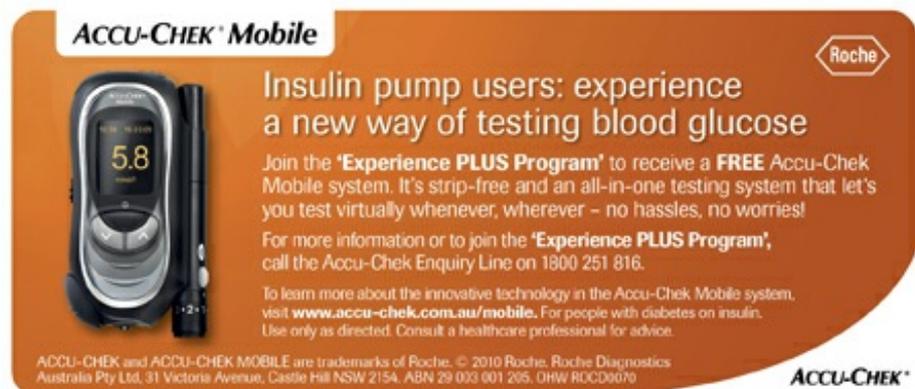
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References: 1. Evaluation of the Accu-Chek Performa, Medisense Optium® and Medisense Optium® Point of care blood glucose meters against a laboratory comparative method. L. Kitchener, G. Freitas. Australasian Association of Clinical Biochemists ASC, Sept 2008: (P26). 2. Evaluation Report: Accu-Chek Performa System. Data on file. 3. Lawrence, M.V., et al. Extended Study Report on Accu-Chek Performa Self-Monitoring Blood Glucose System, 2008. Data on file. OHW R0CD0080

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



ACCU-CHEK® Mobile Roche

Insulin pump users: experience a new way of testing blood glucose

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. For people with diabetes on insulin. Use only as directed. Consult a healthcare professional for advice.

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More D YouTube clips to make you giggle!

Check out these laugh-out-loud diabetes videos recently discovered on Youtube by one of our regular T1DN contributors:

[The Diabetes Rap](#)

A diabetes-themed rap starring Luke Widbin, a Type 1 who won the 2008 World Diabetes Day Young Voices video contest. Funny, and it also contains accurate Type 1 info!

[The Diabetes Rap 2: He gotta pump](#)

The sequel!

What do you think? [Post your comments](#) on the Reality Check online discussion forum.

46 years with Type 1... and counting!



Jane Reid, one of our [T1DN management committee](#) and RC moderators, has recently celebrated her **46th "D-day"** - 46 years since she'd been diagnosed with Type 1! Congratulations Jane - what an achievement!



Things have changed a lot since then, and she tells how she was finally diagnosed:

"I'd been getting sick for a long, long time and my parents had me to the local GP on a regular basis, but **no-one twigged**, even with symptoms of drinking loads of water, peeing continually and even wetting the bed. I can remember walking home from the station after school and having to stop at a local church to wee, and fill up on water from the tap. I was also losing weight at a rate of knots.

I **don't remember much** about the day itself. I think Mum dropped me off and went shopping while I went to the cinema. But I was feeling extremely unwell and so started to walk home. I remember having to sit on the gutter and vomit numerous times. I think someone I knew gave me a lift home, but I'm not sure about that.

The last thing I remember is wanting to pee and not being able to, so Mum put me in a bath to see if that would help. I was later told that I was put to bed, and then started having conversations with dead relatives!

I don't know how much time had passed when I came to, but by then I was in Hornsby Hospital ICU. Not long after, they diagnosed me as having diabetes, and the first insulin shot was administered.

The specialist on call later gave me the **best advice** about diabetes I have ever heard from anyone: "You will know more about your diabetes than anyone else." It's as true today as it was then.

I was kept in hospital for about four weeks, learning to inject and test my urine by mixing it with water and putting a tablet in the mixture. Invariably it either turned blue (no glucose) or brick red (high glucose). I've since found out that blue (on a test strip) can mean anything up to 10mmol for me! **Great control -**



not!

Anyway, I'm still here and doing fairly well. I love my pump and my meter, and wouldn't ever want to ever go back to the **bad old days.**"

[Read more or post a comment](#) on 46 years and counting!

Find out about your [T1DN management committee](#), all of whom are Type 1s, on the T1DN website.

Other stories and Reality Check posts you may be interested in:

[Short film on the discovery of insulin as a D treatment](#)

[29 years of D today](#)

[Pregnancy with 30 plus years of D](#)

Did you know diabetes was called "the pissing evile" in medieval times? How appropriate!

True!

In this fascinating article published by Diabetes Health, a parent of a Type 1 child discovers all sorts of weird and wonderful historical diabetes facts at the **New York Historical Society's Diabetes Exhibition**.



[Read article](#)

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

"Keeping an eye on my blood glucose and my blood ketones just makes my life easier."

**Rob Palmer • TV Presenter
Living with Type 1 diabetes**

OPTIMUM BLOOD β -KETONE STRIPS HAVE BEEN DRAMATICALLY REDUCED! PLEASE ASK YOUR PHARMACIST OR NDSS OUTLET TODAY!

Diabetes with elevated blood ketone levels is a medical emergency. Ask your health care professional for an Optimum Blood Ketone Strips kit. Optimum Blood Ketone Strips are a trademark of Abbott Diabetes Care. For more information, visit www.abbottdiabetescare.com. ©2011 Abbott Diabetes Care, All Rights Reserved. Diabetes, T1D and Optimum Blood Ketone Strips are trademarks of Abbott Diabetes Care.

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One week left to tell Health Professionals what you think!

As part of our mission to help health professionals understand more about what it's like to live with T1D, we're currently working on producing an **eLearning** module that they can access for their professional development.

Survey closes 6 February, so give us your much appreciated input today!

[Complete the survey.](#)

(It is a really quick one - it will only take 5 minutes, or 10 at the absolute max.)

Act1vate 2011 is on this weekend - register NOW!

Brought to you by [HypoActive](#), Act1vate 2011 is for anyone with Type 1 diabetes (above the age of 18) interested in exercise. This weekend-long program will give you practical tools and tips and covers all abilities and fitness levels.

[Further information](#)

[Facebook page](#)

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!

NEW! Rockhampton - Type 1 Diabetes Capricorn Connection

When: Saturday 5 February 2011

Where: Community Health Centre, 82 -86 Bolsover St, Rockhampton

Time: 2pm

Details: Meet Diabetes Educators, Lisa Grice and Veronica Mills

[Further information](#)

Melbourne

When: Friday 11 February 2011

Where: Soul Mama, St Kilda Sea Baths, Jacka Boulevard, St Kilda

Time: 7pm

Details: Please RSVP by 5 February [here](#)

[Further information](#)

Canberra - Type 1 Diabetes Interest Group (DIG)

When: Tuesday 22 February 2011

Where: Hellenic Club, Woden

Time: 6:30 - 8:30pm

[Further information](#) or join their [Facebook group](#).

Wollongong

When: Thursday 17 February 2011

Where: Oak Flats Bowling Club, David Ave

Time: 7pm

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

Quick shots

Hot topics on the Reality Check online forum include:

- [Cuts in the corners of mouth](#)
- [What?! Diagnosed T1 at your age?](#)
- [Diabetes and depression](#)
- [Long term effects of D](#)
- [Working out your pregnant early enough](#)
- [Trouble out at dinner](#)
- [Drinking and frustrated!](#)

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

- [Carer's guilt](#)
- [Grandparents, families and diabetes](#)
- [Accu-chek mobile - how do you find it?](#)
- [School diabetes supply bag - suggestions?](#)
- [Parents, do you get a night out?](#)
- [HbA1c](#)
- [Babies under 6 months diagnosed with T1](#)
- [A day in the life of your T1 child](#)

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

All the best,

Simone

The Type 1 Diabetes Network Inc.

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