

# Yada Yada: July 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 July edition of *Yada Yada*! In the second issue for this month, we bring you a mixed bag of interesting stuff: we remember (and are grateful to) the late Stan Clark for his phenomenal work in diabetes care, share some exciting news on online consultations with specialists, report on changes to HbA1c measurements, and call for Seed Award nominations.

### Medicare joins the 21<sup>st</sup> century!



In the [August 2010 Yada Yada](#) we wrote about an election promise that caught our eye: online consultations with specialists. Access to specialists is also highlighted as one of the Top 10 issues for type 1s in our [Issues Statement](#).

Now, almost a year later and since Friday, 1 July 2011, Australians are eligible to receive Medicare funded consultations with medical specialist via a video conference - *how sweet is that?! Glad to see the Australian government kept their promise on this one. :-)* To read more about it, and to find out how it works, go [here](#).

### 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](#)

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## Type 1 Diabetes Network at ConnecT-1n

What is [ConnecT-1n](#), you ask? ConnecT-1n is an interactive weekend workshop for young adults, aged 18-25 years, who have type 1. It is run by Diabetes Australia (Vic), and each session covers activities that affect everyday life, such as carb counting, exercise, travel and sexual health.

# ConnecT-1n

This year, the workshop was held in early July, and we were delighted the Type 1 Diabetes Network was invited to speak! Our Public Officer Colleen represented us. Coll spoke on the closing panel about our work at T1DN, and emphasised the value of connecting with others who have type 1 - both in person (like our meets) and online (like the [Reality Check](#) forum).

## The late Stan Clark & his phenomenal contribution to diabetes care



Photo courtesy of Tony Bernauer

It is with great sadness that we report Stan Clark passed away recently. If you didn't know who Stan was, then you may not realise the huge impact Stan had on all of our lives.

In the late 1970s, Stan designed and built a glucose meter that could read test strips for measuring blood glucose levels. Before then, blood glucose testing had to be done in hospitals or by pathologists, and home testing used urine strips - cumbersome and not very accurate. Blood testing machines were far too expensive for patients to have at home, but Stan's new meter was affordable. By developing this meter, he changed home testing completely, bringing it into the 20th century. Some of our members even had one of Stan's meters as their first meter!

Stan Clark was an engineer from Sydney, and his main inspiration for developing the meter was his daughter, Lisa, who has type 1 diabetes. But in helping her, he has helped us all. Stan, we are grateful for what you have done for diabetes care. May you rest in peace.

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## Changes to how HbA1C is reported

You may start to notice some changes the next time you have your HbA1C levels tested. To standardise the test worldwide, HbA1C will move from being reported as a percentage to international units, which are represented in mmol/mol. Starting this month, there will be a 2-year changeover period, so expect to see your HbA1C results reported in both ways. HbA1C percentages will be completely phased out by 2013.



The international units are a more accurate measure of HbA1c, and remove potential confusion between HbA1c values and blood glucose values. To find out more about this change read the Australian health professionals' position statement [here](#), and make sure you speak to your health professional if you have any questions.

## Calling for Seed Award nominations!



Our annual Seed Award recognises people who make a difference by contributing to the type 1 community, and goes to an individual or group that meets all 3 criteria:

- provided support, information and/or a voice for the Type 1 community
- demonstrated initiative and intelligence in their endeavours
- been committed to the principle that people living

with type 1 diabetes can and should have a voice in the decisions that affect their lives.

Do you know someone who meets these criteria? Please nominate them! In your nomination, include a brief description of how the nominee meets each criterion. Please include your contact details, and, if known, the nominee's contact details too. To get an idea about the type of nominations we're looking for, read about last year's winner, the fantastic [Cheryl Steele](#).

Email your nominations to Colleen at [colleen@d1.org.au](mailto:colleen@d1.org.au) by 31st August 2011. 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](#).

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

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References: 1. Evaluation of the Accu-Chek Performa, MidSense Optium® and MidSense Optium® point-of-care blood glucose meters against a laboratory comparative method. L. Kitchener, B. Fritzer, Department of Clinical Chemistry, South West Sydney Area Pathology Service, Liverpool NSW 2170, Australian Association of Clinical Biochemists AACC, September 2010. 2. Evaluation of three blood glucose meters: Accu-Chek Performa®, One Touch® Vario® and One Touch® Vibe® against a laboratory comparative method. L. Kitchener, S. Djondjaska, 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, Lovvick, B. Road, January 2008. Data in file. 4. Accu-Chek® Performa User Study Australia and France. P1, Kocbek, Data on file. 2008. All other product names and trademarks are the property of their respective owners. 0109 10020205

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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 [Tasmania](#) and [Brisbane](#) - or why not [organise a meet](#) in your area?

#### \*\*\*T1DCC Get-Together for 6 August 2011 Meeting\*\*\*

T1DCC (Type 1 Diabetes Capricorn Connection) would like to extend a warm invitation to all adults living with type 1 diabetes and their family/support person to attend our next group get-together. It will be held at the Yeppoon Community Health Centre (in the Yeppoon Hospital, 8 Hoskyn Drive, Yeppoon) at 2:00pm on Saturday, 6 August 2011.

Our guest speaker for this meeting will be Jason Egan from Roche/Accu-Chek who will provide an overview of blood glucose patient care information, diabetes management software systems and the Accu-Chek Combo Insulin Pump new technology.

For more information please contact Katie Mitchell, Coordinator of T1DCC, on 0429 01 5454 or email [t1dcc@yahoo.com.au](mailto:t1dcc@yahoo.com.au).

## Quick shots

Hot topics on the Reality Check online forum include:

- [Laser eye surgery](#)
- [Journey to the pump](#)
- [Feeling cheated out of foods](#)
- [25th Dia-versary](#)
- [Insulin pumps and DAFNE in hospital policy](#)

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

- [Moving from public to private?](#)
- [Coeliacs biopsy](#)
- [Eating with coeliacs](#)

## \*\*\*\*\*Diabetes MILES Study Reminder\*\*\*\*\*

The opportunity to complete this survey closes on 31 August 2011. The survey is about what it's like to live with diabetes and how it affects your health and wellbeing.

If you haven't had a chance to complete the survey, and would like to, please go to [www.diabetesMILES.org.au](http://www.diabetesMILES.org.au).



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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