

Yada Yada: July 2011 Special Edition



Support, Information and a Voice for the Type 1 Community

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Greetings!

Welcome to this special edition of *Yada Yada* to celebrate [National Diabetes Week](#)! Even though National Diabetes Week is focussed on type 2 diabetes, the message on getting our eyes checked is relevant for us Type-1ers too. Besides, we thought we'd take the opportunity to make our own little National Diabetes Week for type 1 with this special edition of the newsletter. So we bring to you some exciting news about our new online module for health professionals, some inspiration from our members on the fabulous milestones they've achieved despite having T1 and a little bit about being misdiagnosed. We'll have our usual *Yada Yada* edition at the end of the month too - double happiness!

NATIONAL DIABETES WEEK 10-16 JULY 2011

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

A promotional banner for "The Sweet Talk Awards 2011" by Roche. The banner features the "sweet talk MY LIFE WITH DIABETES" logo on the left, the text "The Sweet Talk Awards 2011" in large white letters on an orange background, and a Roche logo on the right. Below the text, there are several small photos of people enjoying activities like swimming, playing tennis, and relaxing. At the bottom, it says "Share, Celebrate and Inspire at www.sweettalkdiabetes.com" and "For more information, or to enter the Sweet Talk Awards, go to www.sweettalkdiabetes.com". There is also a small ACCU-CHEK logo in the bottom right corner.

For people with diabetes, see only as directed. Consult your healthcare professional for advice.
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For more information visit www.sweettalkdiabetes.com

We've created an online module for health professionals!

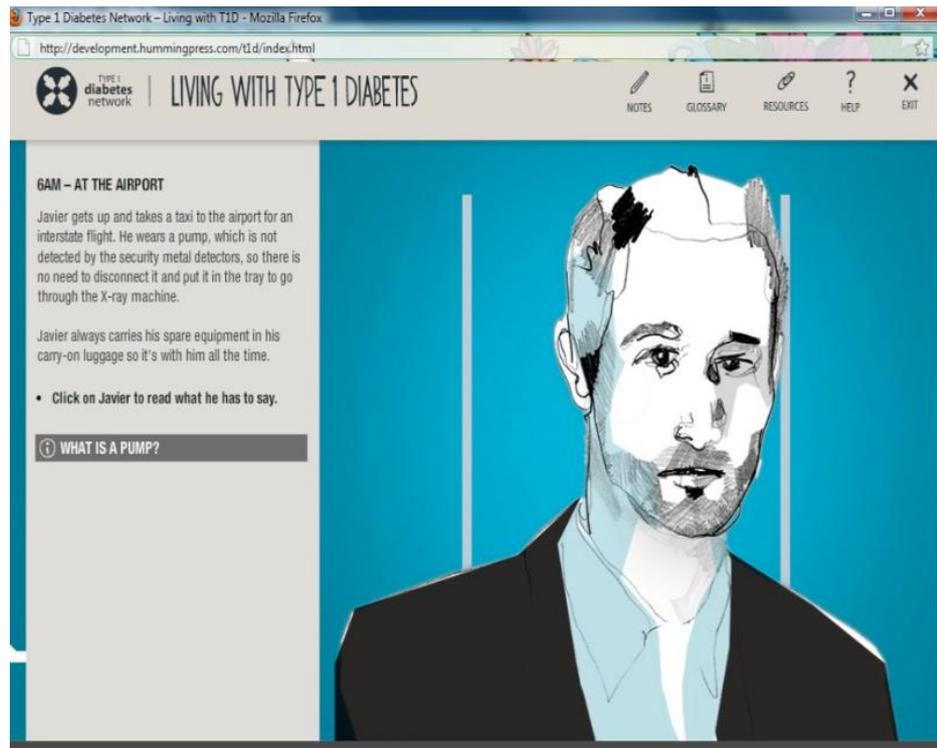
Do you remember back in March we [published](#) the results of a survey conducted by the T1DN? We had asked people what they wished their health professionals understood about living with type 1, and 278 responded. The

results were very interesting!

Many of the comments expressed a lot of emotion and frustration with the lack of understanding sometimes shown by health professionals about the day-to-day burden of type 1. There are a lot of very articulate people in our membership, so the comments make for very compelling reading. Read a summary of the survey results [here](#) (or read the full report [here](#)).

So what did we do with all this great information?

We created an eLearning module, targeting health professionals, to help them understand the experience of living with type 1. This module is now ready - if you'd like to take a look, click [here](#). It'll be free for anyone to access from the T1DN site, and will be accredited so health professionals can earn continuing professional development points by completing it.



The module follows the day-to-day life of three characters who have type 1: Javier, Cathie and Ai-Lin. We built their stories from common experiences mentioned on Reality Check, and from specific events volunteered by the T1DN management committee. Javier and Cathie are even based loosely on two of our management committee members! Can you guess who they are?

Here are some of the things our characters have to deal with - these may be familiar to you:

- Plane travel
- Dealing with hypos while looking after children
- Running out of testing supplies at the last minute
- Eating out - i.e. guessing carb quantities
- Unexpectedly getting served a piece of birthday cake
- Having a hypo on the train
- Going out with friends for a few (or more than a few!) drinks
- Giving a presentation and not wanting to hypo

By being proactive and offering health professionals this fantastic, interesting and convenient way to improve their knowledge, we hope that we'll be contributing to more positive relationships and better outcomes for people with type 1.

Interested in checking out the online module? Register (quick and easy) [here](#).

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

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*Based on IMS and NDS 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, 666 Doncaster Road, Doncaster VIC 3108. ABN 95 000 180 399 MSE110228024633 ADD0071

For more information visit www.abbottdiabetescare.com.au

Were you misdiagnosed?



Photo by Bernard Farrell

Did you know that up to 15% of us Type-1ers gets misdiagnosed? Well, that's what a [new report](#) by the UK Royal College of GPs says. The misdiagnosis occurs because GPs can no longer rely on age, obesity and level of hypoglycaemia to distinguish between types 1 and 2. It certainly doesn't help either when this year's National Diabetes Week is solely focussed on type 2 diabetes!

T1DN committee member Susan Greenbank was misdiagnosed with glandular fever for 6 weeks - and was only correctly diagnosed with type 1 when she ended up in a ketoacidosis coma! Unfortunately, we're sure there are plenty of other stories like this one. Do you have one? Jump onto the [Reality Check forum](#) to tell us about it.

What incredible things do you do despite having D?

Having D makes day-to-day stuff that bit more challenging - but it certainly doesn't stop us from having fun and achieving great things! One of our members posted this exact topic on the Reality Check [forum](#), and the replies have been nothing short of inspirational:

- having children
- travelling solo
- trekking the Peru Inca trail
- living on campus at uni
- skydiving and bungee jumping
- travelling overland in India and Nepal
- driving across Australia in a Morris Minor
- running a marathon
- living alone
- getting a Masters degree by research.



Photo by Wally Gobetz

There was also this reply that made us all laugh: "Eat as much chocolate as I like followed by a little squirt of insulin."

What incredible things have you done? Please share them [here](#) - we'd love to hear about all your achievements!

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

Accu-Chek Mobile

Accu-Chek Mobile system:
The easy to use, strip-free meter for insulin users

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

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Accu-Chek

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

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, or why not [organise a meet](#) yourself?

Quick shots

Hot topics on the Reality Check online forum include:

- [DKA after a busy move](#)
- [Which insulin during pregnancy?](#)
- [You know you're hypo when....](#)

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

- [Lantus in the morning?](#)
- [Paddington Bear the diabetic](#)
- [Science fair](#)

I hope you enjoyed this special 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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