



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

In This Issue

[Kate Gilbert at Qld ADEA](#)

[Early days for a potential cure](#)

[Health & practical tips for pregnancy & breast-feeding](#)

[Amazing willpower](#)

[Upcoming meets](#)

[Quick Shots - Hot Topics on our Forums](#)

Greetings!



Photo by Sharon Schneider

Hi everyone! We've just had our winter solstice this week - the shortest day in the southern hemisphere. Generally, it's a time to make a wish for the the coming year and to give thanks for what we're grateful for in our lives. Here, at the Type 1 diabetes network, we're thankful to have our community of members!

This month we bring you a mixture of things: what Kate has been up to at ADEA, some health and practical tips for our pregnant and breast-feeding members, and a story about what can be achieved with amazing willpower! We hope you

enjoy this month's newsletter.

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](#)

Kate Gilbert is still a very busy bee

Join Our List

[Join Our Mailing List!](#)

While Kate, our former president, might have concluded her official role with the Type 1 Diabetes Network, she certainly hasn't stopped spreading the word and sharing her knowledge about T1. Kate was recently invited to open the Queensland Australian Diabetes Educators Association (ADEA) state conference held in early June this year.



Kate was asked to share some of her wide-ranging insights. Of course, she had plenty of information to impart, including her lifetime experience, the importance of building partnerships between patients and health professionals and drawing on her many years of working with other people with diabetes. She also talked about her original research on what people with diabetes want from their health services and illustrated what a great partnership in the consulting room might look like from the patient's perspective.

Kate also gave insights from 13 years of leading us, the Type 1 Diabetes Network - from what started as "a good idea at the pub" to what it evolved into: a successful national consumer organisation. Besides opening the conference, Kate presented an abstract on young adults with diabetes and the challenges they face.

We'd like to thank Kate for sharing her knowledge, and the Queensland ADEA for giving so much airtime to T1D.

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

An advertisement for 'The Sweet Talk Awards 2017'. The top left features the 'sweet talk MY LIFE WITH DIABETES' logo. The top right says 'The Sweet Talk Awards 2017' with a Roche logo. Below this is the text 'Share, Celebrate and Inspire at www.sweettalkdiabetes.com'. The middle section is a collage of photos showing people with diabetes in various settings: a child, a man holding a trophy, a woman, a group of people on a beach, and a person swimming. At the bottom, it says 'For more information, or to enter the Sweet Talk Awards, go to www.sweettalkdiabetes.com'. Small text at the bottom left provides contact information for Roche Diagnostics Australia Pty Ltd. The ACCU-CHEK logo is in the bottom right corner.

For more information visit www.sweettalkdiabetes.com

Hope for a cure, but it's early days yet!



Photo by Roc Scoble

US researchers are experimenting with a surgical procedure that could lead to the cure of type 1 diabetes. This procedure would involve implanting insulin-producing pancreatic islet cells into people with T1.

By implanting these cells, they hope that the autoimmune reactions are avoided. But then the need for drugs to suppress an autoimmune response after the procedure (so that the body doesn't reject the implanted cells) is expensive, life-long, and may pose other problems.

It's early days, however, as the research hasn't been done in humans yet. But it's great to know there's work being done to find a cure for us. Read more about this research [here](#).

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

**One meter.
Twice the benefits.**

Optium Xceed has the ability to test both blood glucose and blood ketones, giving you peace of mind everyday.

Learn more at: www.abbottdiabetescare.com.au

DESIGNED FOR EVERYDAY LIFE

Abbott
A Promise for Life

*Based on IMS and NOSS 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 as 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 ADC0171

For more information visit www.abbottdiabetescare.com.au

Health and practical tips during pregnancy & when breast-feeding

While not specific to type 1 diabetes, we thought that [this article](#) and [related study](#) would be useful to our pregnant and trying-to-conceive members. :-)

Basically, it says pregnant women are at particular risk of being low in vitamin D, which is important for healthy bones. The Australian study found that race, season and BMI (body mass index) are better predictors of low vitamin D levels than sun exposure. The doctors running the study recommend that pregnant women take routine vitamin D supplements (1000 units) daily. Read about it more [here](#) and [here](#) .



Photo by Menno Hordijk

If you're pregnant or already breastfeeding, you might be interested to know that one of our members wrote to us sharing her experience on insulin pumps while breastfeeding. She said she feels isolated at times, and working out what to wear has been a trial and error.



For those of you who are breastfeeding and use a pump, what's been your experience? Having type 1 presents some unique challenges to would-be mums and new mums. Please share your tips with others on our Reality Check [forum](#).

Photo by Olivier Hodac

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

BUY THIS



GET THIS FREE

Simply purchase a ONETOUCH VERIO® between 1st July and 31st September 2011 to receive a free ORAL-B® Rechargeable Toothbrush.*



SPECIAL OFFER

Johnson & Johnson MEDICAL

ONETOUCH VERIO®
TRI-SURE STRIP TECHNOLOGY
www.onetouch.com.au

*Simply purchase a ONETOUCH VERIO® Blood Glucose Monitoring System between 1st July 2011 and 31st September 2011 and send a copy of the receipt and completed warranty card to Johnson & Johnson Medical to receive your free Oral-B® rechargeable toothbrush worth \$39.95 RRP. Ask in-store for further details or visit www.onetouch.com.au for terms and conditions. Oral-B® is a registered trademark of Procter & Gamble ©2010. The ONETOUCH VERIO® Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose in fresh capillary whole blood. **USE ONLY AS DIRECTED. YOUR HEALTH CARE PROFESSIONAL WILL ADVISE YOU WHETHER THIS PRODUCT IS SUITABLE FOR YOU YOUR CONDITION. ALWAYS READ THE LABEL.** ONETOUCH® and ONETOUCH VERIO® are registered trademarks of Johnson & Johnson. Distributed by: Johnson & Johnson Medical Pty. Ltd., 1-5 Kharoum Road, North Ryde, NSW 2113, Australia. ABN: 85 000 160 403. LIFE114. FE2773_V1

For more information visit www.onetouch.com.au

*****Diabetes MILES Study Announcement*****

Living with diabetes? ...Tell us about it!

Are you:

- aged 18 to 70?
- able to read and write in English?
- interested in sharing your diabetes experience?

Be part of the largest ever Australian survey about what it's like to live with diabetes and how it affects your health and wellbeing.

The Diabetes MILES Study: Management and Impact for Long-term Empowerment and Success

Complete the survey online at www.diabetesMILES.org.au between July 1 and July 16 and go into the draw to win 1 of 5 \$100 gift vouchers.



Achieving your dreams with amazing willpower

As some of you may recall, the first [female team](#) and person with Type 1 Diabetes won the last season of the [American Amazing Race](#)*.

[This article](#) about Nat Strand struck a chord with us - particularly these comments from Nat Strand's teammate, Kat Chang, who also happens to be a doctor:

"Other teams would be asleep for eight hours straight, and her insulin pump would be beeping every hour - sometimes every 10 minutes - and we just wouldn't get a full night's sleep," recalls Chang. Even as a fellow doctor, she says she had no idea how all-consuming diabetes management was until she lived it, right alongside her best friend: "Being with her 24-7 for an entire month straight was really enlightening," Chang says. I definitely have a new respect and understanding for diabetes - that it is just so, so, so difficult to manage, and it is absolutely 24-7."



Photo by El

Even though Kat Chang is a healthcare professional, she hadn't realised how involved type 1 diabetes is and the impact it has on our daily lives.

If the comments by Kat doesn't say it all about type 1 diabetes, we don't know what does!

* [The Amazing Race](#) is a reality television game show in which teams of two people, who have some form of a preexisting personal relationship, race around the world in competition with other teams.

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!

Currently there are meets being organised in [Brisbane North](#) and [Gippsland, Victoria](#). 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:

- [Some humour: what's your diabetes FAIL?](#)
- [Injecting issues](#)
- [HbA1c and pregnancy](#)
- [What'd you have for breakfast?](#)
- [Left meter at home: what would you do?](#)

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

- [Carb counting with a pump](#)
- [Management after surgery](#)
- [School and starting a pump](#)
- [Seizure and or night terror?](#)
- [Sibling study](#)

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

ACCUCHEK® Performa Range

Accuracy. Proven.¹⁻⁴

The meters with proven accuracy¹⁻⁴ so you can be more confident with your results

Find out more at www.accu-chek.com.au

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

ACCUCHEK, ACCUCHEK PERFORMA and ACCUCHEK PERFORMA NANO are trademarks of Roche. © 2011 Roche Diagnostics, Roche Diagnostics Australia Pty Ltd 31 Victoria Avenue, Castle Hill NSW 2154 ABN 29 003 001 205

References: 1. Evaluation of the Accu-Chek Performa, Mediatec Optium® and Mediatec Optium® point-of-care blood glucose meters against a laboratory comparative method. L. Kitchener, B. Freitas. Department of Clinical Chemistry, South West Sydney Area Pathology Service, Liverpool NSW 2170. Australian Association of Clinical Biochemists ASC, September 2010. 2. Evaluation of three blood glucose meters: Accu-Chek Performa®, Dia Touch® and One Touch® against a laboratory comparative method. L. Kitchener, S. Christofides. 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. Levinson, B. Rizzo. January 2010. Data on file. A. Accu-Chek® Performa User Study Australia and France. RJ. Kocbek. Data on file. 2010. All other product names and trademarks are the property of their respective owners. 1111110000000

ACCUCHEK®

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

I hope you enjoyed this 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***

Join Our List

Join Our Mailing List!

