



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

Greetings!

Hello and welcome to this month's issue of Yada Yada! Before we get into what we have in store for you, we have a correction to make to last month's 'Incidence of diabetic retinopathy' article - the term 'diabetic neuropathy' was a misprint, and should have been 'diabetic retinopathy'; our apologies for the error and any confusion. Now, let's get into the topics for this newsletter: this month we have a little something on political correctness when talking diabetes, a useful new health iPhone and iPad app for those based in Victoria, a new health advocacy website where you can review your favourite health professional, and last, but not least, a potentially new approach to calculating our insulin dose. That should be enough to keep you going until next month. :-)

T1DN event: Type 1 Diabetes and Pregnancy (Brisbane)

The Type 1 Diabetes Network and Medtronic are bringing you another great event, being held in Brisbane on Sunday 13 November 2011. If you're pregnant, thinking about getting pregnant or have recently had a baby, this one's for you!

Eminent endocrinologist Professor David McIntyre will be speaking - more information about him and further details of the event can be found [here](#). It's free! And it's also a great opportunity to catch up with other type 1 people for a face-to-face chat.

When: Sunday 13 November, 2-3.30pm

Where: Mater Clinical School Meeting Room

Cost: Free

Please note your diary and rsvp to susan@d1.org.au by 7 November.

Also in Brisbane, last week...

There was a fantastic turnout at an event on Wed 27 Oct, held by Medtronic in partnership with T1DN, JDRF and DAQ, on pump therapy and continuous glucose monitoring. Our general manager Susan Greenbank spoke about her experiences as a pumper, and gave an overview of the T1DN. 150 people attended - great stuff happening in the sunshine state for people with type 1!

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



The Sweet Talk Awards 2011

Share, Celebrate and Inspire at www.sweettalkdiabetes.com

View the Sweet Talk success stories of overcoming the obstacles of diabetes at www.sweettalkdiabetes.com.au

For people with diabetes, see only an abstract. Consult your healthcare professional for advice. Roche Diagnostics Australia Pty Ltd, 31 Victoria Avenue, Derrin Hill NSW 2154 ABN 28 002 001 285. Accu-Chek is a trademark of Roche. © 2011 Roche Diagnostics.

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For more information visit www.sweettalkdiabetes.com.au

New health iPhone & iPad apps

Calorie King Australia have just launched a handy app that will be an excellent resource for type 1s wanting to check carbs while they're out and about. Click [here](#) for more info.



Those in Victoria may be happy to know that a new health iPhone and iPad app was released late last month. It locates health services in Victoria, provides information about medical conditions and treatments when you're on the go, and gives information on first aid essentials and important health advice. To find out more about the app and to download it, go [here](#).

Language: the new drug to treat diabetes!



Position Statement

A new language for diabetes

Improving communications with and about people with diabetes

At the end of last month, Diabetes Australia released its position statement, *A new language for diabetes: Improving communications with and about people with diabetes*.

This statement was developed by a working group of doctors and professors, and hopes to encourage greater awareness of the language surrounding diabetes and to identify potential improvements. For example, the position statement says to avoid terms like 'diabetic', 'sufferer', 'patient', and use 'person with diabetes', 'person living with diabetes' instead. To see the full position statement go [here](#), and to have your say, join the discussion on the [Reality Check forum](#) - it's quite a good, heated discussion too!

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

For more information visit www.jdrf.org.au

Carbohydrates and mealtime insulin



Based on a recent study, experts are now contemplating using the Food Insulin Index (FII) to calculate the insulin dose for those with type 1. FII takes into account not just carbohydrates but also other dietary factors (like protein) that can affect insulin demand. Taking on this approach would completely overhaul the current carbohydrate counting system! But the study authors say that more evidence is needed before FII can be safely used to calculate the insulin dose. To read more about this study and the FII

approach, go [here](#) and [here](#). Got an opinion on this new approach? Talk about it on the [Reality Check forum](#).

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

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

Health advocacy website

Healthreviews is an independent health advocacy website that has been recently launched in Australia. What is it about? It's the first website that allows Australians to review and comment on health care providers (doctors and allied health) and organisations (hospitals and aged care). Consumers can then search for health care providers in their area on this website, and view past experiences by others to find someone they'll be compatible with over the long term.

So, as well as recommending your favourite health professional on [our website](#) and [thanking them](#), also put a review on [this new site](#) - it makes searching for a caring and helpful health professional that much easier.

*****Sponsored Event*****



Purchase a ONETOUCH VERIO® to claim a **\$50 Gift Card***

Purchase a ONETOUCH VERIO® Blood Glucose Monitoring System from a participating pharmacy between 1 October 2011 and 31 January 2012 and send the completed warranty card with a copy of the receipt to Johnson & Johnson Medical Pty. Ltd. by 15 February 2012 (last mail).*

*Offer open to Australian residents aged 18yrs+. One claim per person. Each valid claim receives a \$50 EFTPOS Gift Card. Conditions of use of Gift Card apply. For full terms and conditions visit www.onetouchcare.au or call 1800 543 312. 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 HEALTHCARE PROFESSIONAL WILL ADVISE YOU WHETHER THIS PRODUCT IS SUITABLE FOR YOUR CONDITION. ALWAYS READ THE LABEL. ONETOUCH VERIO® is a registered trademark of Johnson & Johnson. Distributed by Johnson & Johnson Medical Pty. Ltd., 1-5 Macquarie Road, North Ryde, NSW 2113, Australia. ABN: 65 003 169 403. FRF15H4LIFE02E.

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, meets are being organised in [Adelaide](#) and [Sydney](#). You could also [organise a meet](#) in your area.

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

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Quick shots

Hot topics on the Reality Check online forum include:

- [Sharps disposal](#)
- [Are our pregnancies too medicalized?](#)
- [Does your partner take an interest in your diabetes?](#)
- [Getting through hard times with D](#)
- [Tough Mudder - Massive physical challenge](#)

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

- [Pumping with swimming/watersports and theme parks](#)
- [Will I ever sleep properly again?](#)
- [Pumping vs injections](#)
- [Frustrations with other caring for D](#)
- [Going out alone with a friend](#)

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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