



TYPE 1  
**diabetes**  
network

## Support, Information and a Voice for the Type 1 Community

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### Greetings!

Hello, and a warm welcome to our September newsletter! First, before we get to the articles, we'd like to say a HUGE thank you to everyone who put their hand up to volunteer for the Type 1 Diabetes Network. We really appreciate your generosity - without you things would certainly be a little tougher!

This month we have a couple of items of interest to people with pumps: why you might want to turn off your insulin pump when on a plane, and how 'pumpers' are being taken care of with new guidelines. We also have some uplifting articles and stories where you'll meet Jack Edwards who hasn't let his type 1 stop him from being a successful athlete, and hear some fabulous news about diabetic neuropathy. An all-round, feel-good newsletter for you!

### 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](#)

[T1DN Online Module - Living with Type 1](#)

[More About Us](#)

**Insulin pumps deliver extra insulin 'in the air'**

### Join Our List

[Join Our Mailing List!](#)

A recent study has found that insulin pumps can deliver extra (unintended) insulin during flight, resulting in hypoglycaemic episodes up to 2 hours later. It all has to do with the air pressure, which drops during a flight because of the high altitudes. The drop in pressure can cause air bubbles to form, and existing air bubbles to expand in the cartridge, which forces insulin out of the pump.



To tackle the problem, the authors of the study made the following suggestions:

1. Before take off, disconnect the pump and also make sure your cartridge doesn't contain more than 1.5ml of insulin.
2. At cruising altitude (when the plane has leveled after take-off), take the cartridge out of the pump and remove any air bubbles before putting it back.
3. When the plane lands, disconnect the pump and prime the line with 2 units. Then reconnect the pump.

The Australian Diabetes Educators Association have also adopted these recommendations. To read more about the study go [here](#) and [here](#). If you have ever had issues with your pump while flying, share your experience on the [Reality Check forum](#).

\*\*\*\*\*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 center of the ad 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, and a man swimming. Below the collage is a call to action: 'View Finalist profiles and vote for the Winners from October 10 at www.sweettalkdiabetes.com'. At the bottom left, there is small text: 'For people with diabetes, use only as directed. Consult your healthcare professional for advice. Roche Diagnostics Australia Pty Ltd, 21 Victoria Avenue, Derris Hill NSW 2154 ABN 38 002 001 285. Accu-Chek is a trademark of Roche © 2017 Roche Diagnostics'. The Roche logo is also present at the bottom right.

For more information visit [www.sweettalkdiabetes.com](http://www.sweettalkdiabetes.com)

New insulin pump recommendations are being drafted



Photo by Erin O'Connor

The Australian Diabetes Educators Association (ADEA) is drafting new guidelines that will benefit us! The guidelines are about insulin pump therapy, and will outline a number of recommendations on pump education and training - for both pump users and trainers.

The guidelines are being developed with the Baker IDI Heart and Diabetes Institute, and recommend that all diabetes educators should

complete approved training for the pump (yay!). It also says that pump users should have access to 24-hour support for diabetes-related issues. Let's hope [these guidelines](#) get finalised soon.

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

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\*Based on IMS and NDIS 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, 656 Doncaster Road, Doncaster VIC 3108. ASN 95 000 180 389 MSE110128024633 ADC0171

For more information visit [www.abbottdiabetescare.com.au](http://www.abbottdiabetescare.com.au)

Incidence of diabetic retinopathy has decreased!

A recent study has found that the incidence of diabetic retinopathy in people with type 1 diabetes is decreasing. Woo hoo!

The study evaluated 3,781 people who were diagnosed with type 1 at different times. It found that the period of diagnosis heavily influenced the number of people who were diagnosed with diabetic neuropathy.



Photo by Fabio

For example, 20 years after being diagnosed of type 1, the incidence of diabetic neuropathy was:

- 23% in those diagnosed in 1974 or earlier
- 33% in those diagnosed between 1975 and 1979
- 18 % in those diagnosed between 1980 and 1984
- 6.4% in those diagnosed in 1985 or later

As you can see, these findings show a significant decrease in the incidence of diabetic neuropathy over the years. If you're a science geek, read the study report [here](#) . Otherwise just celebrate the great news by treating your eyes to a pair of new sunnies, or a wonderfully soothing cucumber eye mask. :-)

## \*\*\*\*\*Sponsored Event\*\*\*\*\*



Innovating for life.

### Curious about insulin pump therapy and Continuous Glucose Monitoring?

**An event for people of all ages who have type 1 diabetes!**

Featuring guest speaker Dr Mark Forbes, Director of General Medicine, Gold Coast Health Service District and Staff Specialist in General Medicine and Endocrinology.

When: Wednesday, 26 October 2011 • 6:15pm registration. 6:45-9:00pm

Where: Riverside Receptions, 50 Oxlade Drive, New Farm, QLD 4005

RSVP: By Thursday, 20 October. Email: [marijke.barwick@medtronic.com](mailto:marijke.barwick@medtronic.com)  
(put "QLD info evening" in subject line)

Info: For more info, phone 0405 140 753 or go to [www.medtronic-diabetes.com.au](http://www.medtronic-diabetes.com.au)



For more information visit [www.medtronic-diabetes.com.au](http://www.medtronic-diabetes.com.au)

**A dose of inspiration - we all need it from time to time**



*"When Jack Edwards was just a 12-year-old boy he was diagnosed with an incurable illness, but the champion hurdler never let it hold him back, instead he used it as a motivation to catapult into success."*

Yes, that 'incurable illness' is type 1 diabetes. Now, 4 years on, at the age of 16, Jack qualified to compete in the IV Commonwealth Youth Games, where he won a bronze medal! He earned this mighty feat after winning the under 18, 110 metre hurdles at the Australian Junior Track and Field Championships.

This young man's story is nothing short of inspirational. Read more about Jack's amazing achievement [here](#), including how he manages his T1 while he's on and off the field.

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

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**ACCUCHEK**

For more information visit [www.accu-chek.com.au](http://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. Currently, T1DCC (Type 1 Diabetes Capricorn Connection) is organising a group get-together in Rockhampton (details [here](#)), and meets are being organised in [Melbourne](#) and [North Brisbane](#) (1 October) - or why not [organise a meet](#) in your area?

### \*\*\*\*\*Sponsor Study\*\*\*\*\*

<b>MALE &amp; FEMALE PEOPLE WITH DIABETES REQUIRED</b>	
<b>STUDY OF A NEW MEDICINE IN PEOPLE WITH DIABETES WHO HAVE SLOW STOMACH EMPTYING.</b>	<b>You may be eligible to participate if you:</b> Have Type 1 or 2 Diabetes • Are male or female, between 18-80 (inclusive) years • Have a minimum 3 month history of slow stomach emptying • Have any of the symptoms listed: Nausea and vomiting; Bloating and feeling excessively full after a meal; Belly visibly larger; Loss of appetite; Abdominal pain or discomfort
<b>THIS TRIAL IS RECRUITING IN SYDNEY ONLY</b>	
<i>Our trial participants are reimbursed for their time, travel costs and inconvenience</i>	<b>More information</b> <a href="mailto:volunteers.4.trials@gsk.com">volunteers.4.trials@gsk.com</a> Or visit <a href="http://www.gsk.com.au/mru">www.gsk.com.au/mru</a>
	Prince of Wales Hospital Level 10, Parkes Building East High St, Randwick, NSW 2031
	<small>This study has been approved by SoBerry HREC, Ref no: 2010-02-828 and operates within Australian &amp; International guidelines for medical research MCT114470.</small>

For more information go [here](#).

### Quick shots

Hot topics on the Reality Check online forum include:

- [Off the pump for three weeks now](#)
- [Pump infusion problems during pregnancy](#)
- [Breakfast ideas](#)
- [Weight loss conflict with exercise](#)
- [Islet cell transplants.](#)

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

- [Cupcakes](#)
- [Faling down the stairs](#)
- [Sugar free ice blocks](#)
- [Pumps?](#)

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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