



Support, Information and a Voice for the Type 1 Community

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Greetings!

Season's greetings and welcome to the final edition of Yada Yada for 2012!

This time of year is often spent reminiscing about the past 12 months, wondering where it went, and looking forward with a sense of hopeful expectation to the year ahead when we will definitely keep our New Year's resolutions this time. Or you may be spending time on frantic, last-minute shopping.

At T1DN we're proud of what we achieved this year. 2013 is going to be just as big and, we hope, just as good. We're excited and looking forward to it!



Our year in review

2012 was another successful year for T1DN.



Our [President's Report](#) for the year is now up on our website and contains a great summary of all the things we were involved in this year including:

- Setting up an [expert advisory group](#) to give us specialist advice when we need it
- Advocating on projects such as the Austroads' *Assessing Fitness to Drive* guidelines on diabetes and driving and conducting a survey on private health insurance and pumps
- Starting a social media team that now has an active presence on [Facebook](#) and [Twitter](#) (@T1DN)
- Launching a webinar series; the first two have received great feedback, and a third will be run in February
- Representing the voice of people with type 1 at national conferences and other key opportunities.

We've had some fantastic volunteers come on board this year and we'd like to thank everyone who volunteered any of their time and effort to help out with T1DN - without your support this organisation wouldn't exist. We'd also like to thank all of you in the type 1 community who inspire and motivate us: our Yada readers, forum participants on [Reality Check](#) and [Munted Pancreas](#), friends, family members, health professionals, and everyone out there living with type 1.

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

An advertisement for the FreeStyle Insulin calculator. It features a black handheld device with a screen showing "Suggested dose" and "Adjust if needed" with a large "6 U" displayed. The device has "back" and "log dose" buttons. To the right, the text reads "Insulin calculations with a touch" and lists features: "Mealtime Insulin Calculator*", "Touch screen", and "Automated Logbook". The FreeStyle logo and "Insulin Blood Glucose Monitoring System" are also present. A butterfly icon is on the right. At the bottom, there is a disclaimer and the Abbott Diabetes Care logo.

NEW!

Suggested dose
Adjust if needed
6 U
back log dose
FreeStyle Insulin

Insulin calculations with a touch

- Mealtime Insulin Calculator*
- Touch screen
- Automated Logbook

FreeStyle
Insulin
Blood Glucose Monitoring System

*The FreeStyle Insulin calculator feature is only for use to calculate rapid-acting insulin dosing. It is NOT for use to calculate long-acting (background) insulin dosing. This feature requires an understanding of the use of insulin and patients need advice from a health care professional before use. Please read the instructions for use. FreeStyle Insulin is a trademark. Information contained herein is for distribution outside of the USA only. Abbott Diabetes Care, 800 Donegally Road, Doncaster, Victoria 3108, Australia. www.abbottdiabetescare.com.au ABN 95 000 980 380 MDE1218 1103 2807

Abbott
Diabetes Care

For more information go to www.freestyleinsulin.com.au

Australian Diabetes Social Media Summit

World Diabetes Day (November 14) saw the first Australian Diabetes Social Media Summit held in Melbourne hosted by Diabetes Australia - Victoria. This event was timely given our recent foray back into the social media world.

The summit brought together influential people from the Australian "Diabetes Online Community" who discussed the fast evolving world social media. The summit featured American keynote speaker Kerri Sparling who writes the popular [six until me](#) blog. Kerri was one of the first people to blog about her diabetes and her presentation produced enormous energy about the possibilities of social media to connect people living with type 1 diabetes.

T1DN was represented by Matt Cameron, who is involved in our social media activities. Matt noted the opportunity for collaboration that social media brings as it "provides a mechanism for us to better share the work we do, and to be aware of what other organisations are doing." An example of this is how social media has produced significant discussion regarding the activities that organisations are doing in regards to the driving and diabetes issue.

[Fingerpricker](#), [Bittersweet Diagnosis](#), [Angela Mellon](#) and [six until me](#) all wrote their own reports of the summit - it's definitely worth checking out their perspectives.

If you want to get involved in the diabetes online community, you might be interested in other Australian diabetes blogs: [Diabetogenic](#), [Lazy pancreas](#), [1type1](#), [Simon from the 70s](#) and [Insulin pumps need tetris](#). New diabetes blog posts are often tweeted about using the [#OzDBlog hash tag](#); if you are planning on starting a blog, please let us know via our twitter page [@T1DN](#).

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

For more information go to <http://www.onetouch.com.au/>

Global World Diabetes Day

World Diabetes Day inspired events around the world aimed at increasing awareness of diabetes. Part of this was some spectacular landmarks being lit blue, including the London Eye, Empire State Building, the Water Cube in Beijing and the Royal Opera House in Denmark.



10 Downing Street lit blue for WDD

IDF has a [complete list of the monuments](#) that turned blue for WDD and has photos from previous years on [Flickr](#); this year's images haven't been uploaded as yet, but keep an eye out as they're sure to be something special.

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

For more information go to [Roche pump therapy](#)

T1DN's webinar series continues in February 2013

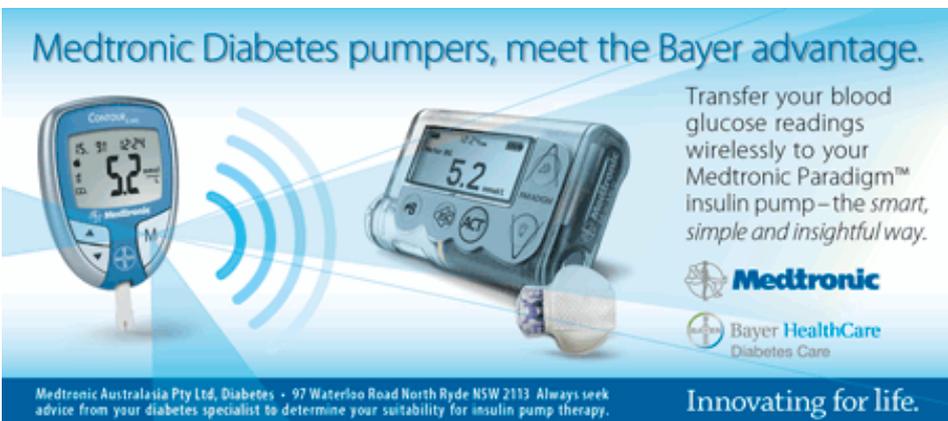
Our webinar series has already had two great speakers, and we've received some really positive feedback. One of the most rewarding aspects of offering webinars is that people anywhere in the world can join in - we have already had participants in Korea and Denmark!

The series will continue with our third webinar on 4 February at 8 p.m. AEDT. Dietitian [Sally Marchini](#) will be the guest speaker. Sally has type 1 diabetes and coeliac disease and will be talking about some of the challenges of managing these two conditions.

Roger Hanney, the guest speaker at our November webinar, and his [Born to Run](#) team mates, have just completed another ultra-marathon - this time in Antarctica, which is simply incredible. The Born to Run team is the first team ever to complete the [4 Deserts](#) tournament. Roger has posted a [trip report](#) on the Born to Run website, which also has [blogs from the other team members](#). Top stuff guys!

Don't forget we also live-tweet our webinars via our twitter page - [@T1DN](#).

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



Medtronic Diabetes pumps, meet the Bayer advantage.

Transfer your blood glucose readings wirelessly to your Medtronic Paradigm™ insulin pump—the *smart, simple and insightful way.*

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Diabetes Care

Medtronic Australasia Pty Ltd, Diabetes - 97 Waterloo Road North Ryde NSW 2113. Always seek advice from your diabetes specialist to determine your suitability for insulin pump therapy.

Innovating for life.

Call 1800 777 808 (option 3) or go to www.medtronic-diabetes.com.au for more information.

Pancreas stem cells transformed into insulin-producing cells

On World Diabetes Day, [Australian researchers announced](#) that they had isolated stem cells from the pancreas of adult mice and converted them into insulin-producing cells. These cells were then transplanted back into the mice, where they continued to produce insulin.

The use of adult stem cells (not those from embryos) is very exciting as it opens up the possibility of using cells from a diabetic person's own pancreas to restart insulin production. This would be a vast improvement over the only current option of pancreatic transplant.

Even if this research can be successfully transferred to humans, it is not a cure by itself as it does not prevent the immune system from attacking the new insulin-producing cells. However, there is potential to use it in combination with research into slowing or stopping the immune attack that we have covered in [previous Yadas](#). This isn't necessarily going to bring a cure within the "five to ten years" many of us were told at diagnosis by well-meaning doctors, but these steps forward are keeping us hopeful.

The full text of the original journal article is available from [PLOS One](#). Warning: Very technical!

Quick shots

Hot topics on the Reality Check online forum include:

- [Gym, pumping and going high](#)
- [Dinner/eating in public places and injecting](#)
- [Good media](#)
- [Diabetes friendly baking](#)
- [I just had laser and it was painless!](#)

On Munted Pancreas, parents of kids with D are discussing:

- [Other camps in Australia?](#)
- [Sure-T cannula users](#)

You can keep up to date with what's going on in the diabetes world by following us on [Facebook](#) or [Twitter](#).

We hope 2012 was a great year for you and that you have a chance over the holiday season to spend time with family and friends. We look forward to continuing to bring you Yada Yada next year!

If you're looking for something light-hearted over the holidays, check out the memes at [Type 1 Diabetes Memes](#). Some of them certainly live up to the cliché that 'it's funny because it's true'.

Everytime my pump gets unclipped or falls out of my pocket..



it scares the crap out of me

Don't forget you can always send us your feedback and comments by replying to this email. See you next time!

***From everyone at
The Type 1 Diabetes Network***

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