



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

Greetings!

Welcome to the first edition of Yada Yada for 2012. We hope you had a wonderful Christmas and have had a great start to the new year so far!

In this edition, we introduce the 2012 leadership team and remind you about some T1DN resources you might not have seen. There is a [short survey](#) to allow you to give us feedback about Yada.

We also tell you about some really interesting research and a dog who high fives his owner when she has high sugar.

Two minute survey

We'd love to find out more about our readers and get feedback on what you like about Yada and what you might like to see in future editions. We really value your input so it would be great if you could take a couple of minutes to fill out a [short survey](#), which will remain online until the end of February.



Changing leadership team

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At the recent AGM we welcomed a new T1DN leadership team for 2012.

Natasha Reddrop has moved from vice-president to president, while Susan Greenbank remains general manager and Colleen Clarke stays on as secretary and public officer. New additions to the team are Vashti Biffanti as vice-president and Jess Brown as treasurer.

Leaving the leadership team are outgoing president Kerry Vinall and treasurer Emma Warneke. Kerry took over as president from T1DN founder Kate Gilbert in early 2011 and has done a great job leading T1DN through this transition period. She will remain on committee in 2012. Emma has done fantastic work improving the efficiency of our financial projects, and we wish her well for her future.

To get to know our new leadership team, we thought we'd ask them a few questions....

What is your favourite hypo cure?

Natasha: Nutella out of the jar

Vashti: Natural confectionery jelly babies and I'm also partial to spoonfuls of Nutella. 'I'm hypoing' is a convenient excuse when I am caught out at the Nutella jar!

Coll: A new pancreas (hahaha couldn't resist that one) - an indulgent snack

Susan: Fresh, juicy organic dates... weird I know...

Jess: anything and everything :)

Best holiday destination you've visited?

Natasha: 3 weeks in Tanzania with my partner, brilliant!

Vashti: Cinque Terre

Coll: New York and Disneyland come equal

Susan: So many... but going with China where I discovered the beauty of Qigong

Jess: A week in Bali with my fiancé, we rode elephants, patted baby tigers and rode horses on the beach.

Pump or MDI?

Natasha: MDI

Vashti: Pump

Coll: Just started pumping again after a 6 year break

Susan: Pump

Jess: MDI

You can read more about the whole T1DN committee on the [about us](#) page of our website.

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

Discover how pump therapy
revolves around you.

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PUMP THERAPY

Start your discovery

ACCU-CHEK®

The advertisement features a central image of a pump therapy device with a pink needle. The text is arranged around this image, with the headline at the top, the Roche logo in the top right, the 'Start your discovery' button in the middle right, and the ACCU-CHEK logo in the bottom right. The background is a light grey gradient.

Go to www.accu-chek.com.au/au/ for more information

Do you know all the things T1DN does?

We have great plans for 2012 with a focus on supporting the dissemination of the new clinical care guidelines that we have been talking about for a while now (most recently [last month](#)).

We thought the new year was a good opportunity to remind you of some of the great things that T1DN does in addition to producing *Yada*. All these resources are part of our mission to provide support, information and a voice for people with type 1.

- Discussion forums - [Reality Check](#) which is a place for people to chat about all things type 1 related and [Munted Pancreas](#) for parents/carers of children with type 1
- Information about living with diabetes - including the [Starter kit](#) for newly diagnosed adults with type 1 and a [guide for pregnancy with diabetes](#)
- An [online learning module](#) to help health professionals understand what it is like to live with type 1
- A [list of recommended health professionals](#) - We would like to keep this list up to date; so if you have had a great experience with a health professional, please [let us know](#).

Stem cell treatment restarts insulin production



Researchers at the University of Illinois, Chicago, have used stem cells to 'educate' the immune cells of people with type 1 diabetes.

In a trial involving 15 people, the treatment reduced insulin requirements by 25-38% and also reduced HbA1c levels. Insulin requirements remained lower even 40 weeks after the treatment. Most interestingly, there was evidence that insulin was now produced in the pancreas of patients who previously had no insulin production!

This trial only involved a single treatment with the 're-educated' immune cells, but studies are planned with multiple treatments to see if the effects are enhanced. While it is only an early-stage trial, this is exciting research.

Read more about it [here](#) or [here](#), or download the full research article from [BioMed Central](#).

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

Optium test strips
Now called
FreeStyle Optium
test strips

To find out more, visit abbottdiabetescare.com.au

People with diabetes with elevated blood ketone levels should seek medical advice. Ask your healthcare professional how FreeStyle Optium may assist you. Always read the label and use only as directed. FreeStyle Optium 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 MSE120110024853

FreeStyle
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Diabetes Care

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

Dog high fives for high sugar

A [dog in Michigan](#) has been trained to give his owner a high five when her blood sugar levels are too high.

Jenna, who was diagnosed with type 1 at the age of 11, uses her trained Labrador retriever, Tanner, as an additional way to monitor her BSLs.

As well as detecting high sugar, Tanner will alert Jenna if her sugar is low or dropping rapidly by nosing her palm. Tanner has become her early warning system, picking up Jenna's hypos well before her CGMS.



Photo by miramb

It is not yet known exactly what scent dogs pick up to detect sugar levels and there is currently no research on their accuracy, but they're certainly friendlier than a finger prick and could be life changers for people with hypo unawareness.

Molecule vital for beta cell survival found

Last month we reported on some [promising research](#) into a molecule that prevented the onset of type 1 diabetes in mice.



Now, researchers at the John Curtin School of Medical Research in Canberra have identified a complex sugar called heparan sulfate that is necessary for the survival of beta cells (the cells which produce insulin in the pancreas).

Supplying additional heparan sulfate to beta cells reduced the destruction of beta cells in mice and hence prevented the onset of type 1. Research continues into this process, with the potential to develop drugs that could go into clinical trials. It's still very early days but it's good to know that this kind of research is continuing and with some success.

You can read more about this research [here](#) or access the full journal article from the [Journal of Clinical Investigation](#).

Events and meets

AcT1vate

HypoActive is running the third edition of [AcT1vate](#) on March 3 and 4 2012 at William Angliss Institute of TAFE in Melbourne.

AcT1vate is a weekend full of information and advice on managing type 1 diabetes with exercise. This year it will focus on nutrition for exercise and features keynote speakers Gary Scheiner (from the US) and Katherine Iscoe.

For more information see the [website](#) or contact Valma Datson on valma.datson@hypoactive.org or 0407 868 314

Type 1 Diabetes Capricorn Connection (T1DCC)

The T1DCC is organising a get-together for type 1 adults in the Rockhampton and Capricorn Coast region on Saturday 4 February at the Rockhampton Community Health Centre.

For more information see the [post on Reality Check](#) or contact Katie Mitchell on 0429 015 454 or email t1dcc@yahoo.com.au.

Quick shots

Hot topics on the Reality Check online forum include:

- [Can't deal with these hypos](#)
- [Pumping again after a 6 year hiatus](#)
- [It was 47 years today.....](#)
- [Trekking and T1](#)
- [T1D and induction of pregnancy experience](#)

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

- [Oops... school holidays](#)
- [Just have to share - eye test](#)
- [New to pumping](#)
- [8 years with D](#)

We hope you enjoyed the first edition of *Yada Yada* for 2012. Remember to fill out [the survey](#) to let us know what you like about *Yada*.

All the best!

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

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