



Support, Information and a Voice for the Type 1 Community

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Greetings!

Hello and welcome to the May edition of *Yada Yada*. In this issue we let you know about Diabetes blog week (which has just wrapped up) and call for stories about living with type 1 that you might want to share. We also take a look at bolus calculators and some more interesting research about regenerating beta cells.

Correction to April Yada

In April's Yada we pointed you to a series of articles by Damien Larkins on the ABC website. Unfortunately, the link we provided was incorrect. The correct article and link is [Taking control of type 1 diabetes: good and bad](#). Enjoy!

Diabetes blog week



[Diabetes blog week](#) ran from May 14-20 and had an avalanche of bloggers talking about living with diabetes. It was open to anyone who blogs about diabetes (not just type 1s) and each day bloggers were given a set topic to discuss. There was an incredible response as more than 200 bloggers signed up! The topics included: one thing you handle exceptionally with your diabetes; one thing you could improve; and your fantasy diabetes device.

The many posts that the topics inspired are listed on the [Bitter Sweet Diabetes blog](#). Trawling through the links is a great way to find new and interesting diabetes blogs to read.

There's too much good content to point you to any specific posts, but dive in and see what you discover. You could post any blogs you found impressive or inspiring on the [Reality Check post](#).

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

An advertisement for FreeStyle Optimum test strips. It features a yellow background with a blue and white graphic on the left showing a butterfly and a test strip. The text reads: "Optimum test strips Now called FreeStyle Optimum test strips". Below this, it says "To find out more, visit abbottdiabetescare.com.au". The FreeStyle logo is also present. At the bottom, there is a small disclaimer: "People with diabetes with elevated blood ketone levels should seek medical advice. Ask your healthcare professional how FreeStyle Optimum may assist you. Always read the label and use only as directed. FreeStyle Optimum 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 MSE120110024855".

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

Type 1 Diabetes Network stories

If diabetes blog week doesn't satiate your appetite for stories from people with type 1, our own [T1DN website](#) has an archive of stories about many different aspects of living with type 1. We'd love to add to the collection - so if you have a story about living with type 1 that you'd like to share, please send us a submission (details and tips for writing on the website) and we'll post a selection of stories to the site.





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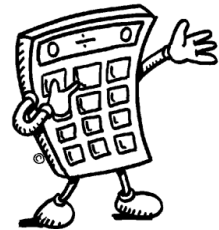
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Bolus calculators

If you have a pump, you already know the advantages of having your bolus (insulin dose) for meals calculated automatically, but did you know this technology is available for people on multiple daily injections as well? Some recently published surveys and studies have looked at the use of bolus calculators with blood glucose meters.



From Clip Art Gallery on
DiscoverySchool.com

The bolus calculator on a meter works in the same way as on a pump - an individual insulin to carb ratio along with current BGL and number of carbs consumed are used to suggest the correct bolus amount.

A survey published in the [Journal of Diabetes Science and Technology](#) reported that using a bolus calculator decreased people's fears of hypos and increased their confidence in the insulin dose they gave. [Another study](#) found that more than half of manual insulin dose calculations were incorrect.

Some pharmaceutical companies in Australia have meters with inbuilt bolus calculators that are distributed on an 'as needed' basis through health care professionals. So if you're tired of being a human calculator all the time, have a chat to your diabetes educator or endocrinologist next time you see them.

There are also some bolus calculator apps available for iPhone and Android that you could check out. [Rapid Calc](#) is one app that handles bolus calculations and more. If you know of other useful apps, let us know on the [Reality Check forum](#).

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



The advertisement features a close-up of a finger with a small red drop of blood. The text reads: "Fingers love Accu-Chek® lancets" and "Take the pain out of everyday monitoring". The Roche logo is in the top right corner. At the bottom left, the website www.accu-chek.com.au is listed. Below the website, there is a small disclaimer: "For people with diabetes. Use only as directed. Consult your healthcare professional for advice. For single patient use only. Roche Diagnostics Australia Pty Ltd, 31 Victoria Avenue, Castle Hill NSW 2154, ABN: 29 600 001 205. ACCU-CHEK is a trademark of Roche. © 2012 Roche Diagnostics. R00R0651/RC 03/12". The ACCU-CHEK logo is in the bottom right corner.

For more information go to www.accu-chek.com.au/au/products/lancingdevices/index.html

New research into curing late stage type 1

In previous editions of Yada, we've mentioned studies that stop the autoimmune destruction of beta cells in the pancreas to prevent or halt the onset of type 1. Now, there is [new research](#) that goes one step further and looks at how beta cells could be regenerated to allow people who've had T1D for a long time to benefit.



The researchers used an existing technique to stop the destruction of beta cells in diabetic mice, but then treated the mice with a growth factor to regenerate previously inactivated or destroyed beta cells. If it is possible to transfer this technique to humans, it would be a possible long-term treatment for T1. As each individual stage in the process has been previously trialled in humans, we are hoping the research can progress through animal trials to clinical testing as quickly as possible.

This research was published in [Science Translational Medicine](#).

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Meet-ups and events

Type 1 Diabetes Capricorn Connection (T1DCC)

T1DCC invites adults living with type 1 diabetes and their support persons to their next group get together in Rockhampton on Saturday 2 June 2012.

The guest speaker this month is Brendon Reck, a pharmacy owner with type 1. For more information check out the [Reality Check post](#).

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

Yes, it's a blood glucose meter.

Roche

With looks this good, proven accuracy* and loads of handy features, it'll make you wonder how you ever used anything else.

www.accu-chek.com.au/nano

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Quick shots

Hot topics on the Reality Check online forum include:

- [What's your kryptonite?](#)
- [How do I find out my T1 anniversary?](#)
- [Travel insurance with pump and going through security](#)
- [Diabetes and Canada - does it mix?](#)
- [Hypo-me says the darndest things](#)

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

- [Doing JDRF advocacy?](#)
- [New to forum with newly diagnosed one year old](#)
- [Dealing with insulin resistance and puberty?](#)

Thanks for reading, and 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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