



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

### Greetings!

Hi everyone and welcome to the October edition of *Yada Yada* - we've got a big issue for you this month.

Are you planning to celebrate World Diabetes Day on November 14? We'll have a special edition of *Yada* announcing the winner of the Seed Award, and there are a lot of other things happening around the country to celebrate. We'd love to hear about anything you have planned. The International Diabetes Foundation has [some ideas for activities](#) to mark the day, as well as [videos of flash mobs](#) from WDD last year.

On November 12, we are running our second webinar, sponsored by the OneTouch Verio IQ meter, with ultra-marathon runner and type 1 diabetic Roger Hanney. We now have an [online process to register](#), so it's easy to let us know you'll be there.

You can keep up to date throughout the month by following us on twitter @T1DN and liking our popular [Facebook page](#).



**Tell us about your experiences with pumps and health insurance**

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### Join Our List

[Join Our Mailing List!](#)

T1DN has received a lot of feedback both directly and through our [Reality Check](#) and [Munted Pancreas](#) forums that some type 1s are experiencing ongoing issues with their private health insurer (PHI) when applying for a new pump and/or getting their pump upgraded or replaced.



TYPE 1  
diabetes  
network

To try to improve this situation, we've developed a [short survey](#) about insulin pumps and private health insurance and are seeking some direct examples of these issues. We plan to take this information to the Private Health Insurance Ombudsman to clarify the current policy in relation to insulin pumps. We also plan to use this information to create a guide to help prospective pumpers deal with PHIs.

If you've used, or looked into using, a pump, we'd love to have your input, even if you didn't have any problems with your PHI. You can access the survey [here](#) and it should only take you 1-5 minutes to complete. Be quick as the survey closes on 4 November.

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**HbA1c conversion tool - check this out!**

If you've had your HbA1c measured recently, you may have noticed a second number reported alongside the familiar % reading. Confused? This is still the same test, but expressed in different units - millimoles per mole (mmol/mol) instead of percentage. The change is being made so that a standard measurement is used worldwide. It also means that there will be less confusion between blood glucose levels and HbA1c results. After July 2013, the new mmol/mol measurement will be the only number reported.



As an example, a HbA1c of 7% converts to 53 mmol/mol in the new system. There is a handy conversion tool at [NPS MedicineWise](#) that you may like to bookmark.

If you want to know more about HbA1c, what it measures, how it is tested and much more, check out the informative article on [our website](#).

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

An orange banner with a white border, decorated with colorful streamers and confetti. The text reads: "Congratulations to the 2012 Sweet Talk Awards winners" in large white font, followed by "Click here to view their inspiring stories" in a smaller white font. The Roche logo is in the top right corner, and the ACCU-CHEK logo is in the bottom right corner. At the bottom left, there is small text: "Roche Diagnostics Australia Pty Ltd, 31 Victoria Avenue, Castle Hill NSW 2154, ABN 20 003 001 200, RDCD0402 RC 10/12".

**Congratulations to the 2012  
Sweet Talk Awards winners**

Click here to view their inspiring stories

Roche Diagnostics Australia Pty Ltd, 31 Victoria Avenue,  
Castle Hill NSW 2154, ABN 20 003 001 200,  
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For more information go to [www.sweettalkdiabetes.com](http://www.sweettalkdiabetes.com)

## 2012 Seed Award nominees

Our annual [T1DN Seed Award](#), proudly sponsored by [Roche](#) in 2012, recognises individuals and groups whose commitment and initiative have made a difference in the type 1 community.

We are happy to announce that the finalists for this year's award are [HypoActive](#), [Rachel Lamb](#), [Sheree Jane Rennie](#) and Susanne Baxandall, advocacy coordinator at [DA Vic](#). The winner will be profiled in a special edition of *Yada Yada* on World Diabetes Day, November 14.

## Jerry's insulin challenge

We mentioned an inspiring T1 rock climber in [last month's Yada](#), and now we've heard about another!

[Jerry Gore](#) is a 51 year old T1 diabetic who has just completed his incredibly tough "insulin challenge" - climbing the three hardest alpine climbs in Europe (Mt Blanc in France, the Eiger North Face in Switzerland and Marmolada in Italy). Fewer than 20 climbers in the world have done all three routes - an amazing feat under ordinary circumstances let alone while managing T1D. It was all to raise money to support 10 young diabetics in Nepal, through Australian-based [Insulin For Life](#). Despite his amazing achievement, Jerry is still short of his funding goal and would appreciate any support.



Eiger North Face ([Philippe Volle](#))

You can read the reports of his climbs and find out more about his challenge on his [Facebook page](#).

Go Jerry! You rock!

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

## Getting diabetes after illness or trauma

Everyone is curious about what causes T1D, and one theory that's often raised is whether illness or trauma could play a part. Recently, some Reality Check members have been having a [fascinating discussion](#) sharing their own diagnosis stories.

But are these just coincidences that we focus on while searching for an explanation or is there something to it? We wanted to know more and have done a little searching.

At the moment, there is no direct, conclusive evidence of anything causing the onset of type 1. No-one knows! Part of the reason for this is that it's hard to pinpoint the exact time the disease starts as the autoimmune attack can begin months before symptoms.

However, certain viruses are thought to be linked to T1, including some that are known to cause meningitis and pancreatitis and can infect beta cells in the pancreas. And there are other possibilities, including gut bacteria and vitamin D levels.

Whatever the cause, the prevalence of T1D is increasing, so it seems that whatever the triggers are, they are becoming more common too. Diet? Pollution? Viruses? What do you think?

If you have any more information, or a personal story to tell, jump onto the [Reality Check thread](#) and share them with us. If you're really interested in this and scientifically inclined, there is a very long, technical review in [Physiological Reviews](#).

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

[PatientView directory of health apps](#)



More people are using health apps to self-manage chronic diseases, including T1. But how do you track down the best apps from the multitude available?

European group [PatientView](#) has produced a directory of health apps that allows you to find useful, reliable apps from among the sea of options. The [pdf directory](#) has information on more than 200 apps categorised based on the service they provide. The directory includes a summary of the app, its cost (often free) and reviews from users.



Apps that are relevant for T1D include carb counting, BGL and insulin dose tracking and graphing, and access to journal articles. There are plenty of apps listed in other areas that might be of interest including mental health, exercise and others.

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The advertisement features a black Accu-Chek Mobile meter with a yellow display showing "5.8". The background is orange with white text. The Roche logo is in the top right corner, and the Accu-Chek logo is in the bottom right corner.

For more information go to [www.accu-chek.com.au/mobile](http://www.accu-chek.com.au/mobile).

**Stopping the autoimmune attack on beta cells**

Can a type 1s own beta cells recover/regenerate if they are protected from the body's autoimmune attack? The cells that normally have this protection duty are called T regulatory (or Treg) cells. These cells have been shown to be missing from the pancreas of mice with T1 diabetes.

In these mice, researchers restored normal levels of Treg cells to the pancreas and the mice produced insulin again and regained normal blood sugars. The method used cannot be directly transferred to humans, but it opens another avenue for a cure. We keep hoping that one day the case will be cracked and a cure will be found.

This research was reported by [News Medical](#) and published in [Cellular and Molecular Immunology](#).

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



**TALK, SHARE & FIND OUT MORE**

T1DStars has been created for you, your family and friends. Jump online for practical information about type 1 diabetes, shared experiences and ways to connect.

[www.T1DStars.com](http://www.T1DStars.com)

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For more information go to <http://www.t1dstars.com>

**Meet-ups and events**

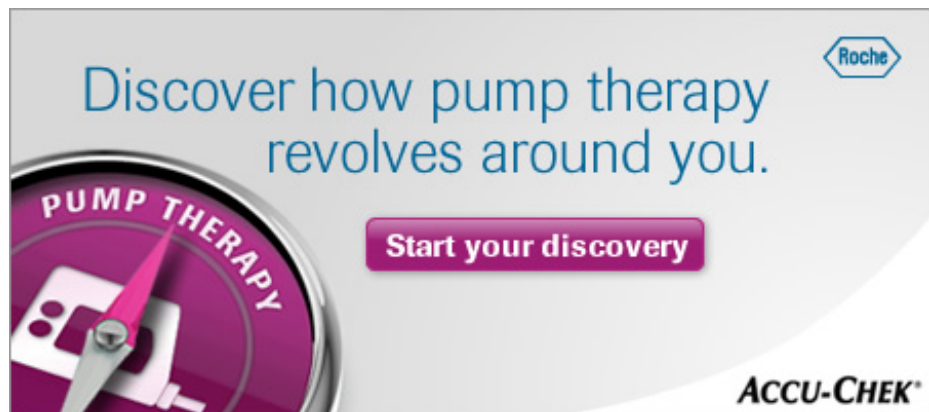
### **T1DN webinar**

Our second webinar will be held on 12 November, with Roger Hanney who will talk about his experiences as a professional ultra-marathon runner living with type 1. He is on his way to do a [huge 250 km run in the Sahara Desert](#) right now! The webinar is sponsored by the [OneTouch Verio IQ meter](#) (by Johnson & Johnson). You can register for the webinar online now through [this link](#).

### **World Diabetes Day in Rockhampton**

Rockhampton will celebrate World Diabetes Day with the 'Stanwell Electric Blue Fashion Show' on Friday 9 November at the Riverside Markets. This event features local bands, dance, wearable art competitions and markets. The Riverside Boardwalk, Customs House and boats on the river will be lit up with blue light. This [Reality Check thread](#) has more details.

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

### **Interesting links**



Often when we are searching for content for Yada we come across links that aren't quite right for full articles, but seem too good to let go. Some of these may come through on our Twitter feed (@T1DN), but we've included some here we thought you might find of interest.

- [Video stories from people who contracted T1D as adults](#)
- [History of the last 200 years of diabetes from the New England Journal of Medicine](#)
- [Behavioral Diabetes Institute survey for partners of people with T1](#)
- [Diabetes Art Day was September 24 - Check out the contributions](#)
- [Off topic, but apparently if we want Australia to win more Nobel Prizes we have to eat more chocolate.](#) We're doing our part :)

## Quick shots

Hot topics on the Reality Check online forum include:

- [20 years of T1D](#)
- [High blood pressure and diabetes](#)
- [Sand between my toes](#)
- [Overseas holiday](#)
- [Feedback on cheat sheet for family and friends](#)

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

- [Having skin issues with pump sites](#)
- [Prickless glucose monitoring](#)
- [Camps/events for teens in WA](#)

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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