



Support, Information and a Voice for the Type 1 Community

Greetings!

Welcome to the first issue of Yada Yada for spring. We hope you're enjoying the warmer weather that the end of winter has brought.

As part of T1DN's growth as an organisation, we've set up an expert advisory group to help us out with our new projects. We've also been active in other areas, with our general manager, Susan Greenbank, participating on an expert panel called 'The evolution of diabetes management' in Sydney.

You might also be interested in our discussion about meter accuracy and inspired by Steve Richert's year-long climbing adventure.

We'd also like to thank everyone who put forward nominations for the Seed Award, proudly sponsored by Roche in 2012. We received some deserving nominations and will be choosing a winner very soon.

T1DN expert advisory group

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Over the last 15 years, T1DN has grown from small beginnings to become a large, nationwide organisation with multiple ongoing projects. We've built up many supportive relationships throughout the T1D community with health professionals and other diabetes organisations, and we have decided to formalise these by setting up an expert advisory group (EAG).

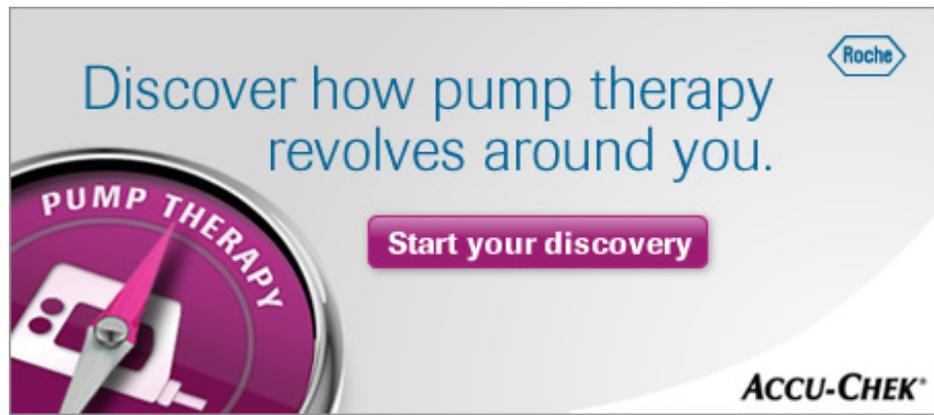
The members of our EAG are:

- Linda Beene
- Gordon Bunyan
- Peter Colman
- Jennifer Conn
- Sarity Dodson
- Trisha Dunning
- Kate Gilbert
- Marie Gill
- Maarten Kamp
- Kate Marsh
- Alison Nankervis
- Bill Polonsky
- Cheryl Steele

You may be familiar with many of these names. They bring expertise across a variety of disciplines including as endocrinologists, diabetes educators, psychologists, dietitians and consumers. They will assist our management committee and be our first port of call to join advisory groups for any new projects, as well as providing comments on relevant sections of our strategic plan.

We are thrilled that so many members said they were delighted and honoured to accept the invitation to join the EAG. We are privileged to have such strong supporters of T1DN on board. We're looking forward to their contributions to our future projects; the first of which is the new edition of our popular Starter Kit, which is currently undergoing a major review. Their assistance in continuing to provide support, information and a voice for the type 1 community will be extremely valuable.

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



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

First T1DN webinar: Report

Our first webinar was held earlier this month with T1DN founder Kate Gilbert talking about living with diabetes and dealing with burnout. People from around Australia joined in as well as some from overseas.

We're really happy with how it went and were pleased to get lots of great feedback from participants. Participants enjoyed the live format as well as the personal and real-life experiences that Kate shared.

Our next webinar is planned for the 12th of November, two days before World Diabetes Day, and is sponsored by the new OneTouch Verio IQ meter. The webinar will feature Roger Hanney - an ultra-marathon runner with type 1 who regularly tackles run courses of 100 km! You can check out his blog [runeatsleeprun](#).

We'll provide further information in next month's Yada, or you can make sure you don't miss it by joining our [Facebook page](#) or following us on Twitter @T1DN. So stay tuned!

*****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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Innovating for life.

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

How accurate is your meter?

The accuracy of blood glucose meters is a frequent discussion topic on our Reality Check forums, e.g. [here](#) and [here](#) and it's something that affects all of us.

[Riva Greenberg](#) recently compared the readings of a new meter with her original meter - one read 7.4, the other 8.8. This is not uncommon and occurs because standard blood glucose meters report blood glucose levels (BGLs) that can be 15-20% from the results of a lab test.

In a [second article](#), Riva tested four different meters and the BGL results varied from 6.7 to 8.7. Note: These articles show BGLs as mg/dL not mmol/L - 100 mg/dL is about 5.6 mmol/L. The differences come from a number of variables including the test strips, the calibration of the meter, humidity, temperature as well as whether hands were washed before the test. There's a good summary of the inaccuracies in an article on [Diabetes Mine](#).

Obviously, meter accuracy is important as an input for calculating your insulin dose. However, carb counting and differences in insulin absorption, which is affected by time of day and activity levels, can cause larger fluctuations in calculating the correct insulin dose.



Image credit: [zothenn](#)

So while meter accuracy is important, and we should encourage companies to produce more accurate meters, counting carbs and knowing how your body responds to insulin at different times is even more vital.

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

An advertisement for the Accu-Chek Performa blood glucose meter. On the left, a red and white meter displays '5.8 mmol/L' on its screen, with the time '10:38' and date '12-11' also visible. The meter is surrounded by a grid of checkmarks. To the right, the text reads 'Accu-Chek Performa. Every check gets checked.' Below this, it says 'Experience it at www.accu-chek.com.au'. Further down, smaller text states: 'For people with diabetes. Use only as directed. Consult your healthcare professional for advice. *Data on file. ACCU-CHEK and ACCU-CHEK PERFORMA are trademarks of Roche. © 2012 Roche Diagnostics. RDCR0045 RD 02/12'. 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.accuchek.com.au

Rock climber raising awareness for T1D

Type 1 diabetic Stephen Richert is undertaking a year-long extreme rock climbing challenge across North America in some beautiful and rugged landscapes. Steve was diagnosed with type 1 at 16 after a bout of encephalitis, and 13 years later is teaming up with his wife to spend a year living out of their car, climbing every day and recording their progress through [blog entries with amazing photos](#) and [videos](#) (vids are on Vimeo which requires free registration). Be warned if you're not good with heights like me, some of these vids will give you sweaty palms and a nervous stomach.

Why? - For the challenge, for fitness, and to prove that type 1 doesn't restrict what is possible. Steve wants to raise awareness for type 1 diabetes and the challenge that it brings, and empower and inspire people with T1.

[Diabetes Health](#) interviewed Steve about the project and this [YouTube video](#) gives a good summary of his goals.

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



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FreeStyle Optium
Blood Glucose Monitoring System

Find out more

Technology used in hospitals worldwide!¹

Abbott Diabetes Care

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

Diabetes prevention trial

Australian researchers are running a trial to look at the potential for a nasal insulin vaccine to prevent the onset of type 1.



The [Type 1 Diabetes Prevention Trial](#)

identifies people at high risk of developing type 1 through a blood test that looks for antibodies that show whether the immune system is attacking beta cells. People identified as 'high risk' are then given the nasal insulin vaccine over 12 months. Initial research has shown that inhalation of an insulin solution may prevent the immune system from attacking beta cells.

Researchers are looking for people aged between 4 and 30 who have a relative with type 1, but don't have the condition themselves, to participate in the trial. They have already screened 7500 people, but are hoping to screen a total of 12,000. After the initial blood test, only 2% of people fit into the high risk category to proceed into the trial.

If you or any of your relatives are interested in participating in the trial or just learning more about it, there is plenty of information on the [trial program's website](#).

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

Accu-Chek® Mobile system:
The easy to use, strip-free meter
for insulin users.

Experience it at www.accu-chek.com.au/mobile

The Accu-Chek Mobile test cassettes are PBS-listed for insulin-requiring people with diabetes. For people with diabetes on insulin. Use only as directed. Consult your healthcare professional for advice.

Roche Diagnostics Australia Pty Ltd, 31 Victoria Avenue,
Castle Hill NSW 2154, ABN 29 003 001 205
OHV ROC1907 0v12

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The advertisement features a black Accu-Chek Mobile meter on the left with a digital display showing '5.8'. The background is a gradient of orange and brown. 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

Evolution of diabetes management in Australia

On 6th of September our general manager Susan Greenbank was part of an expert panel discussing the evolution of diabetes management. The other panellists included Team Type 1 professional cyclist Justin Morris, type 1 GP and past DA national president Gary Deed, ADEA Executive Director Tracy Ayles and type 2 celebrity chef Michael Moore.

The key questions for discussion were: 'What are the main challenges in diabetes today?' and 'What could governments do to support people with diabetes?'

Susan talked about how to keep up with new technology in diabetes management and make informed decisions about what is best for you. She proposed that a help desk with 24/7 email and phone access to specialist advice would be an effective support for people with diabetes and discussed how online resources such as our [Reality Check](#) and [Munted Pancreas](#) forums provide peer support.

Meet-ups and events

Type 1 Diabetes Capricorn Connection (T1DCC)

T1DCC's next support group meeting is on in Rockhampton on Saturday 6 October. The speaker is a diabetes educator who will talk about solutions and hints for people caring for someone with type 1 and how to deal with travelling as a type 1.

For more information please check out the [Reality Check post](#).

Quick shots

Hot topics on the Reality Check online forum include:

- [Getting back in control - motivation](#)
- [How/what do you feel when hypo?](#)
- [Horizontal folk dancing and pumps](#)
- [When to adjust pump when travelling](#)
- [Tired, no energy](#)

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

- [Which pump?](#)
- [Bayer Contour Link meter](#)
- [Treating hypos](#)

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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