

Yada Yada: August 2013



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

August *Yada Yada* is here and is packed full of information as we head into spring.

Nominations are open for T1DN's annual Seed Award - let us know about the great people who make a big difference to your life with type 1.

The intranasal insulin trial is in its final year of recruitment for the study on a vaccine to prevent onset of type 1. They're looking for relatives of people with type 1 to join the over 9000 participants who have already had a blood test to check their type 1 risk.

There's new research from a Perth hospital showing that pumps can offer better outcomes than MDIs for many kids and we also have 5 copies of Mary Tyler Moore's autobiography about living with diabetes to give away!

Remember to check out our [Facebook page](#) and [Twitter account](#). Like or follow us to keep up to date with all things T1DN and other happenings throughout the month.

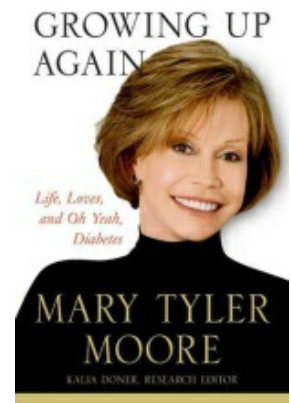
Enjoy!



GIVEAWAY! Mary Tyler Moore autobiography

We have five copies of Mary Tyler Moore's autobiography *Growing Up Again: Life, Loves, and Oh Yeah, Diabetes* to give away, courtesy of JDRF.

Mary describes the highs and lows of living with type 1 diabetes, from her initial struggles after diagnosis to final acceptance of the disease.



To be in the running to receive a copy, write in and tell us in 100 words or less: apart from a cure, what is the one thing you would do to help people with type 1? Assume money is no object and the more creative your idea the better!

The T1DN management committee will pick their favourite five responses to receive a copy of the book and we will publish a selection in next month's Yada. We can only post to Australia and NZ (sorry international readers).

Please send your responses to Niall Perry at niall@d1.org.au. Entries close Friday 13th September.

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

NEW!

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

Seed Award nominations

In 2010, T1DN presented the first annual Seed Award to recognise Melinda Seed and her amazing contribution to the T1 community. Melinda was a founding director of T1DN and played a critical role in T1DN's development.



The Seed Award includes a cash \$350 prize and is given to an individual or group that has:

- provided support, information and/or a voice for the type 1 community
- demonstrated initiative and intelligence in their endeavours
- been committed to the principle that people living with type 1 diabetes can and should have a voice in the decisions that affect their lives.

Nominations for the 2013 award are now open. Do you know someone who makes a difference to people with type 1? Please nominate them for this year's award. In your nomination, include a brief description of how they meet each criterion along with the nominee's and your contact details. To get an idea about the type of nominations we're looking for, check out the previous years' winners: the fantastic [Cheryl Steele](#), [Helen Edwards](#) and [HypoActive](#).

Email your nominations (or any questions you have) to T1DN president Natasha Reddrop at natasha@d1.org.au by the 21st of September. The Seed Award winner will be announced in a special Yada Yada issue on World Diabetes Day, November 14.

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



Insulin pumps more effective than MDIs for kids

Researchers from the Princess Margaret Hospital for Children in Perth recently released the results of the [largest and longest study of insulin pump use in children](#). The study followed 690 children between 2 and 19 years old - half on MDIs and half on pumps - for an average of 3.5 years.

Children on pumps had half the number of severe hypos and about half the number of hospital admissions for DKA, showing that insulin pumps can provide significant improvements in important areas of management. This is a massive difference, and is really important research for parents of kids with T1. The federal government recently provided [some additional funding to subsidise pump use for 136 children](#) - hopefully this research encourages more of the same to give all kids access to whichever management strategy is best for them.



The full text of the journal article is available from [Diabetologia](#).

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



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Learn more: Call 1800 247 827 or visit www.bgstar.com.au/

You can help fight type 1 diabetes!

A nasal vaccine trial to prevent type 1 diabetes is well underway across Australia and New Zealand. The intranasal insulin vaccine trial II (INIT II) aims to determine if a nasal insulin vaccine can delay or prevent the development of type 1 diabetes in children and young adults at high risk.



Insulin itself is a major target of the immune attack that damages the insulin-producing cells in the pancreas leading to type 1 diabetes. The nasal insulin vaccine has been shown to induce a protective form of immunity to insulin in mice and humans and to prevent diabetes in an autoimmune mouse model of type 1.

Relatives aged 4-30 of someone with type 1 diabetes are eligible to participate in the trial. So far, about 9,000 relatives have had a free blood test to determine their level of risk. In over 97% of cases, the blood test is negative and importantly provides reassurance of low risk. The small per cent with a positive test are at high risk and have the opportunity to participate in the prevention trial.

2013 is the final year of recruitment for the trial, and your help is urgently needed to reach the recruitment target. If every person with type 1 diabetes encouraged their relatives (aged 4-30) to have the screening test, including parents, siblings, children, aunts, uncles, nieces and nephews, recruitment for the trial would be successful.

If you would like more information regarding the trial and how to register, please call 1300 138 712 or go to <http://www.stopdiabetes.com.au>.

The INIT II trial is funded by the National Health and Medical Research Council of Australia and the Juvenile Diabetes Research Foundation International, and managed by the Diabetes Vaccine Development Centre under the guidance of Professors Len Harrison and Professor Peter Colman of the Royal Melbourne Hospital.

Type 1s in the spotlight: Theresa May

Previous features in our T1s in the spotlight series have covered people who have achieved great things while dealing with type 1 diabetes. This month's feature is a little different as it looks at someone recently diagnosed who will have to deal with type 1 while being firmly in the spotlight of the British media and the cutthroat world of politics.

[Theresa May](#), the British Home Secretary (one of the top 4 members of the government and responsible for immigration, security, and law and order), was initially diagnosed with type 2 diabetes in November last year, but has now been [correctly diagnosed as having type 1](#). She is widely tipped to be the next leader of the conservative party after David Cameron. Her recent rapid weight loss had drawn media speculation that it was part of a make-over before challenging for the leadership - but was probably due to her undiagnosed T1.



Theresa is 56 years old and while a type 1 diagnosis at this age is unusual, it is becoming more common - or at least the initial type 2 diagnosis is being changed more rapidly, helped by the increased awareness of [latent autoimmune diabetes of adults \(LADA\)](#). Type 1 may be especially difficult to manage in such a high-pressure job where she has admitted to regularly working up to 18 hours a day. But she is pragmatic about the diagnosis, saying "The diabetes doesn't affect how I do the job or what I do. It's just part of life ... so it's a case of head down and getting on with it."

It will be interesting to see how both Theresa and the media handle her type 1 status - we hope it is a chance to raise the profile and perhaps secure additional research funding for people with type 1 in the UK.

Preserving insulin production in newly diagnosed T1s

A lot of the research we have featured recently has focused on helping preserve beta cells in people newly diagnosed with type 1. This month is no different. We'd love to report research that will help long-term type 1s - let us know through Facebook or Twitter if you come across anything.

A [Yale University study](#) showed that a drug called teplizumab protected remaining insulin production in newly diagnosed type 1s - at diagnosis people usually have 20-40% of their beta cells left.

Participants received an initial two-week course of the drug or a placebo, followed by a further two-week course 12 months later. After 2 years, those people who had received the drug had higher levels of C-peptide, which is a marker of insulin production. About half the patients receiving the drug actually had only a very small decline (6%) in their C-peptide levels - a remarkable result; the other treated patients had C-peptide declines about the same as the control group. The researchers are looking into potential differences between the two groups, which could give important clues to the action of the drug and the progress of type 1 itself.

Diet may be another way to preserve insulin production in recently diagnosed T1s. [New research](#) found that eating food rich in leucine (dairy, meat, soy, eggs, nuts) or omega-3 fatty acids (oily fish) was related to increased C-peptide levels after 2 years. Young adults under 20 were asked questions about their food intake and had blood tests, with follow-up over 2 years. This research was a small part of the larger American [SEARCH for Diabetes in Youth](#) study, which has been running since 2000 and has had more than 20,000 participants.

Interesting links

- [Automated bolus calculator helps people on MDIs](#)
- [Study found no evidence to back claims that insulin glargine \(Lantus\) may increase cancer risk](#)
- [New blog of T1er planning to hike throughout Australia over the next year](#)

Events and meet-ups

Type 1 Diabetes Capricorn Connection (T1DCC) T1DCC is looking for registrations for a fundraising walk at Merv Anderson Park, Yeppoon on Sunday 10 November 2013. All proceeds go to JDRF to fund research to cure and improve treatment for type 1 diabetes.

It will be a fun day for families, and teams are encouraged to wear bright colours or themes. After the walk, there'll be a fundraising sausage sizzle, balloon art jumping castle and more.

For more information on the Yeppoon Walk and how to register, check out the [Reality Check thread](#).

Quick shots

Hot topics on the Reality Check online forum include:

- [Pump storage](#)
- [Insulin and headaches](#)
- [Strangers reactions](#)
- [Insulin desensitivity at certain times of the month](#)
- [Wreckyn St, Top 7, ISYAD, endos and donts, nude hypos](#)

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

Thanks for reading, and don't forget you can always send us your feedback and comments by replying to this email. We'll see you next time!

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

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