



Support, Information and a Voice for the Type 1 Community

In this issue

[Allan Bolton profile](#)

[Type 1 in the 70s](#)

[Interesting links](#)

[Events](#)

[Quick shots - Hot topics on our forums](#)

Quick links

[Join the discussion - REALITY CHECK online forum](#)

[DONATE HERE to support the Type 1 Diabetes Network](#)

[Online community for parents: MUNTED PANCREAS](#)

Join Our List

[Join Our Mailing List!](#)

Greetings!

This edition of *Yada Yada* has an in-depth profile of passionate educator and sports physiologist Allan Bolton and the resources he has developed for managing exercise with type 1 at his site exT1D.com.au.

We also take a trip down memory lane with a Reality Check thread about diabetes in the 70s and finish with our monthly meet and Reality Check links sections as usual.

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!



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Type 1s in the spotlight - Allan Bolton

Allan Bolton is an Accredited Exercise and Sports Physiologist with post-graduate qualifications in Diabetes Education who was diagnosed with type 1 diabetes at the age of 18. He is the founder and coach behind exT1D.com.au - a multimedia educational resource teaching people with type 1 how to incorporate exercise into their lives.



In the 34 years since his diagnosis, Allan has many [achievements in sport and fitness](#) to his credit; he loves what exercise brings to life and he continues to compete on a regular basis.

He has an extensive background in broader community health and fitness education and speaks professionally on related topics. Through this, Allan has connected with people from throughout the type 1 community keen to find practical evidence-based information about how to manage the complexities of exercising with type 1. Common things people wanted to understand were how to overcome fear of hypos, why swings in BGLs (up and down) happen and how to maximise the weight loss benefits of exercise, but good information was not widely available. Seven years ago, Allan decided to take action to provide this missing information and the idea for exT1D was born.

[exT1D](#) is designed for people with type 1, both sporty and non-sporty, their families as well as diabetes health care professionals. It teaches about the physiological processes in the body that affect how blood sugars react to insulin and exercise. There is also a step-by-step guide to using that knowledge to develop a personal plan to reach exercise goals and confidently participate in regular physical exercise and sport.



As a result of successes by people who used the exT1D tools, the University of Sydney's Medical School and Royal Prince Alfred Hospital's Diabetes Centre are currently evaluating the efficacy of the exT1D resource via a PhD research project titled 'The Type 1 Diabetes Exercise Study'. Allan personally raised

over \$220,000 to fund the research, door knocking many places outside of the obvious diabetes circles.

You can read more about the research being carried out by PhD student Dr Agata Piotrowicz (an endocrinologist) in [this article](#) or watch a video with the supervisors of the project on [exT1D's YouTube channel](#). We'll be keeping an eye out for results, which are due in early 2015. Allan is hoping to use the results to find a corporate or government sponsor to back exT1d financially, as he currently has to charge for access to the site to cover costs, and he would prefer it to be free.

We're looking forward to having Allan as the guest speaker for the next T1DN webinar. He speaks passionately about type 1 and exercise and his motivation is contagious, so keep an eye on Yada and our Facebook page for details in the next month or two; it's not one to miss!



Interested in finding out more about exT1d or joining the site? You can read [testimonials on the website](#), and Allan has a discount for us. The regular price is \$85 for an initial 12-month subscription, but Yada Yada readers can get a \$20 discount by following [this link](#). Make sure you use that link if you want to sign up, as the discount won't be accessible from the public website.

exT1D research recruitment

Are you at least 16 years of age?
Do you live in the Sydney metropolitan area?
Do you have type 1 diabetes?
Are you undertaking some regular exercise?
Do you want to learn more about exercise and your blood glucose levels?

If so, then enquire about our type 1 diabetes and exercise study at Royal Prince Alfred Hospital and the University of Sydney. If interested, please notify Dr Agata Piotrowicz at apio5006@uni.sydney.edu.au.

DO NOT sign up to the exT1D program or sampler before contacting Dr Piotrowicz; signing up will exclude you from participating in the study.



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

Type 1 in the 70s

A recent [Reality Check post](#) brought back old school memories for some of us by linking to a few photos on Flickr of some diabetes management tools from the 70s. Other long-term diagnosed Reality Checkers added reminisces of



Photo by Nadine90

their own personal experiences before we had a lot of the things we take for granted today - disposable needles, 5-second BGL tests with monitors that aren't the size of bricks, insulin pens and pumps, and flexible eating plans that don't have to involve Sao or Milk Arrowroot biscuits as snacks!

Those of us diagnosed more recently have heaps of admiration for people who dealt with diabetes while boiling/resharpening glass needles for reuse, testing urine with what amounted to a home chemistry set or waiting 2 minutes for meters to provide a reading, plus dealing with the very rigid management rules of the time.

It's fascinating to hear what it was like to deal with type 1 with much more primitive technology. Let's hope there's a cure in the next 40 years, but if not, what will diabetes technology be like and what will people think of our current technology?

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

Interesting links

- [DiabetesBasics - new resource for schools and parents to help kids with type 1](#)
- [Carb counting may not necessarily lead to better BGL control](#)
- [When babies have first solid food and what it is may affect T1 risk](#)
- [Managing diabetes during Ramadan](#)

Events and meet-ups

Type 1 Diabetes Capricorn Connection (T1DCC) T1DCC invites all adults living with type 1 diabetes to their next support group meeting in Yeppoon on Saturday 3 August 2013.

Snore Australia is presenting to talk about obstructive sleep apnoea (OSA), which has a high prevalence in people with type 1. OSA is linked to glucose metabolism abnormalities and insulin resistance, and increases risk of cardiovascular disease, so it's an important topic.

For more information, please check out the thread on [Reality Check](#).

Quick shots

Hot topics on the Reality Check online forum include:

- [eHealth](#)
- [Weight gain/loss](#)
- [You know you're hypo when...](#)
- [Medtronic reservoirs recall](#)

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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