



Support, Information and a Voice for the Type 1 Community

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Greetings!

Welcome to June *Yada Yada*, marking the mid point of the year! 2013 is flying along and we hope it's treating you well as we head into winter. In this month's edition, we have news about exciting stem cell research which could eventually mean an end to daily insulin. We also continue our features on high-profile people with type 1 diabetes with JDRF chairman Mary Tyler Moore and bring you some data on the effect of more intensive blood sugar level management.

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!



Stem cell and beta cell research

[British researchers](#) have succeeded in turning adult blood stem cells into cells that produce insulin. This solves a very important step on the road to a stem cell treatment for T1 as no one has previously been able to coax stem cells into becoming specialist insulin-producing cells. The success comes in initial lab trials, and the researchers are now looking to move into human trials.

The end goal is for the modified stem cells - protected by a special biodegradable coating to make them last longer - to be injected into people with type 1 diabetes. The cells, which are derived from a patient's own stem cells, would then produce insulin as required. A single stem cell injection could last for up to a year, giving the freedom of an entire year with no need for insulin injections!



Human stem cell image by [wellcome images](#)

The research was published in the [Journal of Molecular Therapy Nucleic Acids](#).

Along similar lines, [US researchers](#) have found a way to make beta cells from donated pancreases reproduce in the laboratory. This hasn't been possible before, which has made transplants of beta cells very difficult. This is one reason that transplants are so rare and costly (they also require continued use of anti-rejection drugs). This technology would allow the small amount of beta cells that can be harvested from a donated pancreas to be multiplied and be more effective once transplanted into someone with T1D.

This research was published in [PLOS One](#).

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T1s in the spotlight - Mary Tyler Moore

We're going to the opposite end of the generational spectrum to last month's feature on Nick Jones and looking at Mary Tyler Moore. Mary is an American actress best known for her lead role in the massively popular sitcom *The Mary Tyler Moore Show*, which ran from 1970 until 1977. Her character was an independent single career woman - something that hadn't been portrayed on TV before.



Mary was diagnosed with type 1 at age 33 in 1970, just as her career was taking off. With the diabetes management options available in the 70s being much less user friendly than today, Mary admits in an interview with [USA Today](#) that she didn't always keep on top of her diabetes.

Mary is now 76 and after more than 40 years of managing T1 and an impressive show biz career she is still active in charity work including her role as international chairman of JDRF, which she has held since 1984. She is involved with the [Children's Congress](#) where kids with type 1 go to Washington to lobby Congress to ensure research towards finding a cure for T1 continues to receive the funding and attention it deserves. In 2009, Mary published a memoir called *Growing Up Again: Life, Loves, and Oh Yeah, Diabetes* that focuses on her experiences living with diabetes.



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Intensive therapy reduces complications

[New investigations into data from the Diabetes Control and Complications Trial \(DCCT\)](#) have recently been reported. The DCCT was a major study of 1441 people aged between 13 and 39 who'd had T1 for less than 15 years. It ran from 1983-1993, but follow-up studies have continued to track the participants to get more long-term data. The studies look at the effect of 'intensive therapy' for T1 on long-term complications.

Their definition of intensive therapy was: testing BGLs more than 4 times a day; injecting insulin at least 3 times a day or being on a pump; adjusting insulin doses for food and activity; following a diet and exercise plan; and monthly visits to a health care team. Over the long-term, this intensive therapy reduced kidney disease by 50%, heart disease and stroke by 60%, and severe eye damage by 50%. Of course, it's not rocket science that more management = better control, but it's nice to see the data.

[A study by a group of researchers in Switzerland](#) also showed the benefit of close monitoring and control of T1. They found that each additional daily BGL test up to 4 a day reduced HbA1c by 0.19; every additional daily test after that reduced HbA1c by a further 0.02. This suggests that people who test less than 4 times per day would get the biggest benefit from increased BGL monitoring. Do you agree? Share your thoughts on [Reality Check](#).

Medtronic product correction

Medtronic has issued a product correction for their Paradigm insulin infusion sets, which can have safety issues if insulin or other fluids get into the inside of the connector. This may happen while the reservoir is being filled. The fluid can block the vents in the connector and cause either too much or too little insulin to be delivered.

The [TGA website](#) has full details, including the pump model numbers affected and how you can avoid these problems. This is **not** a product recall, and it is safe to keep using your Medtronic pump as long as you are aware of the potential problem and take steps to avoid it.

Interesting links

- Scientific session summaries from the American Diabetes Association conference (21-24 June): [Friday](#), [Saturday](#), [Sunday](#), [Monday](#).
- [Gympie resident Win McCarter recognised for dealing with type 1 for over 60 years after being diagnosed at 16 in 1952.](#)

Events

T1 info session in Victoria

The [Knox Community Health Service \(KCHS\)](#) is running an information session about T1D on Wednesday 17th July from 6-9 pm. The guest speaker is V8 driver Jack Perkins and health professionals will also be on hand to talk about services available at KCHS including DAFNE. The session is at the KCHS Hall, 1063 Burwood Highway, Ferntree Gully, VIC. Bookings are essential by 9th July. Contact Rebecca on 9757 6260 or email info@kchs.org.au.

Australian Centre for Behavioural Research in Diabetes (ACBRD)

The ACBRD and NDSS are trialling a website designed to help people identify how diabetes affects their emotional well-being. The trial involves evaluating the website and a short follow-up phone call. It takes 30-40 minutes total. You must be over 18 to participate and the trial finishes on 30th July. For more information check out the [ACBRD website](#).

Quick shots

Hot topics on the Reality Check online forum include:

- [Should you say you're type 1 on job applications?](#)
- [Getting back on the diabetes management bandwagon](#)
- [Help/advice on Frio wallets](#)
- [Private health insurers rejecting outpatient pumps](#)
- [What's the best thing about T1?](#)

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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