



Support, Information and a Voice for the Type 1 Community

Greetings!

Hello and welcome to the March edition of *Yada Yada*.

This newsletter hits your inbox just before the Easter long weekend - so we hope you have a great Easter and get away from the everyday for a while or just spend time with family and friends. And, of course, enjoy some chocolate.



Photo by [Chocolate Reviews](#)

This issue updates you on what's been happening following our survey about accessing insulin pumps through private health insurance. We also look at diabetes science that came out this month and point you to a new toolkit for pregnancy with type 1.

Enjoy!



T1DN's meeting with Private Health Insurance Ombudsman

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Late last year T1DN asked for your feedback on funding of insulin pumps through private health insurance (PHI). We had a great response with over 300 people providing some fantastic detail around the trials and tribulations of dealing with PHIs (plus some of you who had successes and no problems!).

The collated data was recently presented to Samantha Gavel, the Private Health Insurance Ombudsman (yes there is an ombudsman for this, put your hand up if you knew that), by our project leader Chris with support from our president Natasha. The meeting produced some great insights into how the ombudsman operates, and was an opportunity to provide detail about issues faced by people with type 1 when accessing funding for insulin pumps.

The ombudsman agreed that more information needs to be available on how funding of insulin pumps works and the insurer's responsibility to provide this. We are also working closely with the ombudsman's office to re-write the Insulin Pump fact sheet to be more user friendly and helpful; we hope to have the revised document available to you mid-year.



Our next step in the coming months is to continue our advocacy on this issue by taking a jump into politics and hopefully presenting the data to the Federal Health Minister and Shadow Health Minister, along with the Department of Health and Ageing (who are running the PBS review into insulin pumps).

In the meantime, if you experience any issues accessing funding for a pump (new or replacement), and you're unable to resolve it with your insurer, don't be afraid to contact the ombudsman to seek assistance. They work closely with the insurers to make your interactions as smooth as possible, and if they aren't aware of the issues then they can't help!

Use the following link to contact the ombudsman:
www.phio.org.au.

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

NEW BLOOD GLUCOSE METER
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iBGStar® does not include the iPhone or iPod touch. iPhone 5 and iPod Touch 5th Generation require Apple Lightning-to-30 pin adapter (sold separately). iPhone/iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. iBGStar® Diabetes Manager App is available free on the App store. iBGStar® is designed to assist people living with diabetes to monitor their blood glucose levels. Use only as directed. Consult your healthcare professional for advice. sanofi-aventis Australia Pty Ltd trading as Sanofi 12-24 Talavera Road Marquarie Park NSW 2113 ABN 51 008 558 807 AU.BGM.13.02.002. Date prepared: February 2013

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

More insulin pump survey news

T1DN also gave the results of our insulin pump survey to the [Consumers Health Forum of Australia](#) (CHF) - an organisation that represents the interests of all Australian healthcare consumers.

The CHF used the survey feedback to write a submission to the [PBS review of products used in diabetes management](#), which is looking at clinical outcomes and cost-effectiveness of pump use, as well as how to determine eligibility for pump subsidies - a copy of the submission is available [here](#).

Currently, government subsidies are only available for under 18s, and 439 pumps have been subsidised since 2009. [JDRF, Diabetes Australia and other diabetes organisations](#) have called for access to be based on clinical criteria instead of just age.

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

Discover how pump therapy revolves around you.

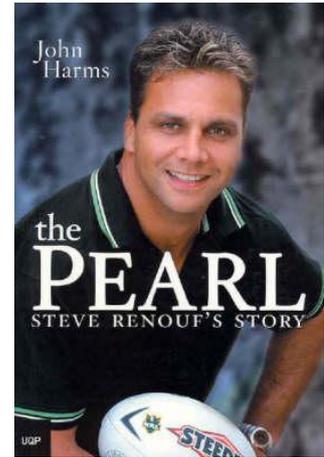
[Start your discovery](#)

ACCUCHEK®

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

T1s in the spotlight - Steve Renouf

Rugby league fans would already be familiar with Steve Renouf who played for the Brisbane Broncos from 1989-1999. What you may not know is that Steve was diagnosed with type 1 diabetes in 1992 in the middle of his career after already representing Queensland and Australia. The diagnosis had little effect on his stellar career, apart from the obvious increased attention to diet and insulin.



Steve was an outstanding attacking centre with silky skills and an impressive step that often left defences grasping at air. In 2008, he was named in the Indigenous Team of the Century.

Steve and his wife Elissa have five children, four of whom have also been diagnosed with type 1! As a family they have started a company that produces diabetes products - diabete-ezy.com. Steve's playing career and family certainly show that excelling in all aspects of life with type 1 is possible.

In a [recent interview](#), Steve advised young people who have diabetes to "Never think that it can stop you from achieving your goals. Just look after it, and you can achieve anything. I looked after it...I knew I had to if I wanted to keep playing football."

Science wrap

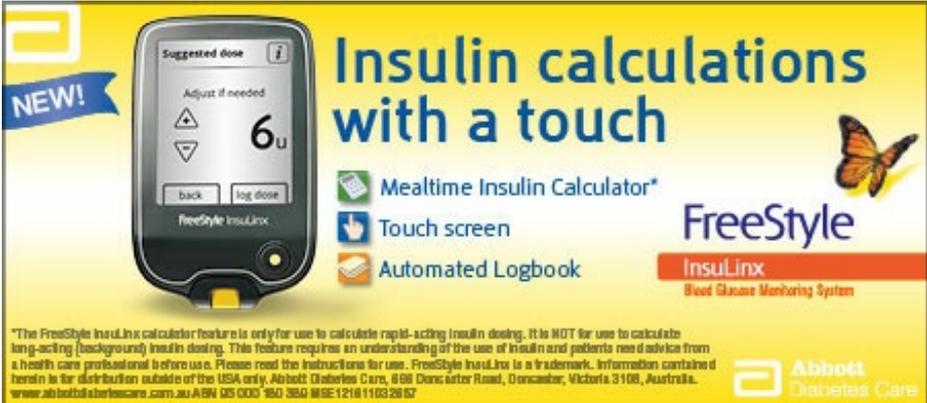
A bunch of exciting science related to type 1 came out over the last month. Below are some brief summaries of the bits we found most interesting.

[Western Australian researchers](#) have developed a cheaper genetic test for type 1, potentially reducing the cost of the test from \$300 to less than \$50. The research narrowed the number of genetic markers required to 3, which will allow more accurate focus for future research into causes and a cure.

T1 diabetes rates have been found to be higher in countries with lower mortality from infectious diseases. [A study from the University of Malta](#) suggested that not being exposed to pathogens early in life may increase the risk of type 1. This is still just an association and there isn't proof yet that this is a cause of type 1.

A [focus group study](#) published in *Diabetes Care* looked into the effects of T1 on relationships. Perhaps unsurprisingly, it found that partner support is highly valued, although fears of hypoglycaemia and future complications can increase relationship stress. This initial study is expected to guide future research into the important, but often overlooked, field of psychological issues for adults with type 1.

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



NEW!

Insulin calculations with a touch

- Meatime Insulin Calculator*
- Touch screen
- Automated Logbook

FreeStyle InsulinX
Blood Glucose Monitoring System

*The FreeStyle InsulinX calculator feature is only for use to calculate rapid-acting insulin dosing. It is NOT for use to calculate long-acting (background) insulin dosing. This feature requires an understanding of the use of insulin and patients need advice from a health care professional before use. Please read the instructions for use. FreeStyle InsulinX is a trademark. Information contained herein is for distribution outside of the USA only. Abbott Diabetes Care, 880 Doncaster Road, Doncaster, Victoria 3108, Australia. www.abbottdiabetescare.com.au ABN 95 000 990 384 99E121811032857

Abbott Diabetes Care

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

JDRF Pregnancy Toolkit

This month JDRF in the US released a new toolkit with information about pregnancy with type 1 diabetes. It is freely available as a pdf from <http://jdrf.org/life-with-t1d/pregnancy/> (requires registering an email address).



The toolkit covers all stages of pregnancy from planning conception to after the birth, and how to have a happy and healthy pregnancy (and baby!) while managing the challenges that type 1 adds.

The 'original' pregnancy guide for type 1 is called [Can I have a healthy baby?](#) and was produced collaboratively by the Type 1 Diabetes Network with other diabetes organisations in 2008.

Meet ups and events

Potential Sydney meet-up

A Sydney meet-up is planned for the near future - venue and date to be confirmed. Check out the [Reality Check thread](#) to register your interest and keep in touch with what is planned.

Type 1 Diabetes Capricorn Connection (T1DCC)

T1DCC invites all adults living with type 1 diabetes to attend their next support group meeting in Yeppoon on Saturday 6 April.

This month's speakers are clinical nurses Katrina Duff and Jennifer Borg who will talk about the kidneys, their role and how to keep them healthy, as well as chronic kidney disease (CKD) and who is at risk. For more information see the [Reality Check thread](#).

Survey about personal trainers

Kate Marsh (one of our Expert Advisory Group) is a dietitian and diabetes educator who also has type 1, and has been asked to present a session on nutrition and exercise for type 1 diabetes at a fitness industry conference in April.

The audience will be mostly personal trainers and Kate would like to present some feedback from you (people with type 1) about your experience working with personal trainers, including what you found helpful, what you didn't and what you wish they knew or understood about type 1 and how it might affect your exercise.

Even if you have never worked with a trainer, Kate is still interested in hearing what you would like a trainer to know about type 1 if you ever were going to use one. The short survey takes just a few minutes and your input would be much appreciated and will help Kate better educate the fitness industry about the needs of those of us with type 1. Please visit the survey [here](#).

Interesting links

- [Satirical diabetes news from The Cinnamon](#)
- [Roger Hanney's presentation about ultra-marathon and T1 from AcT1vate](#)
- [Feature article on diabulimia from ABC in the US](#)

Quick shots

Hot topics on the Reality Check online forum include:

- [You know you've adapted when....](#)
- [The RC diabetes blog thread](#)
- [D stuff all around the world](#)
- [Pump cannula sites](#)
- [How long until I feel normal again?](#)

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. Enjoy your Easter break and we'll see you next time!

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

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