



Support, Information and a Voice for the Type 1 Community

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Greetings!

It's hard to believe that it's already time for the May edition of *Yada Yada*. The year is flying by.

This month's edition features the massive Diabetes Blog Week and profiles Nick Jonas. We remind you that with winter here tomorrow it's time to think about getting a flu vaccine if you haven't already. As always, we also summarise some of the new diabetes research and provide you with links to hot topics from the Reality Check forum and the web.

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!



Quick links

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

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

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

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Diabetes Blog Week

[Diabetes Blog Week](#) recently ran for the 4th straight year. It's organised by [Bittersweet diabetes](#) blogger Karen Graffeo and this year over 200 bloggers from around the world (listed [here](#)) tackled a different topic each day.



Topics included what you wish your health care team knew about your day-to-day life with diabetes, your most memorable diabetes day, and accomplishments (big or small). The full list of topics is available [here](#).

The sheer volume of material produced during the week can be intimidating, but it gives us the warm fuzzies to think of the large community of people sharing their experiences with diabetes. The Diabetes Online Community is a rich, vibrant and amazing place to be. There's too much good content to point you to any specific posts, but dive in and look around. You could post any blogs you found impressive or inspiring on [Reality Check](#).

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

Flu vaccine reminder

Winter is here - coming early to many parts of Australia. Unfortunately that means flu season - so it's important to think about getting a flu jab if you haven't already done it. It's already getting a little late as one T1DN committee member will tell you after going down with the dreaded lurgy. So now is definitely the time to organise your shot as the flu can be really nasty and make T1 particularly difficult to deal with.

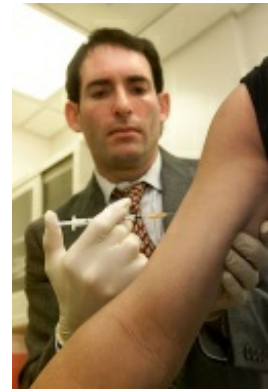


Photo by Bill Branson

Some employers provide free flu vaccinations, so check if your workplace does this. You should also be able to access a free vaccine from your GP as people with type 1 are covered under the [Immunise Australia Program](#).

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



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T1s in the spotlight - Nick Jonas

Some younger *Yada Yada* readers might be fans of boy band The Jonas Brothers. What you may not know is that one of the brothers - Nick - has type 1 diabetes.



Photo by Brennan Schnell

Nick began his singing and acting career at age six, with roles in Broadway productions including *Les Miserables* and *Beauty and the Beast*. In 2005, aged 13, he formed The Jonas Brothers with older brothers Kevin and Joe. Later the same year, after several months of losing weight and constant thirst, he was diagnosed with type 1. It took a couple of years until the Jonas Brothers popularity surged in 2007 and worldwide concerts with screaming fan girls began.

Nick uses an insulin pump to manage his blood sugars while touring up to nine months of the year. He wrote the title track of their third album, *A Little Bit Longer*, about his feelings towards T1D.

Nick brings a positive attitude to his diabetes and is passionate about sharing that positivity with other young people with T1D. He has a long-standing involvement in diabetes advocacy and now runs a not-for-profit foundation with his brothers called [Change for the Children](#) to raise awareness about T1D and funds for research (his brothers each have their own cause).

We think it's fantastic Nick uses his platform to share his common sense and positivity, and we're looking forward to seeing his career develop! You can watch Nick in a really frank discussion about living with diabetes with [Larry King in 2011](#) or read more about his story at [Change for the Children](#).

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Driving and diabetes

The controversy over Australia's driving and diabetes guidelines continues. This month [UK Professor Brian Frier criticised](#) Australia's use of HbA1c as a criteria for fitness to drive saying "I'm really surprised Australia has gone down that road. It's silly, why should people with high [HbA1c] not be allowed to drive?" pointing out that there is no research that links HbA1c to driver safety. Professor Frier was involved in developing driving guidelines for T1 diabetes in the EU and said that hypos are the major risk factor for type 1 diabetics while driving and so hypo history should be used to determine whether they should be licensed.

Recent diabetes research

Here's a short summary some new research that caught our eye this month.

The job of making sure our immune systems don't go into overdrive and attack us is handled by cells called regulatory T-cells. [Australian scientists](#) have found a new type of these cells which produce a protein that may play a role in the autoimmune attack that triggers type 1 diabetes. People with T1 don't have many of these cells and when this cell type is removed from mice, they quickly develop T1. The research is not yet conclusive, but may lead the way towards new therapeutics to prevent the onset of T1. The study was published in *Nature Immunology*: [Abstract](#).

[Researchers at Columbia University Medical Center](#) found that high

blood sugars are linked to increased production of a protein called calprotectin, which can lead to more plaque clogging the arteries. This plaque hardens and narrows the arteries over time - increasing the

risk of heart attack or stroke. It's the first concrete cause identified for the well-known increase in heart disease risk for people with T1 and gives scientists a target to focus on in the important job of reducing this risk in the future. This research was published in *Cell Metabolism*: [Abstract](#).



Photo by Brenden Fitzgerald

Interesting links

- [T1D travel cards with medical info in many different languages](#)
- [Disney and Lilly team up with a website to help kids with type 1 and their parents](#)
- [JDRF Australia has a survey on the coverage of type 1 diabetes in the media](#) - closes June 14
- [Story about people with T1 for 25+ years](#)

Quick shots

Hot topics on the Reality Check online forum include:

- [When do you bolus?](#)
- [Do you use less supplies to save money?](#)
- [What value do you get out of DE appointments?](#)
- [How to have a hypo](#)
- [Type 1 and Graves](#)

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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