



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

The next few months are big in the diabetes world, with plenty happening in Australia.

November 14 is World Diabetes Day, which will see the Sydney Opera House and other Australian landmarks lit blue, and we're looking forward to T1DN having a stall when the massive World Diabetes Congress comes to Melbourne in December.

This edition we also bring you recent research into residual insulin production in type 1s and links to other interesting items we found this month.

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!



T1DN online



On the 4th of November at 8 pm (AEDST), T1DN is hosting an ask me anything (AMA) on Twitter with ultra-marathoner and type 1 diabetic [Roger Hanney](#). If you haven't come across AMAs before, they are increasingly popular ways (often on [Reddit](#)) for people to share their stories and allow people to literally ask them anything.

Roger is a member of [Team Born to Run](#), which completed five 250 km ultra-marathons in five of the harshest deserts in the world in 2012 and 2013.

Not content with that amazing feat, Roger is now in the middle of running [4 ultra-marathons in 4 weeks](#) - a total of 474 km in 30 days! This is a mind-boggling feat for anyone to accomplish - the story of how to manage it with type 1 diabetes is inspirational and something to learn from. The AMA will be after Roger's 3rd ultra-marathon and before the 174 km [Great North Walk](#).

Please come along, join the discussion and ask a question; you're sure to learn heaps. You can tweet your questions to [@TrailFiend](#); we'll be using [#AskRogerAnything](#). We'll send out reminders and start things off from the [@T1DN twitter account](#).

Webinar with Sally Marchini

Over 50 people from around the world joined in our October 10 webinar with [Sally Marchini](#) about managing healthy eating with type 1 and coeliac disease. Sally offers an especially beneficial real-life perspective on these topics as she is a dietitian who has both type 1 and coeliac herself! Her personal tips and tricks are all really useful. There were also lots of interesting questions from participants. If you missed the webinar, you're in luck - the whole thing was recorded and can be accessed at [GoToWebinar](#) (email required).

Thanks to everyone who came, and thanks for the great feedback on how helpful and informative you found Sally's presentation.

Also big thanks to Sally for another awesome presentation.

We've got more webinars planned for the future - we'll announce dates and speakers closer to the events, both in Yada and on Twitter and Facebook.

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World Diabetes Congress

This December 2-6 the [World Diabetes Congress](#) is on in Melbourne. WDC is a huge event with over 400 speakers and 12,000 delegates from more than 160 countries. Having such an important global diabetes event in Australia is great, and we are especially excited as T1DN will have an exhibition stand at the Congress. Come by and say hi if you are attending! We will also keep you up to date through the [T1DN Twitter feed](#) as well as some longer articles as the Congress progresses.



The scientific congress, which is the main reason for the gathering, has 7 distinctive program streams including "[Diabetes research in the 20th century](#)" and "[Living with diabetes](#)". You can view the full scientific program on the [WDC website](#).

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

NEW!

Insulin calculations with a touch

Meatime Insulin Calculator*

Touch screen

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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 05 000 160 360 MISE 1218 1103 2852

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

Residual insulin production found in T1s

Scientists from the UK used a new technique that detects very low levels of insulin to test whether people with type 1 diabetes produced any insulin after eating. Incredibly, they found that 73% produced a low level of insulin, even 40 years after diagnosis!

Insulin levels increased in response to food, just as they would with a healthy pancreas - but obviously at a much lower level. This suggests that some of the beta cells that produce insulin are either protected or are regenerated in most T1s.

This finding opens up research into why some T1s continue to produce insulin at measurable levels but others don't. Any genetic or immune system differences between the two groups could lead to potential treatments to protect or regenerate beta cells - which could lead to a cure or a way to stop the progression of type 1 in the early stages.

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

World Diabetes Day and Seed Award

November 14 is [World Diabetes Day](#) and this year IDF is encouraging everyone to [Take a Step for Diabetes](#). A 'step' can be any activity that promotes diabetes awareness or improves the lives of people with diabetes.

As in previous years, monuments and buildings around the globe will be lit blue to mark WDD and raise awareness of diabetes. In Australia this includes the Sydney Opera House, Melbourne GPO Building, Kalgoorlie Town Hall, Fremantle Roundhouse and the Bell Tower in Perth.



Blue Kuwait Towers
by Cajie

As part of World Diabetes Day, we'll have a special edition of Yada, which will announce the winner of the T1DN Seed Award.

Interesting links

- [NASCAR driver's 'Drive to stop diabetes'](#). Ryan Reed, a 20-year-old NASCAR driver with type 1 diabetes started his own non-profit to build awareness and help people with type 1. He's now teamed with the American Diabetes Association and his car is decked out with '[Drive to stop diabetes](#)' logos.
- [Teddy bear to educate kids with T1 about their condition.](#) Jerry is an interactive teddy bear who teaches children with type 1 how to manage their BGLs and recognise their symptoms. Unfortunately Jerry is only available in the US at the moment for US\$249, but looks very cool. [Here's a news article](#) about Jerry.
- [Diapedia](#) - The diabetic wikipedia, which describes itself as an 'open-access, peer-reviewed, unbiased and up-to-date knowledge base about all aspects of diabetes mellitus'.
- [Scottish researchers find life expectancy for people with T1 continues to improve.](#)
- [Perth doctors](#) tested a new diabetes pump that suspends insulin delivery when BGLs are low. It was found to reduce the number of moderate to severe hypos, especially overnight. The research was published in the [Journal of the American Medical Association](#) (abstract only).
- [A discussion of different diabetes phenotypes](#) - not just T1 and T2. We may need to think of diabetes more like a continuum than two different conditions - especially with the increased number of late onset diagnoses.

Quick shots

Hot topics on the Reality Check online forum include:

- [How do you store your hypo food?](#)
- [Sick of my pump](#)
- [Educating family on what to do during hypos](#)
- [The scary 'n' word - neuropathy](#)
- [Experience with rituximab and diabetes?](#)

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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