



Support, Information and a Voice for the Type 1 Community

In this issue

[Seed Award nominations](#)

[T1DN webinar](#)

[Competition winners](#)

[Neural tube defect research](#)

[R U OK? Day](#)

[Interesting links](#)

[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!

There's a lot of T1DN stuff happening in the September edition of *Yada Yada*.

Nominations for the Seed Award close in just a few days, so we'd love to hear about those who are making a real difference for people with type 1.

T1DN's next webinar is on October 10 with dietitian Sally Marchini who will talk about healthy eating and low-GI diets with coeliac disease and type 1. Sally's last webinar was very popular so make sure you sign up!

We share some great responses from our Mary Tyler Moore autobiography giveaway and as always we link to a few of our favourite discussion threads from the [Reality Check forums](#).

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!



Seed Award nomination reminder

We put out the call for nominations for T1DN's annual Seed Award last month. The Seed Award recognises an individual or group committed to providing support and a voice for the type 1 community.

Nominations are closing very soon on September 30, so please nominate anyone you know who is making a real difference for people with type 1. Email your nominations to T1DN president Natasha Reddrop at natasha@d1.org.au.

For more info about the award, see [last month's Yada article](#).

T1DN webinar

T1DN is hosting its next webinar on Thursday 10 October at 8pm AEDST (Note: This is daylight savings time, so adjust accordingly if you are outside NSW, Vic, Tas). [Sally](#)



[Marchini](#) will again be our guest speaker, talking about healthy eating with T1D and coeliac disease. You can register for the webinar at [gotowebinar](#).

Sally is an accredited practising dietitian specialising in coeliac disease and type 1 diabetes. In this webinar, Sally will provide healthy eating guidelines, including talking about the importance of a low-GI diet. She will also specifically focus on gluten-free low-GI options.

Sally did a webinar with us in January about the challenges of living with diabetes and coeliac disease, which got great feedback via social media, so if you missed her last time be sure to register for this one.

Sally's [website](#) has more info and you can follow her on Twitter [@SallyMDietitian](#). Don't forget you can also follow T1DN [@T1DN](#).

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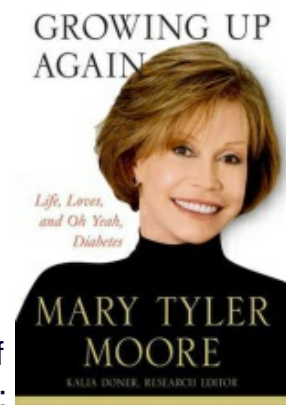
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Mary Tyler Moore autobiography giveaway

Last month we ran a competition that asked you to tell us the one thing you would do to help people with type 1. We received a bunch of great entries - we love hearing direct from Yada readers about their thoughts on living with type 1, so thanks for replying!

Five lucky respondents will receive copies of Mary Tyler Moore's book, *Growing Up Again: Life, Loves, and Oh Yeah, Diabetes*.
 Congrats!



A couple of our favourite responses:

I would contact every diabetic and tell them about the wonders of alternative site testing. No more finger pricks or pain! For example, your forearm has only a fraction of the pain receptors our highly sensitive fingers do. With pain free testing, I am now happy to test 3 times as often. My HbA1Cs have improved dramatically. How wonderful would it be for parents with very young type 1s to not inflict pain many times a day. (P.E.)

Invent and give all Type 1s a waterproof cordless pump that had one site which included a sensor, and all reading and boluses could be done via an iphone app. (K.M.)

Neural tube defects

[Researchers at the University of Maryland](#) have identified a cell signalling pathway involved in the formation of neural tube defects (NTDs) in developing fetuses. The neural tube is the part of the embryo that develops into the central nervous system - spinal cord and brain - and sometimes it doesn't close properly.

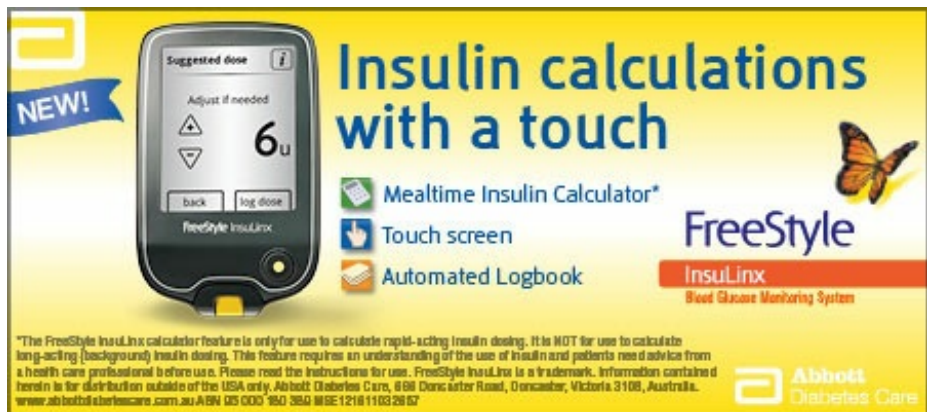


NTDs are one of the most common birth defects and babies born to mothers with diabetes have a 3-10 fold increased risk, as higher maternal blood sugars are a risk factor. Neural tube development occurs in the first trimester of pregnancy, which makes this a vital period in an embryo's development, but it can be difficult to monitor risks as some women may be unaware that they are pregnant.

Identifying this cell signalling pathway gives a potential therapeutic target - a drug that switches off or interrupts the pathway would reduce the risk of neural tube defects. The team has already used a drug called thioredoxin to test this process in mice. Thioredoxin is an anti-oxidant that is already used in some commercial anti-ageing products, which is great news for how quickly human trials may progress. At the moment, folic acid is the only known measure to reduce risk of NTDs.

This research was originally published in [Science signaling](#).

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R U OK? Day

[R U OK? day](#) (12 September) was not only an opportunity to check on how family and friends are going, but also a reminder of the mental challenges that can arise from the constant, daily grind of dealing with type 1.

People with type 1 are more than twice as likely to suffer from depression at some stage than the rest of the population. Single people may be especially at risk as new research from Denmark shows the [benefits of living with a partner or having social support](#) - it can affect quality of life, self-management behaviours and HbA1c.

'Are you ok?' is a simple question, and is often met by instinctive, unexamined answers, but if you're prepared to spend some time and listen without judgement, it could spark a conversation that saves a life - or at least helps make someone much happier and confident in themselves. Asking someone else can also be an invitation for them to ask you the same question!

Diabetes Vic had a great blog post about diabetes and depression - check it out [here](#).

So check on your friends, family and people you know with type 1 diabetes, and ask yourself if you're OK as well. There are plenty of resources out there (e.g. [beyondblue](#), [ReachOut](#), [Lifeline](#)) if you need help. Or if you just want a good vent to people who understand what you are going through, go to [Reality Check](#) and join in the forums.

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

Type 1 diabetes prevention trial (INIT II)



2013 is the FINAL YEAR of recruitment for the trial and we URGENTLY need your help to reach the trial recruitment target of 120 participants.

If you have a relative with type 1 diabetes, you could be at risk for this disease. We need to find relatives who are at 'high risk' of developing type 1 diabetes.

What the study is about

The type 1 diabetes prevention trial, also known as the Intranasal Insulin Trial (INIT II), is part of a coordinated global effort to prevent or delay the onset of type 1 diabetes. The trial began in 2006 and 2013 marks the final year of recruitment for the trial. The trial uses a simple blood test to find out if you are at risk of developing type 1 diabetes. 98% of people are reassured that their risk is low. In the 2% of people in whom the test shows a high risk for type 1 diabetes, a nasal spray vaccine taken once a week for a year is being tested.

For more information go to: <http://www.stopdiabetes.com.au> or contact DVDC via (02) 9295-8314 or dvdc@dvdc.org.au.

The trial is managed by the Diabetes Vaccine Development Centre and is supported by the National Health and Medical Research Council (NHMRC) and JDRF.

Interesting links

- [Respiratory infections in early life linked to islet autoimmunity, hence T1 risk factor](#)
- [T1 mother kicked out of a UK McDonalds for injecting insulin](#) - Maccas have since apologised.
- [New biomarker panel to diagnose T1](#)
- [More potential research to suppress the immune response which destroys beta cell](#)

Events and meet-ups

Type 1 Diabetes Capricorn Connection (T1DCC) T1DCC invites to all adults with type 1 diabetes to their next meeting in Rockhampton at 2 pm on Saturday 5 October 2013.

This month, optometrist Craig Allom will discuss the anatomy of the eye and how diabetes can affect the eyes, including retinopathy and cataracts, and why early detection is important. He will also talk about the latest treatments and research, and what to expect from an eye exam.

T1DCC members would love to meet the other type 1 adults in the CQ area and have a chat over a cuppa, make new friendships and hear what exciting new resources and services are available. For more information please check out the [Reality Check thread](#).

Quick shots

Hot topics on the Reality Check online forum include:

- [Bubbles in reservoir](#)
- [Weird hypo symptoms](#)
- [Bikram \(hot\) yoga experience](#)
- [People just don't understand \(sick days with D\)](#)
- [Hypo awareness](#)

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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