

Yada Yada: April 2014



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

Welcome to April's edition of *Yada Yada*!

We hope you had a great Easter and managed to take advantage of a couple of short work weeks and school holidays.

The next T1DN webinar is on in May and will cover 'Dealing with diabetes burnout'. We are excited to have inspirational and humorous author Ginger Vieira as guest speaker. It's sure to be interesting and informative, so make sure you register.

In other T1DN news, we have decided to move *Yada Yada* to a quarterly schedule, rather than monthly. But while *Yada* will come less often, we are stepping up our social media activity, so check out our [Facebook page](#) and [Twitter account](#) to keep up to date with all things T1DN and other happenings in the diabetes community.

Enjoy!



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

Why are more children getting type 1 diabetes?

The ENDIA study

Australia's largest study into the cause of type 1 diabetes is now recruiting. If you are pregnant and your baby will have a first degree relative with type 1 diabetes (i.e. yourself, baby's father or sibling) then your family could be eligible to participate. Babies less than 6 months of age can also enroll.



Find out more...

 <http://www.endia.org.au>

 andia@adelaide.edu.au

 <http://www.facebook.com.au/endiastudy>

Yada moving to quarterly

As mentioned in the intro, after more than a decade sharing stories from the T1 community each month, we've made the decision to move Yada Yada to quarterly. At T1DN our mission is to provide support, a voice and opportunities for people living with T1D, and we feel we can do this best through social media and forums, rather than a monthly newsletter. As a result, much of the information we've previously featured in Yada will be shared through [Facebook](#), [Twitter](#), or our forum [Reality Check](#).

We'll continue bringing you interesting stories in Yada every three months. If you have ideas about what you'd like to see on social media or in Yada, contact us through [Twitter](#), [Facebook](#), or drop us an email: info@t1dn.org.au.

Dealing with diabetes burnout webinar

The next T1DN webinar will be on '[Dealing with diabetes burnout](#)' with the fantastic Ginger Vieira on Saturday May 17 from 10-11 am AEST. The unusual time is due to Ginger joining us from the US.



Ginger was diagnosed with T1D and coeliac disease in 1999 and fibromyalgia in 2014. Today, she is the Editorial Director at [DiabetesDaily.com](#) and creates freelance pieces for other diabetes websites as well as speaking at many diabetes conferences. You may have seen some of her fantastic work shared on Facebook, such as the spot-on '[Dear Doc: 3 Reasons Why We Can't Be Perfect in Diabetes](#)'.

Ginger is also a cognitive coach, personal trainer, and Ashtanga yoga instructor. In 2009 and 2010, she set 15 records in drug-free powerlifting in the women's 67 kg weight-class with best lifts including a 140 kg deadlift, 86 kg bench press and a 120 kg squat.

Ginger is well known for her humorous yet poignant videos on her [YouTube channel](#) and we're sure the webinar will be no exception. If you'd like to join us, please register at the [gotowebinar site](#). After registering, you will receive a confirmation email with information about how to join the webinar.

Do low glucose levels relate to aggression?

You may have seen this during the month as it made the rounds of the media outlets, but it's too good not to share again.

[Researchers at the University of Kentucky and University of North Carolina](#) looked at the effect that blood glucose levels had on relationships of non-diabetic people. Over 3 weeks, 107 couples tested their BGLs morning and evening, and every night before bed stuck between 0 and 51 pins in a voodoo doll of their spouse to match how angry they were.

They also competed against each other in a video game where the winner was given the opportunity to blast the loser with a horrible noise the researchers described as "the combined sound of a smoke alarm, dentist's drill and fingernails scratching down a blackboard".

The lower the person's blood sugar, the more pins they stuck in the voodoo doll, and the longer they blasted their partner with awful noise.

The theory the researchers put forward to explain this is that self-control requires energy, which of course needs glucose. This suggests that lower BGLs mean less self-control and more overt anger and aggressive behaviour. It's



unclear how relevant this is to T1D and the study has drawn some criticism for focusing on a single measure in what is a complex issue, but it's an interesting way to look at hypos. Have you ever been tempted to use voodoo on your partner when low? Join the conversation at [Reality Check](#).

As an aside, we were somewhat amused the researchers had trouble getting people to prick their finger twice per day for a week...

The study was published in the prestigious [PNAS journal](#).

Trial of reverse vaccine for T1

Researchers led by Stanford University of Medicine's Professor Lawrence Steinman have trialled a ['reverse vaccine'](#) in an attempt to turn off the immune attack on insulin-producing beta cells that causes type 1 diabetes.

The vaccine generates an insulin precursor in muscles with the aim to slowly train the immune system that insulin-producing cells are not an enemy. Ideally, the immune system learns that insulin is a 'good' protein and stops attacking beta cells in the pancreas. This is called a 'reverse vaccine' because while a normal vaccine enhances the immune response to a disease, this switches off a specific immune response.

The trial had 80 subjects newly diagnosed with T1 (less than 5 years) who received 12 weekly injections. Overall, they maintained or increased insulin production, and there was a decrease in one of the antibodies known to attack beta cells. This was a selective effect as no other part of the immune system was changed. Unfortunately, the positive effect only lasted a few weeks after injections stopped.

The group wants to move to a larger and longer clinical trial where patients would have weekly injections for an entire year to see if the effect can be made permanent.

Good news on diabetes research funding

We've written quite a bit about research that is moving towards a T1 cure, so were pleased that the Australian government has announced additional research funding will be made available for this. A [Special Research Initiative](#) scheme from the Australian Research Council will provide up to an extra \$35 million for cross-disciplinary research into a cure for type 1 diabetes. This didn't get much media attention, although there was a short piece in the [Sydney Morning Herald](#).

There was also [good news on diabetes research funding from the US](#) where the government extended funding for an important diabetes research program. The [Special Diabetes Program](#) will now continue through to at least September 2015, with a further \$150 million of funding.

Interesting links

- [Glucose testing via earlobe](#)
- [DKA at T1 diagnosis](#) Nearly 30% of T1s diagnosed under 19 years old in the US had DKA at diagnosis - with DKA more likely among kids under 4 (nearly 40%).
- [How bodies detect hypos](#) - This is quite technical.

Quick shots

Hot topics on the Reality Check online forum include:

- [High BGLs with asthma medication?](#)
- [High BGLs when on the pill?](#)
- [Old timers: Time for your D Medal?](#)
- [Sick days](#)
- [Excited about getting pump](#)

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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