

Yada Yada: March 2014



Support, Information and a Voice for the Type 1 Community

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Greetings!

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

This month we profile professional snowboarder Sean Busby and his wonderful charity [Riding on Insulin](#), and look at a new product that lets you know when you last injected with your insulin pen.

We also have more from the Melbourne World Diabetes Congress from December last year with Melinda Seed's second session report from the 'Living with diabetes' stream.

Flu season is on its way yet again - so it's time to start thinking about getting a vaccination to stave off the dreaded lurgy. Our article has all the info and links you'll need.

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!



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Flu vaccination time

Flu season is sneaking up on us again, so now's the time to start thinking about getting a flu jab if you haven't already. Getting the flu vaccine early allows your body to build up immunity before flu season enters full swing. There's nothing worse than having the shot then coming down with the flu before it's had time to work!

This year, two of the three flu strains in the vaccine are new, so anyone who has had the shot in previous years won't be protected. The vaccine is considered safe for children and pregnant women, although children under 5 do get a different type of vaccine.



Image by [AJ Cann](#)

Some employers provide free flu vaccinations, so check if your workplace does this. The [Department of Health](#) recognises that type 1 increases the risk of severe flu and subsequent complications, so the vaccine is also covered under the [National Immunisation Program](#). Ask your GP about getting it for free.

World Diabetes Congress session report

In our final report from the December World Diabetes Congress in Melbourne, Melinda Seed from [Twice Diabetes](#) talks about the session 'Living with diabetes: Type 1 Diabetes and Stigma'.

Dr Jessica Browne from the Australian Centre for Behavioural Research into Diabetes (ACBRD) in Melbourne presented findings from the first study in the world to examine people's experiences of stigma with diabetes.

In this study, 27 people with type 1 diabetes were interviewed and the results analysed. The results shouldn't surprise anyone who's been involved in the type 1 community: types of stigma reported were self-consciousness or judgement about testing or injecting in public, feelings of losing status and career limitations.

A major theme to emerge was people with type 1 wanting to disassociate themselves from type 2 diabetes to the extent that some type 1s apparently exhibited stigmatising attitudes towards type 2 diabetes. There were many negative connotations surrounding type 2 diabetes, most importantly, that it was self-inflicted. Public awareness campaigns designed to reduce the incidence of type 2 diabetes appear to have had a significant (negative) impact on those with type 1 diabetes while appearing to have negligible effects on the diabetes epidemic.

I am really encouraged by this work from the ACBRD; it's about time the voice of people with diabetes was considered, particularly in relation to the public awareness campaigns that so many of us have railed against over the years. I hope that this work is the first of many projects on stigma and diabetes by the ACBRD and that the major diabetes organisations and government listen to this research when they're planning awareness campaigns.

Melinda Seed - www.twicediabetes.com

Timesulin - insulin pen caps

People unfamiliar with type 1 diabetes might find it hard to believe injections can become routine, but those of us who've had T1 for a while know better: nearly all of us are familiar with the sinking feeling that accompanies a complete mental blank about the most recent shot. Did I just think about what dose to give, or did I actually pick up the pen and dial it up? What if I can't remember, should I risk doing it twice or not taking it at all? Searching for recently used syringes and [sniffing common injection sites for the smell of insulin](#) are just a couple of the forensic techniques we've heard of desperate type 1 sleuths using to try to figure it out.



Now, a fantastic new product called [Timesulin](#) could help solve the issue. It's simply a cap that fits on most common insulin pens and has an LCD display that counts up from the time it's attached. So, provided you keep the cap on your pen, at a glance you can see whether you injected five minutes or two hours' ago! Although specific insulin pens that record dose have existed for many years, Timesulin's advantage is that it's an add-on to the pen you're already comfortable with.

Sadly Timesulin is currently only licensed in the EU. They're running a crowdfunding campaign to fund Food and Drug Administration (FDA) approval in the US and hopefully Australia is not too far behind.

Hat-tip to the [guest post by John Sjolund on Six Until Me](#) for the info. This is one of our favourite blogs - check it out if you haven't already.

Sean Busby snowboards all 7 continents

American professional snowboarder [Sean Busby](#) has become the first person with type 1 diabetes to snowboard backcountry slopes on all [seven continents](#). For those unfamiliar with backcountry skiing and boarding, it involves travelling to unmarked, unpatrolled and sometimes remote mountains to take advantage of pristine, ungroomed snow. It's far more dangerous than resort riding, with increased risks from avalanche, unseen cliffs, unpredictable weather and exhaustion among others. Sean's expeditions have included trips to Antarctica (twice!), Patagonia, Iceland, Kyrgyzstan, Alaska and Tasmania.



Photo Credit: Rúnar Karlsson

Sean's competitive snowboard racing career was put on hold at 19 when he endured months of severe illness and weight loss after being misdiagnosed as type 2. He described his first insulin shot after being correctly diagnosed as a 'miracle'.

For a while he seriously considered retiring from snowboarding, but was inspired by stories of young children with type 1 and what they achieved. So in 2004, the year he was diagnosed, Sean founded a charity called [Riding on Insulin](#) to provide skiing/snowboard camps for kids with T1. These camps continue to run 10 years later, mainly in the US and Canada, but occasionally in Australia and NZ. Have a look at the [Riding on insulin video](#) for more information.

Sean also runs guided tours of backcountry spots for adults in between his own trips with his wife Molly, who blogs about their treks at [Two Sticks and a Board](#). Make sure you click through to the '[Adventures](#)' page - amazing stories and even more impressive photos.

Congratulations Sean on the incredible achievements! Keep up the great work.

Recall of Abbott Freestyle Papillon Mini BGL meter

[Abbott has recalled its Freestyle Papillon MiniBGL meter](#) because of potentially incorrect readings. This meter hasn't been sold in Australia since 2009, but if this is the meter you use, you can get a free replacement by contacting Abbott Diabetes Care on 1800 801 478. Note: This recall does NOT affect the Freestyle Lite, Insulinx or Freedom Lite meters.

Interesting links

- [The Faces of Diabetes](#). Photography project of people with type 1, including their stories
- [Type 1s have different gut bacteria](#)
- [Software to predict BGL spikes and drops](#)

Meet-ups and events

Type 1 Diabetes Capricorn Connection (T1DCC)

T1DCC invites all people living with type 1 diabetes to attend their next support group meeting in Yeppoon, Qld on 5 April 2014.

Guest speaker Lynda Mitchell from QML Pathology will provide information about the services QML provides to people with type 1. T1DCC members would love to meet more type 1s in the Rockhampton and Capricorn Coast area, have a chat over a cuppa and make new friendships.

For more information, please see the [Reality Check thread](#). Given the flooding in Yeppoon as this issue was being written, you may want to check whether this meeting is still on.

Quick shots

Hot topics on the Reality Check online forum include:

- [T1D and the contraceptive pill](#)
- [What to get before the pump comes](#)
- [Medic alert tattoo](#)
- [What happens after the honeymoon?](#)
- [Diabetic survival story](#)

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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