

Yada Yada:

June 2015



Support, Information and a Voice for the Type 1 Community

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Greetings!

Well, it's been a little while since we showed up in your inbox, but to make up for it, here is your bumper June edition of Yada Yada. In particular this month, we've got lots of ways you can interact with the Type 1 Diabetes Network, because we want to hear from YOU!

Enjoy!



Reader Survey

Got a few minutes to tell us about yourself? To make sure we're meeting our readers' needs and appealing to your interests, we'd like to learn a little more about you. We've created a quick survey, with the emphasis on "quick" - it's only eight questions, and you don't even have to type anything if you don't want to! You can answer each question just with one click. But if you'd like to include more detailed feedback or suggestions, please do!

Access it here: [Reader Survey](#)

Quick links

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

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

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

Join Our List

[Join Our Mailing List!](#)

Donate to T1DN without it costing you anything!

Type 1 Diabetes Network have found a great way to raise money for free, simply by shopping online through a website called [Shopnate](#).



You can donate to Type 1 Diabetes Network - just by shopping online. 100s of big name retailers such as Expedia, Priceline, Bonds, Bookworld, Appliances Online, Sportscraft, Jeanswest, Dan Murphy's, Avis, Budget, Coles, Interflora, Webjet, and David Jones will donate to us a percentage of every purchase you make when you visit Shopnate.

Join Shopnate [here](#). Here's how it works.

1. You shop - Shop with the same big name brands on Shopnate without paying a cent more.
2. They donate - Retailers pay a commission and it is given automatically to Type 1 Diabetes Network.
3. Type 1 Diabetes Network now has extra funds to do our good work and you can feel good.

Get your free account today and start raising money for Type 1 Diabetes Network

<http://www.shopnate.com.au/charity/type-1-diabetes-network>

Sport, exercise and T1D - a weekend get-together

On a wintery Canberra night, members of a very special club met at the AIS for a weekend of education, fun, laughter, questions, answers, bonding, belonging, discussions, discussions, discussions.....oh and sports and exercise. Hosted by AMSL, the only prerequisite was t1d and a desire to learn how to manage it whilst exercising. Joining them was a highly educated, select group of health professionals with an interest in T1D and an arsenal of answers.

Rebecca Johnson, Manager of the WA Telethon Family Centre MC'd the weekend, and the line up was impressive. Here are just some of the speakers... Dr Peter Coleman (Endo) provided information on current research; Prof. Paul Fournier (exercise biochemist and physiologist and person with type 1) explained the biochemistry of exercise and diabetes; Dr Tim Roberts (Cardiologist and person with type 1) spoke of the benefits of exercise and the research into cholesterol; Britt Gardner (Dietitian) went through food management for exercise, including some low carb case studies; and WA Cricketer Matt Dixon informed and entertained the room with his personal experiences of life on the road with t1d. It was a full and highly beneficial weekend.

Some feedback from happy attendees:

- "I found the weekend very informative, enlightening and fun. I learnt lots of news things, was reminded of the basics which after 22 years of diabetes, I had forgotten a few, and also saw some things from a new perspective. The biggest thing I learnt is that I am on the right track and should not be disheartened and give up! Just have to keep up with the trial and error!!!!"
- "Awesome weekend. Great food! Great Company! Great speakers! Learnt heaps. Great to be around other T1Ds, who also find managing BGLs and exercise challenging."

Blog Week

At T1DN, we love a good type 1 blogger. If you do too, perhaps you saw or participated in Bitter-Sweet (TM)'s sixth annual blog week during May. This is a great event in which bloggers register and receive a different (type 1) topic each day for a week. This year was a great success with 195 bloggers signed up, and 750 posts listed! If you missed it at the time, you can still read all the posts by popping over to <http://www.bittersweetdiabetes.com/>.

Blogs are a great way of feeling connected with other people going through similar things to you, so we've decided to feature some great type 1 blogs each month on our web site. One of the blogs featured at the moment is actually written by our founding President Kate and long-time Treasurer Mel! It's called Twice Diabetes. For more details about this and a couple of other great blogs to check out (Diabetogenic and Wanderlust), click [here](#).

Dietary guidelines pyramid

You might have seen some excitement on social media recently about the Healthy Eating Pyramid having been updated. The pyramid has long been a useful visual aid to help people understand the types of foods they should be eating and the ideal proportions for a normal healthy diet. But the revision of the Australian Dietary Guidelines in 2013 prompted a revision of the pyramid as well. So what has changed?



The food groups have been defined more clearly. In the 'Eat More' layer, there are now three groups - vegetables and legumes, fruit, and grains. The 'Eat Moderately' layer has been divided into milk/cheese/yoghurt and lean meat/fish/poultry/eggs/nuts etc.

Other changes are that the top layer now refers only to healthy fats, and the message about limiting added sugar has been emphasised. Herbs and spices are specifically mentioned as great ways to flavour food without adding sugar or salt.

To read more about the changes and the new-look Healthy Eating Pyramid, go to

[Nutrition Australia - Healthy Eating Pyramid](#)

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!

Nutrition Australia

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Health professional recommendations

Do you know a health professional who really GETS type 1? Someone you'd recommend to other type 1s? If so, please let us know! It doesn't have to be someone who specialises in type 1 (like an endocrinologist or DE) - it could be a GP, a dietitian, a dentist, a physio, anyone whom you've found to be helpful and understanding about type 1.

Please give us their name, profession and location so we can add them to the 'Recommended' list on our website (see <http://t1dn.org.au/our-stuff/recommendations-and-awards/find-a-health-professional/>).

We've already got over 100 listings, but we want your suggestions too - the more, the merrier! Positive comments only please :)

Email your recommendation to info@t1dn.org.au.

Thanks for reading, and don't forget you can always send us your feedback and comments by replying to this email or commenting on our [Facebook page](#). We'll see you next time!

***From everyone at
The Type 1 Diabetes Network***

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