

Yada Yada:

September 2015



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Welcome to the September edition of Yada Yada! Spring is here and it's Grand Final Season! The Seed Award is open for nominations, and one of our former award winners, Helen Edwards, has written an article for dealing with "one of those days". Read on to find out more!

Quick links

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

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

[Type 1 Diabetes Network on Facebook](#)

Seed Award

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In recognition of the critical role that Melinda Seed played in the development of our organisation over many years, T1DN instigated 'The Seed Award' in 2010 to recognise people who have shown the strong values and commitment that Melinda contributed to the type 1 community for many years.

Melinda volunteered her time, passion and expertise towards providing support, information and a voice for the type 1 community for 10 years. Melinda was a founding director of the Type 1 Diabetes Network, as well as its first Treasurer. She stood down in 2009.

Since 2010, we have had some fantastically awesome winners of the Seed Award: Cheryl Steele, Helen Edwards, HypoActive and Kim Henshaw.

The Seed Award will go to an individual or group that has:

- Provided support, information and/or a voice for the Type 1 community
- Demonstrated initiative and intelligence in their endeavors; and
- Been committed to the principle that people living with Type 1 diabetes can and should have a voice in the decisions that affect our lives.

The winner of the Seed Award will be announced in an exclusive issue of Yada Yada that is distributed on World Diabetes Day, 14 November. If you'd like to nominate someone, please email us at info@t1dn.org.au. We'd love to hear all about them!

Shopnate has a cool new (easy) way to donate

We are excited to inform you of the [Type 1 Diabetes Network Easy Fundraiser](#) that allows you to raise donations while you do your online shopping.

Get the web app for Chrome, Firefox or Safari and any time you visit participating retailers, you will receive a notification on the top of the page requesting for you to activate your free donation to Type 1 Diabetes Network. Major online retailers including Asos, Expedia, Booking.com, Adairs and many others are involved!



It does not cost you a cent! The retailers are paying for the donation from their marketing budgets just for you getting the app.

Download the [Type 1 Diabetes Network Easy Fundraiser here](#)

If you ever do online shopping this is a great way to help us out. Thanks for your support: we really appreciate it.

[Having a Bad Day?](#)

Speaking of the Seed Award, our 2011 winner Helen Edwards runs www.diabetescounselling.com.au. Last week she posted a great article listing five things you can do when you're having one of THOSE days with diabetes.

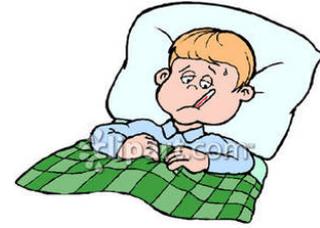
1. Scream and shout
2. Nut out what to do about the situation
3. Talk to someone
4. Call your diabetes team
5. Let it go

Helen's full article can be found [here](#). A couple of other suggestions on our Facebook page were "Give my dog a cuddle" and "Roll my eyes and have another cup of coffee".

Everybody with type 1 experiences burnout from time to time. If you're going through a rough patch at the moment, why not hop on to the Reality Check forum and vent? Guaranteed there will be heaps of people who can lend a sympathetic ear and who know how you're feeling. We'd also love to hear your tips for coping with the bad days! www.realitycheck.org.au

[Late type 1 diagnosis in children](#)

September's Endocrinology Update features an article on endocrinologists' concern about the high number of late diagnoses of children with type 1. Endocrinologist Professor Jerry Wales has said that rates of ketoacidosis in children from late-presenting diabetes are alarmingly high in Australia, much higher than in the UK, for example. He suggests that part of the problem is GPs doing their own investigations (such as glucose tolerance tests) rather than referring children immediately for emergency treatment. Professor Maria Craig, a paediatric endocrinologist, agrees that it's a serious problem. She says that when a child has thirst and frequent urination, "it should be treated as type 1 until proven otherwise".



Interestingly, we know anecdotally from members of our network that not only children but also adults are often misdiagnosed or diagnosed late. Were you told that you had type 2, for instance, just because you were an adult when you got sick? Do primary health care professionals need to know more about the symptoms of type 1? Perhaps you could ask your GP to share some information about type 1 with peers, by referring him/her to our website at www.t1dn.org.au. (We even have an eLearning module about living with type 1, developed especially for health professionals!)

Other news

- Welcome to StrayGaijin, a new moderator on the Reality Check forum! Hop over to www.realitycheck.org.au to see what people are chatting about
- If you're interested in contributing to market research in the area of type 1 diabetes products/services, you can join our new closed Facebook group. Just search for "T1DN consumer research group" and send a request to join.

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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