

National Diabetes Week 11-17 July 2010

PREVENT type 2 diabetes AVOID kidney damage

Diabetes currently affects an estimated 1.5 million Australians. Only half the people with diabetes know they have it. For every person known to have type 2 diabetes, another is yet to be diagnosed.

This year the focus of National Diabetes Week is on **kidney health** and **preventing type 2 diabetes**.

Awareness of the causes of kidney disease is poor – fewer than 1 in 10 adults know that diabetes, hypertension, smoking and obesity are risk factors. People with diabetes are three times more likely to develop kidney damage.

The campaign aims to encourage people who are over 40, overweight and have diabetes in their family to:

- Call 1300 136 588 for more information on type 2 diabetes prevention
- Assess their diabetes risk with the AUSDRISK test at www.diabetes-act.com.au
- Visit their GP to discuss their risk of type 2 diabetes

Talk to Diabetes ACT at Southside Farmers Market on Sunday 11 July between 8-11.30am!



Discover the best from Canberra and the region
every Sunday morning 8-11.30am

Woden CIT campus corner of Ainsworth Street
and Hindmarsh Drive, Phillip
www.southsidefarmersmarket.com.au

*If you would like to obtain National Diabetes Week materials for use at your workplace or community group, please contact Janet on 6287 8730 by **Friday 18 June**. Posters, brochures and postcards will be available.*



Car raffle



Calendar



Kokoda report

Fundraising

LAUREL DAVIES

Guardian Angel Gala Ball



Over 530 people attended this year's Diabetes ACT Guardian Angel Gala Ball. Guests were treated to a dazzling and unforgettable performance from ten brave celebrities who

stepped into the spotlight in the Celebrity Singing Bee. Ivan Slavich, CEO of TransACT, walked away with the Champion trophy. Guests danced the night away to tunes from Sydney band Peppermint Jam.

Suzanne Mostyn was the Master of Ceremonies and Martin Faux the Auctioneer of the AUS 21-30 number plates and the Greek Embassy fully catered High Tea for 20 guests (graciously donated by His Excellency Mr Alexios G Christopoulos the Ambassador of Greece & Mrs Matenia Christopoulou).

Natalia Michail delivered a truly memorable speech. Thank you Natalia for sharing your story with our guests.

Mr James Blundell made a special appearance to commemorate the Guardian Angel Awards. These awards pay special tribute and thanks to our sponsors who have made an outstanding contribution to supporting the work of Diabetes ACT.



Acknowledgements

Diabetes ACT wishes to express its appreciation to all of the very generous sponsors, Celebrities and their Sponsors, Entertainers and everyone involved with the Diabetes ACT Guardian Angel Gala Ball.

A special thank you to Suzanne Mostyn, Martin Faux, Natalia Michail and Diabetes ACT Ambassadors Mr Dino Nikias and Mr Mark Riley for graciously giving their precious time to make our event a memorable one.

Major Sponsors

Roche Diagnostics
Local Liquor
Nabproperty (ACT)
Nova Multimedia
ClubsACT
Maria Slater Travel
Canberra Weekly
Nikias Diamond Property Developments Pty Ltd
Mallesons Stephen Jaques
Liangis Investments Pty Ltd
Vangeli Manufacturing Jewellers
Hellenic Trattoria
Capital Honda
Olims Hotel Canberra
Lovedesign Group
CANprint
The Hellenic Club
Tony Farrugia Bodyworks
Prime Television
Olims Hotel Canberra
Hotel Realm
The Brassey of Canberra
Georges Liquor
Southland Flowers
Garran Bakery

Diabetes ACT sincerely thanks everyone who contributed to the success of the evening and looks forward to the Gala Ball in 2011!

HURRY LAST WEEKS! TICKETS \$25 EACH

Only 4000 tickets available

Everyone who enters the Raffle has the chance to drive away in a Honda Accord Euro. However, there is another reason to buy tickets – your help will enable Diabetes ACT to support people who have been diagnosed with diabetes in the ACT and surrounding regions.

ENTRIES CLOSE 28 JUNE 2010

**THE DRAW WILL BE HELD AT 10AM ON WEDNESDAY
30 JUNE 2010 AT DIABETES ACT HOLDER OFFICE.
FOR TICKETS PLEASE CALL LAUREL ON 6287 8728**



Calendar of Events



More information about all of these events can be found in this edition of *Sweettalk*.

JUNE

Tuesday 1	Foot Education in Diabetes Group	10-11.30am
Thursday 3	Basic Nutrition Group	9.30-11am
Wednesday 9	Newly Diagnosed, Questions and Answers on Diabetes	9.30-11amw
Wednesday 9	Workshop on Blood Glucose Monitoring	11.15-12.15pm
Thursday 10 and Friday 11	Diabetes Psychologist appointments available#	
Thursday 24	GI Nutrition Group	9.30-11am
Friday 25	"Spot the Carb" Carbohydrate Counting Group - Advanced	1.30-3pm
Monday 28	CAR RAFFLE ENTRIES CLOSE, last chance to win a Honda Accord Euro!	
Tuesday 29	DIG Type 1 Diabetes Information Group	Evening, venue TBA – please phone for details
Wednesday 30	Canberra Type 2 Diabetes Support Group	10am-12pm at Grant Cameron Community Centre, Holder
Wednesday 30	DIABETES ACT SHOP CLOSED FOR STOCKTAKE	
Wednesday 30	CAR RAFFLE DRAW	10am

JULY

Thursday 1	Basic Nutrition Group	9.30-11am
Tuesday 6	Foot Education in Diabetes Group	10-11.30am
TBC	Diabetes Psychologist appointments available#	
11-17 JULY – NATIONAL DIABETES WEEK		
Sunday 11	Diabetes ACT at Southside Farmers Market	8-11.30am
Wednesday 14	Newly Diagnosed, Questions and Answers on Diabetes	9.30-11am
Wednesday 14	Workshop on Blood Glucose Monitoring	11.15-12.15pm
Thursday 22	GI Nutrition Group	9.30-11am
Tuesday 27	DIG Type 1 Diabetes Information Group	Evening, venue TBA – please phone for details
Wednesday 28	Canberra Type 2 Diabetes Support Group	10am-12pm at Grant Cameron Community Centre, Holder
Friday 30	"Spot the Carb" Carbohydrate Counting Group - Basic	1.30-3pm

AUGUST

Tuesday 3	Foot Education in Diabetes Group	10-11.30am
Thursday 5	Basic Nutrition Group	9.30-11am
Wednesday 11	Newly Diagnosed, Questions and Answers on Diabetes	9.30-11am
Wednesday 11	Workshop on Blood Glucose Monitoring	11.15-12.15pm
Wednesday 25	Canberra Type 2 Diabetes Support Group	10am-12pm at Grant Cameron Community Centre, Holder
Thursday 26	GI Nutrition Group	9.30-11am
Thursday 26 and Friday 27	Diabetes Psychologist appointments available#	
Friday 27	"Spot the Carb" Carbohydrate Counting Group - Advanced	1.30-3pm
Tuesday 31	DIG Type 1 Diabetes Information Group	Evening, venue TBA – please phone for details

SEPTEMBER

Thursday 2	Basic Nutrition Group	9.30-11am
Tuesday 7	Foot Education in Diabetes Group	10-11.30am
Wednesday 8	Newly Diagnosed, Questions and Answers on Diabetes	9.30-11am
Wednesday 8	Workshop on Blood Glucose Monitoring	11.15-12.15pm
Thursday 23	GI Nutrition Group	9.30-11am
Thursday 23 and Friday 24	Diabetes Psychologist appointments available#	
Friday 24	"Spot the Carb" Carbohydrate Counting Group - Basic	1.30-3pm
Tuesday 28	DIG Type 1 Diabetes Information Group	Evening, venue TBA – please phone for details
Wednesday 29	Canberra Type 2 Diabetes Support Group	10am-12pm at Grant Cameron Community Centre, Holder

Unless otherwise indicated, all events are held at Diabetes ACT, Holder

Bookings are essential for groups. Please contact Janet on 6287 8730 or janet@diabetes-act.com.au

Please call (02) 9940 3487 or 0412 987 544 to make a Diabetes Psychologist appointment

Health Program

TERRI BERENGUER

Promoting health awareness..



ActewAGL Royal Canberra Show

Once again Diabetes ACT joined forces with **The Heart Foundation** and **Cancer Council ACT** to bring together the **Three organisations, one goal – health and wellbeing for all** community display, now in its second year at the ActewAGL Royal Canberra Show.

As an added feature at this year's display, Diabetes ACT offered visitors on the Sunday an opportunity to have their blood pressure checked. Research has shown that good management of blood pressure is extremely important in decreasing the risk of stroke, heart disease, kidney disease, eye disease and nerve damage in people with diabetes.

This year our tri-organisation display continued to stand up to last year's performance and high expectations by being awarded 3rd for the Best Community/Non-Profit Organisation display at the 2010 ActewAGL Royal Canberra Show.

Diabetes ACT looks forward to teaming up again with both The Heart Foundation and Cancer Council ACT at next years' show to promote health and wellbeing for all.

Walk Safely to School Day



On Friday 7 May, our organisations were once again bringing the health and wellbeing for all message to the community – this time as partners of the Pedestrian Council of Australia for Walk Safely to School Day.

The day was launched at Duffy Primary School, where students walked to school with the Minister for Education Mr Andrew Barr MLA, Happy Heart, members of the ACT Brumbies and Canberra Raiders, as well as representatives from Diabetes ACT, The Heart Foundation and Cancer Council ACT.

Walking to school is a great way to fit in some of the 60 minutes exercise each day that kids should do for maximum health and fitness, helping them to make a positive start to a long, healthy and happy life.



World No Tobacco Day

31 May 2010

Smoking increases the risk of serious health problems associated with diabetes. You can significantly improve your health by quitting. Quitting at any age will benefit your health, but the earlier you stop the more you gain.

Quitline
137848

For latest
news visit
www.diabetes-act.com.au

Back from the Kokoda Track

In April, David Collison tackled the gruelling Kokoda Track to raise funds for Diabetes ACT. David was diagnosed with Type 2 diabetes in 2005 and manages his condition through regular exercise, medication and challenges such as the Kokoda Track.

The Start

On 20 April I set out for my epic journey across the Kokoda Track, flying to Brisbane, then on to Port Moresby.

A 5.30am start the next morning saw us fly to Popondetta, truck to Gona and boat to Sanananda. We spent three days along the northern beach heads around Gona and Buna where battles were fought during WWII.

We walked about 22km along the beach heads as well as heading inland through the jungle. On our return each day, we were treated to traditional Papuan hospitality with fresh coconuts to drink from, and foods like braised turtle, sweet potato and taro, banana and sago breads and tropical fruits.

To get to the KT, we returned to Gona by boat and then trucked to Kokoda Village which took around 4.5 to 5 hours – our WWII troops had to walk all of this during battle. The luxury of our transport was a stark contrast to troops encountering attacks and ambushes and only carrying what was vital for their mission.

Hitting the Track

ANZAC Day saw us set off mid-morning after a Dawn Service, for our trek over 8.5 days. I did this trek two years ago, and this time around had trained harder and was committed to completing the track and carrying my 18kg pack the whole way. I was given the name “the pack with legs” – describing the view of me from behind.

Most days we trudged through tree roots and mud, up and down hilly tracks, looking for the next flat which was treasured

as hallowed ground. The first two days were open trekking with burning sun beating down as we pushed up hills for around an hour or so, with a few small hills going down bringing some relief. From there it was generally canopy-covered track which meant trekking in about 30°C and 85% humidity, having our clothes stick to us, dry on us, only to stick again and dry again.

Our days were long and arduous and showers were a luxury. As much as this sounds all too uninviting for some, our conditions were a walk in the park compared to what our troops endured during the war. I had fresh food and water daily, boots with tread, medication and no fear of having to confront the enemy.

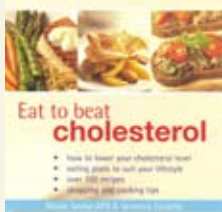
Journey's End

We made it to the end, my purpose for walking the Kokoda Track achieved. I celebrated ANZAC Day with three mates I served in the Air Force with. I completed the track with my pack, and raised close to \$4000 for Diabetes ACT.

But my main aim was to pay respect to those who have fallen, as well as the “Fuzzy Wuzzy Angels” who were our troops’ Guardian Angels in tough times along the Kokoda Track.



In the Diabetes ACT shop



Members' price \$25.87

Eat to Beat Cholesterol can tip the balance towards a healthy heart and make healthy living a reality for you and your family.

As well as recipes, eating plans and shopping and cooking tips, there are fast and easy ways to include super heart foods in your daily diet.

Entertainment™ Books

Entertainment™ Books feature the best in dining, hotel accommodation, theatres, sports and much more... all with 25% to 50% off or two-for-one offers.

You can purchase books at the Diabetes ACT shop, or online with secure payment by PayPal, Mastercard or Visa*.

For every Book sold, \$11 goes directly to Diabetes ACT's Membership program

* Online orders will include a \$5.00 shipping and handling fee



NDSS News

ANITA ROBERTS

Diabetes ACT is now supporting more than 13,000 registrants:

- 1834 with type 1 diabetes
- 11,024 with type 2 diabetes
- 342 with gestational diabetes

Two new sub-agent chemists have been appointed to provide even easier access to purchase your NDSS products:

Capital Chemist Calwell

Were Street, ph 6292 8200

Ginninderra Pharmacy

13 Egan Court, cnr Coulter Drive & Nettlefold Street, Belconnen, ph 6251 5775

We now have 39 sub-agents all over Canberra. You can find a complete listing on our web site www.diabetes-act.com.au

Members' Survey

Thank you to everyone who responded to our Members' Survey, and congratulations to the three winners of one-year memberships!

President's Report

Welcome to the Winter 2010 edition of Sweettalk. The 2010 Diabetes ACT Gala Ball was held at the Hellenic Club on 15 May. This was again a most enjoyable and professionally-conducted event that has further increased Diabetes ACT's profile within the surrounding region and assisted the company in raising much needed revenue to support its Mission. Attendance at the Ball increased from 350 in 2009 to 530 this year; a most pleasing achievement.

Thank you to all of our members who are donating so generously to our 2010 Members Appeal. We are incredibly grateful to every one of our valued members that are making donations. Your contribution to the work performed by Diabetes ACT is an essential component of revenue required to provide services to those affected by diabetes in the ACT region.



Dr Prabir De
Diabetes ACT President

Can we cure diabetes?

Do any of the following people in your family have type 1 diabetes, diagnosed before the age of 40?

- Your mother or father
- Your grandmother or grandfather
- Your aunt or uncle
- Your niece or nephew
- Your sister or brother
- Your half-sister or half-brother
- Your daughter or son

AND

- Are you between 4 and 30 years of age?

You may be eligible to take part in this clinical trial.

The first step is a simple blood test to identify if you are at increased risk of developing type 1 diabetes.

Approximately 2% of relatives will then be eligible and invited to the next stage, which aims to develop a treatment to stop or delay the onset of type 1 diabetes in those at risk.

Interested?

**Learn more by calling 1300 138 712
Or visit www.stopdiabetes.com.au**



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