

## World Diabetes Day

### Poster Competition

The theme of World Diabetes Day for 2009–2013 is **Diabetes Education and Prevention**, and we are pleased to be partnering with Active After-school Communities to hold a poster competition for primary school students.

The competition theme **Activity and having fun** is designed to encourage young children to become enthusiastic about activity and good health in their lives – a key part of diabetes prevention.

All prizes are vouchers for sporting equipment. There will be prizes in two age categories (5–8 and 9–12 years) as follows:

**FIRST PRIZE** value \$200, plus \$300 for your school

**SECOND PRIZE** value \$100

**THIRD PRIZE** value \$50

For more information or to download an entry form, please visit our web site or call 1300 136 588.

**Entries close on Friday 30 October 2009.  
Great prizes to be won!**



### Seminar: Travel and diabetes

**Our regular Saturday seminar for November will coincide with World Diabetes Day. Come along and join us for a virtual world tour!**

Diabetes presents unique challenges for travellers. Join us for a seminar to discuss travel and diabetes and an opportunity to have your questions answered.

Our guest speakers will be a health professional able to provide relevant information, and a person with diabetes who will talk about some of their travel experiences. Participants will be welcome to share their own contributions about travelling with diabetes.

**DATE** Saturday 14 November

**TIME** 9.30–11.30am

**VENUE** Regatta Point

Morning tea will be provided. There is no charge to attend this event, however bookings are essential. Please phone Janet on 6287 8730 or email [janet@diabetes-act.com.au](mailto:janet@diabetes-act.com.au)



**Cash for Christmas**



**AGM notice**



**Eye Health**

# Clinical Services

TERRI BERENQUER

## Psychologist appointments

**Dr Linda Beeney, Specialist Diabetes Psychologist, will be available for private consultations on a regular basis at the Diabetes ACT offices.**

Linda specialises in providing psychological services to people with type 1 or type 2 diabetes and their partners, families and health professionals. She also has 25 years of experience in diabetes psychology research.

Areas of expertise include: Diabetes Distress and Burnout, Blood glucose meter phobia, Anxiety and Depression, Disordered Eating, Psychological Insulin Resistance, Adjusting to a new diagnosis, Assertiveness Training, Lifestyle Changes.

Linda's qualifications include: B.A. Hons (Sydney); Ph.D. (Medicine, Sydney); Post-doc Fellow at Harvard Medical School and Joslin Diabetes Centre, Boston; Registered Psychologist (NSW); Member – Australian Psychological Society; Committee – Australasian Society for Psychological Research in Diabetes.

Appointments with Linda will be held on the following Thursdays and Fridays:

- 10–11 September
- 12–13 November
- 8–9 October
- 3–4 December

**To make appointments or for more information please contact Linda directly on: (02) 9940 3487 or 0412 987 544.**

Referral is not necessary, however your GP may refer you under the Enhanced Primary Care Program (EPC) or with a GP Mental Health Care Plan. Linda is an approved provider with many private health funds.

## Saturday Seminars

Many thanks to Grant Willson, sleep specialist, for presenting our July seminar on Sleep apnoea which was well-attended. This was a valuable opportunity to learn more about breathing problems during sleep and have any questions answered. The seminar was followed by a chance to chat more informally during morning tea.

Our August seminar by Diabetes Psychologist Dr Linda Beeney discussed handling the challenges of type 2 diabetes and insulin. Individual psychology appointments were also very popular, and so we have scheduled ongoing dates for this service.

### Upcoming seminars:

#### **5 SEPTEMBER: Polycystic Ovarian Syndrome (PCOS)**

PCOS is the most common endocrine problem in women during their reproductive years. Women with PCOS have a greater risk of developing type 2 diabetes, gestational diabetes (diabetes during pregnancy) and pre-diabetes.

This seminar will be presented by a health specialist who will be able to provide information and answer questions about this condition.

#### **14 NOVEMBER: Travel and diabetes** (see cover of this issue)

### Saturday seminars are sponsored by Diabetes ACT

Bookings are essential as places are limited. Please call Janet on 6287 8730.

See the calendar in this issue of Sweettalk for more information.

See the Calendar in this issue for more information

## WHITSUNDAYS HOLIDAY SPECIAL

PACIFIC SUNRISE at 33 metres is the best way to experience the natural diversity and pristine nature of the Whitsundays in full service, with the tradition of sailing yesteryear. Accommodation options for couples, groups or the single traveller. Enjoy the fully licensed bar and a la carte menu prepared by our Chef in comfortable dining room for all onboard. The crew of six will introduce you to the wonders of the Outer Great Barrier Reef and Whitsunday Islands with guided snorkel and kayaking safaris, scuba diving or beach and bush walks. Combine this with two nights at TOSCANA Village Resort. Ideally situated in the heart of Airlie Beach, this Tuscan-styled retreat offers elegantly appointed villas with unsurpassed views north over the turquoise waters of the Whitsunday passages to Hayman Island and beyond.

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# Health Information

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## World of Magic Festival

Thanks to the generosity of Canberra City Lions Club, Diabetes ACT is able to offer tickets to this show free of charge.

The show is suitable for ages 0–12 years. If you are interested in attending with your children (or grandchildren), please call Heather on 6287 8740.

**DATE** Tuesday 6 October  
**TIMES** 1pm, 4pm, 7pm  
**LOCATION** Llewellyn Hall, ANU

## Healthy activity tip

**Walking is an easy way to keep active, and Spring is a great time to get outdoors!**

If you're interested in joining a walking group, the **Heart Foundation** has a network of free community-based groups. Joining a group in your area is a great way to get active and meet people.

**For information on walking groups in your area, visit [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) or call 1300 362 787.**

## Canberra Diabetes Support Group

The Canberra Diabetes Support Group invites interested people to come along and join our interesting and entertaining gatherings. We welcome new member involvement with this group which meets monthly.

**VENUE** Grant Cameron Community Centre,  
27 Mulley St Holder (main entrance)

**TIME** 10am to 12pm

**DATE** Last Wednesday of every month

**CONTACT** For more information call Diabetes ACT on 6287 8726

## Look after your eyes

**Eye health is an important issue for everyone, but especially so for people with diabetes!**

**Diabetic retinopathy** affects one in six people with type 2 diabetes and is the most common form of blindness in adults aged between 30 and 60 years.

Treatment of diabetic retinopathy is mainly by laser treatment. A narrow, high energy light beam is aimed through the pupil and onto the retina to shrink the abnormal blood vessels.

Laser treatment is a well established method of preventing vision loss in people with diabetes, however treatment cannot restore vision that has already been lost. Improving blood glucose control is also an important factor.

To ensure that your vision is maintained as well as possible, all people with diabetes need to have a comprehensive eye examination on diagnosis then at least every two years, or more frequently if recommended by your eye specialist.

The **National Eye Health Campaign** aims to encourage Australians to regularly have their eyes checked. For more information, please visit [www.australia.gov.au/eyehealth](http://www.australia.gov.au/eyehealth).

**This is what a healthy eye looks like.**



**This is what an unhealthy eye looks like.**



**You can't spot eye disease.**

Don't wait for symptoms. Get your eyes tested. About 87% of people over 45 have at least one eye problem, but up to 80% of blindness and vision impairment can be prevented by early detection. For more information visit [www.australia.gov.au/eyehealth](http://www.australia.gov.au/eyehealth)

# NDSS News

ANITA ROBERTS



# CEO Report

GORDON MELSOM

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

### Narrabundah Pharmacy

18 Iluka Street, Narrabundah, ph 6295 8274

### Capital Chemist Chisholm

Shop 7, Chisholm Shops, ph 6292 2427

### Priceline Gungahlin

Shop 125-126 Gungahlin Square, ph 6241 7622

### Watson Pharmacy

Shop 1, Watson Place, ph 6241 1506

You can find a complete listing of all NDSS sub-agents on our web site [www.diabetes-act.com.au](http://www.diabetes-act.com.au).

### Are you interested in becoming a company director and helping the Canberra community at the same time?

Diabetes ACT currently has vacancies on the Board of Directors. Our current directors have a range of skills including medical, financial, business, managerial and communications. We seek to attract people with a complementary range of interests, especially legal. Previous board experience whilst desirable is not essential – enthusiasm is. This is an honorary position.

The role of directors is to set the strategic direction and policies for the organisation and to ensure good corporate governance, providing expertise as required.

Diabetes ACT Ltd is a not for profit organisation which has been serving the Canberra community for the past 42 years. We provide a range of clinical, education and advisory services to people with diabetes and those at risk. Diabetes is the fastest growing chronic disease in Australia.

If you are interested in learning more about becoming a director, please contact me on 6287 8727 or email [gordon@diabetes-act.com.au](mailto:gordon@diabetes-act.com.au). To find out more about diabetes and Diabetes ACT, please visit our web site [www.diabetes-act.com.au](http://www.diabetes-act.com.au).

**Gordon Melsom**  
CEO

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The raffle was drawn at the Diabetes ACT offices on Wednesday 15 July during National Diabetes Week, attended by Joy Burch MLA and a representative of major sponsor Capital Star Motors.

Ms Burch drew winning ticket 63. The winner was Mrs Diana Hall of Curtin who has been a member of Diabetes ACT for many years was delighted with her win.



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The Capital Chemist Group promotes health and wellbeing by providing quality, helpful and friendly advice about the appropriate use of medicines. We also offer our customers a range of health services including access to the National Diabetes Services Scheme.

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# Calendar of Events

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

## SEPTEMBER

Friday 4	Pump Day – Deltec Cozmo	10am–4pm
Saturday 5	Seminar – Polycystic Ovarian Syndrome	9.30–11.30am Please check venue when booking
Wednesday 9	Foot Care Group	10–11.30am
Thursday 10 and Friday 11	Diabetes Psychologist appointments available <sup>#</sup>	
Friday 11	Virtual Supermarket Tour	1–2.30pm
Wednesday 23	Foot Care Group	10–11.30am
Friday 25	“Spot the Carb” Group	1–2.30pm at
Wednesday 30	Canberra Diabetes Support Group	10am–12pm at Grant Cameron Community Centre, Holder

## OCTOBER

Thursday 1	Foot Care Group	10–11.30am
Friday 2	Pump Day – Animas	10am–4pm
Thursday 8	Basic Nutrition Group	10–11.30am
Thursday 8 and Friday 9	Diabetes Psychologist appointments available <sup>#</sup>	
Friday 9	Virtual Supermarket Tour	1–2.30pm
Thursday 15	Foot Care Group	10–11.30am
Thursday 22	Basic Nutrition Group	10–11.30am
Wednesday 28	Canberra Diabetes Support Group	10am–12pm at Grant Cameron Community Centre, Holder
Wednesday 28	Diabetes ACT Annual General Meeting	6.30pm at Hellenic Club, Woden
Friday 30	“Spot the Carb” Group	1–2.30pm
Friday 30	Activity and having fun poster competition entries close	
Saturday 31	Cash for Christmas raffle early bird entries close	

## NOVEMBER

Tuesday 3	Diabetes ACT closed (Family and Community Day holiday)	
Wednesday 4	Cash for Christmas Raffle Early Bird prize draw	2pm
Thursday 5	Foot Care Group	10–11.30am
Friday 6	Pump Day – Medtronic	10am–4pm
Thursday 12	Basic Nutrition Group	10–11.30am
Thursday 12 and Friday 13	Diabetes Psychologist appointments available <sup>#</sup>	
Friday 13	Virtual Supermarket Tour	1–2.30pm
Friday 13	Jelly Bean Day	
Saturday 14	<b>WORLD DIABETES DAY</b> Seminar – Travel and diabetes	9.30–11.30am at Regatta Point
Wednesday 25	Canberra Diabetes Support Group	10am–12pm at Grant Cameron Community Centre, Holder
Thursday 26	Basic Nutrition Group	10–11.30am
Friday 27	“Spot the Carb” Group	1–2.30pm

## DECEMBER

Thursday 3	Foot Care Group	10–11.30am
Thursday 3 and Friday 4	Diabetes Psychologist appointments available <sup>#</sup>	
Friday 4	Pump Day – Deltec Cozmo	10am–4pm
Thursday 10	Basic Nutrition Group	10–11.30am
Friday 11	Virtual Supermarket Tour	1–2.30pm
Wednesday 16	Cash for Christmas raffle draw	3pm
Thursday 17	Foot Care Group	10–11.30am

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

For group and seminar bookings please contact Janet on 6287 8730 or [janet@diabetes-act.com.au](mailto:janet@diabetes-act.com.au)

<sup>#</sup> To make a Diabetes Psychologist appointment please call (02) 9940 3487 or 0412 987 544.



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## NOTICE OF DIABETES ACT LTD ANNUAL GENERAL MEETING

The Diabetes ACT Ltd (DACT) Annual General Meeting (AGM) will be held on Wednesday 28 October 2009 commencing at 6.30pm in the Orpheus Room, Hellenic Club, Woden.

Members wishing to nominate for a position on the Board are requested to contact the DACT office for details and to obtain nomination forms. Completed nomination forms should be forwarded to the CEO by close of business on Tuesday 20 October.

The Annual Report for 2008–2009 will be available prior to the AGM. If you would like to receive a copy, please phone 6288 9830 or email [diab@diabetes-act.com.au](mailto:diab@diabetes-act.com.au).

For more information, please contact Gordon Melsom on 6287 8727 or email [gordon@diabetes-act.com.au](mailto:gordon@diabetes-act.com.au).

# Communication & Partnerships

LAUREL DAVIES



## Making a Bequest

**Your bequest to Diabetes ACT, no matter how small, will make a difference.**

Bequests are gifts made through your Will to charitable causes that are important to you. A charitable bequest is a legacy that you know will make a difference for many generations to come.

The most important consideration when planning your Will is to provide for the needs of those you love. After those needs have been met you may consider a gift to Diabetes ACT.

Bequests play an important role in supporting our ongoing research and education programs. For many of our donors, making a bequest is the most realistic way to provide a worthwhile contribution, that otherwise might not be possible.

If you wish to leave a gift to Diabetes ACT in your Will, the following wording should be used:

"I bequeath to Diabetes ACT Ltd (ABN 41 671 989 072) located at 27 Mulley Street, Holder ACT 2611 (a specified sum, or specified items, or the residue of my estate), free of all duties. The receipt of the Secretary or other authorised officer shall be a complete and sufficient discharge for the executor(s)."

If you would like more information please contact Laurel Davies on 6287 8728 or email [laurel@diabetes-act.com.au](mailto:laurel@diabetes-act.com.au).

**Thank you for considering Diabetes ACT.**

## Cash for Christmas

**Cash for Christmas is back again!! For just \$5 per ticket you can go into the draw to win \$20 000!!**

And just by selling your book of tickets, you have two more opportunities to win.

- Sell and return your book of tickets by 31 October and be in the early bird prize draw to win \$1000 cash drawn on 4 November.
- Sell your book of tickets and be in the draw to win \$1000 worth of fuel which will be drawn on 16 December.

Tickets will be mailed separately in the next few weeks with a reply paid envelope.

If you would like to start selling tickets now, please call Romina on 6287 8733 or email [romina@diabetes-act.com.au](mailto:romina@diabetes-act.com.au).

## Jelly Bean Day – Friday 13 November

Jelly Bean Day (JBD) coincides with World Diabetes Day in November. JBD aims to raise awareness of the rising prevalence of both type 1 and type 2 diabetes in children and adolescents. Last year we conducted JBD solely in primary schools across the ACT. This year we aim to include all schools and workplaces in the ACT.

By dressing up as your favourite colour jelly bean, your school or workplace can help raise awareness of the world's fastest growing chronic disease and fundraise to support people affected by diabetes in the ACT and surrounding regions.

This year the **Fyshwick Fresh Food Markets** will support JBD by donating a tray of fruit to each participating school. The class/grade voted the brightest by the school principal or other representative will be presented with the tray of fruit.

All participating schools and workplaces (teams) will receive a jar of jelly beans to use to fundraise by conducting a guess the number of jelly beans in the jar competition.

If you would like to hold a JBD at your school or workplace please contact Romina on 6287 8733 or [romina@diabetes-act.com.au](mailto:romina@diabetes-act.com.au).



## DIABETES ACT Gold Rush!

We are collecting old or broken bits of gold and precious stones. We think everyone has something in their jewellery box that may no longer be useful to them, but can be very valuable to us. For example, I have an old gold broken necklace that I have never had fixed and probably never will!

We will take all of the odd bits and pieces you donate to master jeweller Jeff Chapman from **Vangeli Manufacturing Jewellers** in Woden. He will use them to create an exquisite piece or pieces of jewellery to be auctioned at our next Guardian Angel Gala Ball in May 2010.

**Please send items to Diabetes ACT, PO Box 3727, Weston Creek, ACT 2611 or drop them into our shopfront at 27 Mulley Street, Holder**

Your kind donation will be acknowledged on our website.