

President's Report



I hope you all had a relaxing and enjoyable Christmas and New Year period.

As I write this report I, like all of you, are mindful of the impact to Queenslanders from the floods in January that had such a devastating effect on people living in the Lockyer Valley and the south-east region of the State generally.

We are now also coming to terms with the devastating impact to north Queensland from hurricane Yasi. The impact of these natural disasters will no doubt be felt for many months and possibly years to come. On behalf of DACT I have contacted the DA Qld President to express our concern for all Queenslanders, particularly those who are facing increased challenges to the management of diabetes and its complications.

At the local level I am now pleased to say that we have forty five pharmacies (Sub-agents) providing product through the National Diabetes Services Scheme (NDSS). This equates to approximately seventy one percent of all pharmacies in the ACT, therefore making access to NDSS product that much easier.

I report that the DACT Board, after much discussion, gave notice last year of its intention to resign from the Diabetes Australia Federation. The decision to give notice was one of the most difficult decisions that the DACT Board has made in recent times. That decision was based on a long period of instability and concerns about governance at the Federation level. Moreover, the DACT Board has, for a number of years, spent significant time monitoring and responding to Federation issues which has left reduced time to focus on local matters. In light of limited progress regarding resolution of the above matters, DACT's resignation from the Diabetes Australia Federation took effect on 30 December 2010.

I can also report that the Australian Diabetes Educators Association has given notice to resign from the Diabetes Australia Federation. Diabetes South Australia, Healthy Living NT and the Australian Diabetes Council (formally Diabetes Australia NSW) resigned from the Diabetes Australia Federation approximately two years ago. I must stress and reassure members that DACT's decision to resign from the Diabetes Australia Federation will have no impact upon the delivery of services to NDSS Registrants residing in the ACT. Moreover, DACT is currently working with current and previous members of the Federation to secure the NDSS contract for a further five years.

Of course, the DACT Board continues to monitor the Federation's performance with regard to national policy development, advocacy and leadership with a view to possibly returning to the Federation at some future time.

As a consequence of resigning from the Diabetes Australia Federation, Conquest, previously produced by the Australian Diabetes Council, and made available through Diabetes Australia, will no longer be forwarded with copies of Sweet Talk. It has been replaced with Diabetes Connect a magazine that is produced by the Australian Diabetes Council with input from several state-based organisations.

I am pleased to report that DACT's financial position has improved in the previous twelve months and that the CEO is exploring options to broaden the range of revenue streams to support the organisation's activities.

The new DACT Board will be meeting in late February to review the current three year Strategic Plan. Please do not hesitate to write to me should you wish to express a view on specific priorities that might be considered as part of this process.

I wish you all the very best for the remainder of our warm weather.

Dr Prabir De

Diabetes ACT President

DIABETES ACT

27 Mulley Street, Holder ACT 2611
PO Box 3727 Weston Creek ACT 2611
Phone: (02) 6288 9830
Fax: (02) 6287 8723
Email: diab@diabetes-act.com.au
www.diabetes-act.com.au

Diabetes ACT Board

President Prabir Kumar De
Vice President Dr Ian White
Directors Melissa Guilfoyle, Tania Hanzar, Colette Torrance,
Dr Tony Huynh, Professor Rachel Davey, Anna Pino

Corporate partner: **LOVEDESIGN**
GROUP.COM

Disclaimer: The opinions expressed in stories and the claims made in advertising material presented in *Sweettalk* are those of the authors and advertisers respectively and do not necessarily reflect the views of Diabetes ACT unless so stated. Every effort is made to ensure accuracy in this publication. We accept no liability for errors of fact or opinions expressed herein. If you choose to reply to advertisements that appear in this magazine you should be aware that Diabetes ACT does not have any control over the information that you provide to the advertiser.

New Workshop For People with Type 2 Diabetes Who Are Using Insulin

Do you use insulin for managing your Type 2 Diabetes?

Are you experiencing difficulties with BGL control and/or weight control?

Do you have any questions about your insulin therapy?'

In response to a need, a new regular workshop session will be available at DACT for people with Type 2 Diabetes who are taking Insulin

Aimed at assisting people gain better diabetes control the workshop offers to improve the use of insulin, help improve your knowledge & understanding of insulin and identify any factors that could be affecting your diabetes self-management.

The group will review:

Types of insulin : rapid onset, short acting, intermediate, & long acting actions their profiles and characteristics

- Administration technique of insulin
- Care and use of insulin, insulin pens and needles
- Insulin syringes for emergency use (do you have a spare pen?)
- Timing of doses & what to do if you make a mistake
- Site selection and rotation
- Travelling concerns and insulin needs (security of supplies, time zone adjustments, etc)

Has it been a long time since you started insulin and although you seem to be doing everything right, the BGLs are not quite as good as you'd like them to be?

Reviewing use of insulin may identify unknown issues and give better diabetes self management techniques.

To attend or further queries please phone Janet at Diabetes ACT on 6288 9830

Dear Members,

It has been 5 years since Diabetes ACT membership fees were increased. As you know most costs have been rising over that time .

We have tried to keep the cost of membership as low as possible, but the time has come for a membership increase

Therefore from the 1st July 2011 the Diabetes ACT membership fees will be:

Single Concession	\$25.00
5 Year Concession	\$95.00
Single Membership	\$50.00
5 Year Single	\$195.00
Life	\$500.00

NDSS News

In the next few weeks we have two new sub agents joining us.

We have Mitchell Discount Pharmacy
2/141 Flemington Road
Mitchell ACT 2911

And also Pharmacy Select Gungahlin
Shop 30 The G
Gungahlin Shopping Centre
Gungahlin ACT 2912

KELLION VICTORY MEDAL

Have you had diabetes for 50 years, 60 years or longer?

Do you know of someone who has had diabetes for 50 years or longer?

The achievement of 50 or more years with diabetes is recognised by the presentation of a Kellion Victory Medal.

Please contact Anita Roberts at DACT on 6288.8787 for further information.

Are You Getting Enough Vitamin D?

Vitamin D is a requirement for the maintenance of healthy bones. While the major source of Vitamin D is sunshine, it can also be obtained, to a lesser degree, from foods such as oily fish and egg yolk. It may be surprising that, in a country renowned for its sunlight, concern is developing about the number of Australians deficient in this essential vitamin. Unfortunately, Australia is also famous for its skin cancer rates so it may be better to take a vitamin D supplement than take more sun. It is best to discuss the options with your doctor before deciding on a course of action.

A deficiency of Vitamin D is known to be associated with weaker bones (a condition where tissue strength is reduced rather than bone density, leading to higher risk of fractures), diabetes, high blood pressure, stroke, heart disease and certain forms of cancer. Possible reasons for a reduction in Vitamin D levels are associated with our increased desire to remain in air conditioned comfort during the warmer months, the increased use of motor vehicles for transport

and other lifestyle factors such as hours spent indoors at work, not to mention the "Slip, Slop, Slap" campaign. A population at increased risk of Vitamin D deficiency is the elderly, particularly those who may be hospitalised for some time or who are otherwise unable to move easily outside.

The only way to determine Vitamin D deficiency is a blood test. You may wish to discuss this with your own GP, who may after reviewing test results, discuss with you options for increasing your Vitamin D levels.

As indicated above, the major source of Vitamin D is sunshine. Whilst avoidance of dangerous ultraviolet light during the middle of the day is highly recommended, it is suggested that exposure to the sun outside these hours for 5-15 minutes, 4-6 times a week is desirable and safe.

Please forward your questions about general health issues to me at Diabetes ACT, PO Box 3727 Weston Creek ACT 2611 or email to heather@diabetes-act.com.au

Dr Stan



A program for people with type 1 diabetes

DAFNE is a group program designed for adults with type 1 diabetes. It is a way of managing type 1 diabetes by working out how much insulin you need for what you want to eat. It is based on:

- Estimating the amount of carbohydrate in your food
- 1 or 2 injections of long acting insulin each day
- Injecting quick acting insulin each day
- Testing your blood glucose before each meal.

Many people already have multiple injections a day, but they match their food to their insulin.

The difference with DAFNE is that you choose how much insulin to take on a day-to-day and mealtime-to-mealtime basis.

People who have been taught this approach have better blood glucose control, less illness (less time off), fewer severe hypos and less chance of diabetes complications.

DAFNE involves attending a 5 day training course (Mon – Fri, 9am – 5pm). Book early as there are limited numbers.

Would you like to join our June 6 – 10 Course?

Call Olivia on 02 6288 9830 or email Olivia@diabetes-act.com.au

EASY TO LEARN & EASY TO USE.



- No coding required means one less step and more convenience
- Accurate results you can trust
- ONETOUCH VERIO® is very specific to glucose and has no reaction to maltose and galactose
- Easy to learn and easy to use

Please ask your Healthcare Professional about ONETOUCH VERIO®
Visit www.onetouch.com.au or call 1800 543 372.

ONETOUCH VERIO®
TRI-SURE / STRIP / TECHNOLOGY