



Fundraising

LAUREL DAVIES AND ROMINA BOGNOLO

Be 'smart' and support Diabetes ACT for your chance to win a smart fortwo coupe

Are you looking for that special 'something' for Easter, Mother's Day or any special occasion? Simply purchase a ticket with only 4000 tickets available @ \$20.00 each, why not buy 2 and reward yourself.

Diabetes ACT would like to acknowledge the ongoing generous support of Gary Roberts from Capital Star Motors.

Be **smart**

WIN >> smart
fortwo coupé

CAPITAL STAR | 
Mercedes-Benz in the capital | Mercedes-Benz



**Groups
in 2009**



Fundraising



Insulin Pumps

National Diabetes Services Scheme (NDSS) News

LAUREL DAVIES

Meter Checks

Joe Sequeira from Roche Diagnostics will be at Diabetes ACT, 27 Mulley Street, Holder, on the following dates to check meters and download your readings to take to your physician.

11 March 15 April 27 May 15 July

For an appointment, please ring Diabetes ACT on 6288 9830.



In an emergency... minutes count!

If you or a friend had an accident or collapsed in the street:

- could Emergency Services identify you?
- would Doctors know about any pre-existing conditions?
- would treatment be appropriate?

The flashID® Emergency Identification System™ meets all these needs — and more! When you carry the flashID device you can feel secure in the knowledge that identification and vital medical information, including medication details, are with you at all times.

Attached to a keyring, carried in a purse or wallet — or even as part of a handsome watch, flashID is with you always.

Two great models now available:

The original flashID Classic: carry on key ring or lanyard — USB device swivels out from protective metal collar just \$49.50 incl GST

flashID Watch: USB device cunningly concealed in watch band only \$75 including GST

To find out more about flashID and how it can bring you peace of mind, visit our website www.flashid.org

FlashID International Pty Limited,
PO Box 94, Bundanoon, NSW 2578
Emergency Identification System™
- the life it saves could be your own!



OnCall Plus & OnCall EZ
Blood Glucose Monitoring System

Enhanced Control Eliminate the call barrier

NEW

- Low cost -\$20 per kit
- Accurate -Proven five year accuracy with biosensor technology
- Fast -10 second test time
- Easy -Two-step testing
- Small sample -One microlitre drop
- Averaging -7, 14 and 30-day test averaging
- OnCall Plus customer service
1300 024 784 or oncallplus@prohealth.com.au

Visit **ACON** Website www.aconlabs.com

ProHealth Asia Pacific Pty Ltd
ABN 25-078-852-708
P.O. Box 150 Wrotham Hills NSW 2155
www.prohealth.com.au

This Issue

In this issue of Sweet talk we provide answers to frequently asked questions about insulin pump consumables.

FAQ1

How do I order insulin pump consumables from the NDSS?

There are a number of options available:

- order over the counter at Diabetes ACT
- order over the phone (1300 136 588) with a credit card
- mail the order form and payment to Diabetes ACT, PO Box 3727, Weston Creek ACT 2611 or
- fax the order form with your credit card details to Diabetes ACT on 6287 8723.

Note: NDSS pharmacies do NOT stock insulin pump consumables.

FAQ2

Where will my order be delivered?

Orders will be sent to the delivery address you submit on your order form. The address must be within Australia. If you will be travelling overseas for a period and you think you will need supplies during that time, you may need to order additional products prior to leaving Australia.

FAQ3

I've run out of insulin pump consumables. Where do I get supplies urgently?

Contact our NDSS enquiry line on 1300 136 588. Generally speaking, all orders are dispatched within 24 hours of receipt. Should you require supplies urgently, we suggest that you visit the Diabetes ACT office at 27 Mulley Street, Holder (open Monday to Friday, 9.00am to 4.30pm) or ring Laurel Davies on 0424 246 366.

Pharmacy Profile



The Canberra region currently has 26 pharmacies appointed to supply diabetes products which are available to NDSS registrants. Specialised staff at these pharmacies have participated in our training programs to better understand your needs and provide advice on products to assist you manage your diabetes.

In this article we are pleased to profile Capital Chemist Curtin. Manager, Vincent Tran, takes a keen interest in diabetes and the methods of care available to his customers; he demonstrates a pro-active and empathetic approach to helping people manage their diabetes. If you are on the Southside, call in soon and see Vincent or any of the friendly staff at Curtin Capital Chemist.

When visiting any of our NDSS pharmacies, remember to take your NDSS card, Medicare Card (or DVA card) and any other concession cards to ensure the correct charge is applied.

Clinical Services

TERRI BERENGUER

Groups in 2009

Learning together as a group is an excellent way to improve your health and management of diabetes. Consider joining us for one of the below groups at Diabetes ACT in Holder.

Please phone the Diabetes Education office on **6287 8730** to book, as numbers are limited (usually a maximum of four people per group).

All Diabetes ACT groups are free.

Foot Care Group

Looking after your feet is an important part of diabetes management. A Diabetes Educator will step you through the regular checks you can perform on your feet.

10.00am–11.30am
1st and 3rd Thursday of every month

Basic Nutrition Group

Are you newly diagnosed with diabetes? Do you need help getting back on track with your diet? A dietitian will explain a healthy and tasty approach to eating for people with diabetes.

10.00am–11.30am
2nd and 4th Thursday of every month

Virtual Supermarket Tour

Join us for this popular group where a dietitian will provide tips and tricks for healthy supermarket shopping.

1.00pm–2.30pm
2nd Friday of the month

'Spot the carb' Carbohydrate Counting Group

This group is specially designed for people who are struggling with their carbohydrate intake and need assistance to manage their diet and/or insulin.

1.00pm–2.30pm
Last Friday of the month



More than
240 million people
worldwide are living
with diabetes



Seniors Week 2009

As part of Seniors Week 2009, share a **Super Snacks morning tea** with the Dietician and Diabetes Educator. Time to discuss and to explore the importance of your healthy snacks.

DATE Friday 20 March
TIME 10.30am–12.30pm
VENUE Diabetes ACT, Holder
COST \$2 donation appreciated,
morning tea will be provided.

RSVP to Carole or Terri on 6287 8724 or 6287 8725

Saturday Morning Talks

Come along and participate in our series of Saturday morning talks for 2009. We have arranged a number of interesting speakers to talk on various topics throughout the year. There will be opportunities for discussion after the talks.

Saturday morning talks run from 9.30–11.30am and are free. Please let us know at least one week in advance if you plan to attend by calling 6287 8730. Please check the venue when you call to book.

4 APRIL: Fat and fibre, in a heart smart diet
Presented by a Dietitian at Diabetes ACT, Holder

2 MAY: Eye health and diabetes
Presented by a Optometrist at Regatta Point,
Barrine Drive, Acton

6 JUNE: Foot care in diabetes
Presented by a Podiatrist at Diabetes ACT, Holder



Health Information

**DIABETES ACT
Fashion Show**
reserve your tickets now!

Insulin Pumps— more information please...

Diabetes ACT is starting a regular insulin pump service to support people in the community with Type 1 diabetes.

Insulin pumps or Continuous Subcutaneous Insulin Infusion (CSII) are an effective and safe alternative to conventional therapy using Multi Dose Injections (MDI) in type 1 diabetes.

Intensive insulin therapy using MDI optimises blood sugar control in type 1 diabetes and has a proven lower risk of complications. However some risks of MDI can be severe hypos and persistent elevated HbA1c over time despite MDI.

Insulin pumps or CCSII represent an alternative type of therapy that can achieve beneficial effects in lowering HbA1c with fewer hypos. Life on an insulin pump can allow more flexibility with diet, sport, school and work activities, plus a break from the intense regime of multiple injections per day.

Our new drop-in information sessions on the first Friday of each month will introduce you to the world of insulin pumps, how to get started, or provide support for individuals already using an insulin pump.

Each session will be attended by a representative from Medtronic, Cozmo or Animas as well as a diabetes educator and a dietician specialising in insulin pumps.

Sessions have been designed to provide information on insulin pumps for anyone with or without diabetes, as well as for individuals on a pump wanting help with specific issues.

All are welcome. No appointment is needed for general information, however for specific dietary advice please call Rachel on 6287 8730 for an individual appointment.

Check out the attached calendar for dates and other details.



Grants for medical expenses available for 16 to 25-year-olds with diabetes.

The Doug Rawle Education Memorial Trust was established in memory of Doug Rawle, a former President of the then Diabetes Australia–ACT. He was also very active in the Lions movement. Diabetes ACT (DACT) is an indirect beneficiary of the Trust and works with the Trustees to direct funds to assist young people with diabetes. Accompanied by a matching grant from DACT, the Trust is providing funding to help young people with diabetes between the ages of 16 and 25 with their necessary medical costs.

DACT has found that often younger people, who are no longer receiving government or family financial support, tend to minimise or neglect their medical treatment altogether.

This is usually to their detriment later in life. Whilst funds are limited, applications are invited from young people with diabetes between the ages of 16 and 25 who are in need of support for their medical expenses. Eligible expenses include medical and allied health services provided by your doctor, podiatrist, optometrist or other allied health professional. Only one application per person will be accepted. Applications, outlining the costs to be reimbursed and including receipts, should be addressed to:

Ms Laurel Davies

NDSS Manager

Diabetes ACT

PO Box 3727, Weston Creek, ACT 2611

Inquiries can be made by ringing 6288 9830 or email laurel@diabetes-act.com.au.

DIABETES ACT

27 Mulley Street, Holder ACT 2611
PO Box 3727 Weston Creek ACT 2611
Phone: (02) 6288 9830
Fax: (02) 6288 9874
Email: diab@diabetes-act.com.au
www.diabetes-act.com.au

DIABETES ACT BOARD

President Roslyn Jackson, *Vice President* Prabir Kumar De,
Directors Rosemary Young, Terina Brierley,
Susan Grigson, Dr Tony Lafferty, Dr Paul Buckley,
Gordon Melsom (CEO)

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.

Calendar of Events

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

March

Thursday 5	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Friday 6	Pump Day–Medtronic	10am–4pm at Diabetes ACT, Holder
Monday 9	Diabetes ACT closed (Canberra Day public holiday)	
Wednesday 11	Meter checks–Accu-chek	Call for appointment at Diabetes ACT, Holder
Thursday 12	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Friday 13	Virtual Supermarket Tour	1–2.30pm at Diabetes ACT, Holder
Thursday 19	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Friday 20	Seniors Week Morning Tea	10.30am–12.30pm at Diabetes ACT, Holder
Wednesday 25	Southside Healthy Support Group	10am–12pm at Grant Cameron Community Centre, Holder
Thursday 26	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder

April

Thursday 2	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Friday 3	Pump Day–Cozmo	10am–4pm at Diabetes ACT, Holder
Saturday 4	Seminar–Fat and fibre, in a heart smart diet	9.30–11.30am at Diabetes ACT, Holder
Thursday 9	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Wednesday 15	Meter checks–Accu-chek	Call for appointment at Diabetes ACT, Holder
Thursday 16	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Thursday 23	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Friday 24	'Spot the Carb' Group	1–2.30pm at Diabetes ACT, Holder
Sunday 26	Fashion Show	2–4pm at Hellenic Club
Monday 27	Diabetes ACT closed (Anzac Day public holiday)	
Wednesday 29	Southside Healthy Support Group	10am–12pm at Grant Cameron Community Centre, Holder

May

Friday 1	Pump Day–Medtronic	10am–4pm at Diabetes ACT, Holder
Saturday 2	Seminar–Eye health and diabetes	9.30–11.30am at Regatta Point
Thursday 7	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Friday 8	Virtual Supermarket Tour	1–2.30pm at Diabetes ACT, Holder
Thursday 14	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Thursday 21	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Saturday 23	Guardian Angel Gala Ball	Hellenic Club
Wednesday 27	Meter checks–Accu-chek	Call for appointment at Diabetes ACT, Holder
Wednesday 27	Southside Healthy Support Group	10am–12pm at Grant Cameron Community Centre, Holder
Thursday 28	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Friday 29	'Spot the Carb' Group	1–2.30pm at Diabetes ACT, Holder

June

Thursday 4	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Friday 5	Pump Day–Animas	10am–4pm at Diabetes ACT, Holder
Saturday 6	Seminar–Foot care in diabetes	9.30–11.30am at Diabetes ACT, Holder
Thursday 11	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Friday 12	Virtual Supermarket Tour	1–2.30pm at Diabetes ACT, Holder
Thursday 18	Foot Care Group	10–11.30am at Diabetes ACT, Holder
Wednesday 24	Southside Healthy Support Group	10am–12pm at Grant Cameron Community Centre, Holder
Thursday 25	Basic Nutrition Group	10–11.30am at Diabetes ACT, Holder
Friday 26	'Spot the Carb' Group	1–2.30pm at Diabetes ACT, Holder



CEO's Column GORDON MELSON

Our five key activities: Awareness, Prevention, Detection, Management and Cure

Having now notched up seven months with Diabetes ACT, I never cease to be in awe of the volume and quality of work that our small staff actually achieve over any given period.

As members are aware, social enterprise organisations such as Diabetes ACT rely very much on fundraising to allow us to provide services for which we are not funded from other sources. Our fundraising activities for this year are outlined in this bulletin and we are grateful for the generosity of not only our corporate sponsors but those who regularly support us by buying raffle tickets and supporting fundraising functions. Thank you. Your support is appreciated.

Our *raison d'être* revolves around five key activities which include: Awareness, Prevention, Detection, Management and Cure.

Our diabetes educators and dieticians regularly respond to requests to speak with a wide variety of audiences about diabetes. They include:

- Teachers, school support staff and administrators about being aware of issues around children with type 1 in schools and their needs;
- Culturally & Linguistically Diverse (CALD) groups whose first language is not English to make them aware of diabetes and importantly what can be done to reduce the risk of contracting type 2;
- Awareness raising sessions at private companies and both Territory and Commonwealth government departments speaking on similar themes;
- Self management for people with diabetes through individual and group sessions on a variety of topics both during the week and Saturday mornings monthly.

Additionally we provide a range of NDSS products and other aids including cookbooks, circulation socks and some food lines in our friendly shopfront.

We also work cooperatively with other chronic disease organisations such as the Heart Foundation and Cancer Council on lifestyle and prevention activities. For the second successive year, we shared facilities at the Royal Canberra Show to provide information about chronic diseases.

We also work closely with other health professionals and advocate to the Territory government as appropriate on relevant matters around diabetes and chronic illness.

Fundraising

LAUREL DAVIES AND ROMINA BOGNOLO



Diabetes ACT Guardian Angel Gala Ball

The Gala Ball will feature a Celebrity Singing Bee. We have 11 brave celebrities stepping into the spotlight to belt out songs, no doubt with a touch of terror in their eyes. The rules of the Singing Bee are simple, 'You don't have to sing it well; you just have to sing it right on the night.'

The celebrities competing to raise much needed funds for Diabetes ACT and to walk away with the Champion Trophy are:

CONSTABLE KENNY KOALA AND HIS FRIEND STEWART WATERS
1985 winners of the Gumnut Hollow Bush Idol Series

ZED SESELJA MLA
Leader of the Opposition

LISA
From Mix 106.3's Cam and Lisa

CATHERINE CHAPMAN
Award winning designer Vangeli Manufacturing Jewellers



THEO DIMARHOS
President of the Hellenic Club

CAM
From Mix 106.3's Cam and Lisa

GARY HUMPHRIES
Senator for the ACT

ERIN MOLAN
Reporter for WIN TV

ARTHUR LAING
Long-time Canberra resident, Entertainment Entrepreneur and Record Company Director

MARK RILEY
Seven's Chief Political Correspondent and Diabetes ACT Ambassador

HAYDEN MILLER
1053 2CA's Wake Up Club

DATE Saturday 23rd May

VENUE Hellenic Club

TIME 7pm

EVENT Sydney's Peppermint Jam, Celebrity Singing Bee and Auction of Number Plate Series AUS 11-20

PRICE \$120.00 per person includes 3 course dinner, entertainment and drinks.

Please call 6288 9830 to reserve your tickets.



Diabetes ACT Fashion Show

Diabetes ACT, in conjunction with Vicky Mar Fashions, Club Pink and the Capital Chemist Group, will be holding a Fashion Show on Sunday 26 April, from 2pm to 4pm, at the Hellenic Club. The Fashion Show will feature the designs of well-known Sydney designer Vicky Mar, clothing by John Hanna and exquisite pearls by Vangeli Manufacturing Jewellers. The Show will be compered by Suzanne Mostyn, Journalist and Social Commentator for 666-ABC Radio and Channel 7. There will be a celebrity appearance by Effie from the hit series Acropolis Now. Don't miss your chance to be in the draw for a \$2000 gift voucher kindly donated by Vicky Mar and to mix and mingle with Effie during a High Tea.

TICKETS COST \$25 and are on sale now from Diabetes ACT

Please phone 6288 9830 to reserve your tickets.

