



Balance



Vision: Supporting Effective Self-Management of Diabetes

Balance March/April 2018 Edition

Welcome to another edition of Balance. We hope you'll find something in this edition of Balance that will help you on your diabetes journey!

Inside:

- DESMOND program update
- Mamma Mia—here we go again - the movie
- Family Camp 2019
- Carbs Fats & Proteins - Nutrition in Type one Diabetes
- Freestyle Libre - share your stories
- Menopause and diabetes
- Statin use in diabetes

Pharmaco (CareSens)

Most of you will be aware that Pharmaco have been successful in retaining the contract with Pharmac to provide blood glucose meters in New Zealand for the next 5 years. Most people **will not need** to change their current glucose meter and only those using the CareSens II or, Optium Freestyle glucose and ketone meter (Type one diabetes), or those requiring new meters are likely to be affected. If you need assistance setting up the new meter give us a call. See page 9 for our brief review of the Dual meter.

Don't forget the team at Diabetes Help Tauranga and Diabetes Help Tauranga Youth are able to support you to self-manage your diabetes. Feel free to contact our Diabetes Nurse, our Administrator or our Volunteer Parent Support Team if you would like to discuss any aspect of your diabetes or that of someone you are supporting.

The Team at Diabetes Help Tauranga

Are your hospital outpatient appointment letters arriving late? If so, contact Cheryl Shearer (Quality & Patient Safety Coordinator)

Cheryl.Shearer@bopdhb.govt.nz

Dates For Your Diary March/

Tauranga & The Mount Support Group

Venue: Arataki Community Centre, Zambuk Way

Contact: Nigel & Betty Kurzfield (07) 575 4747

Date: Wednesday, 28 March, 25 July, 28 November. 2 - 4pm. **March Topic:** Sick days in diabetes

Te Puke Support Group

Venue: St Andrews Church, Cnr Stewart/Oxford St

Contact: Glenys Body (07) 573 7022

Date: Wednesday 4 July, 7 November

Time: 2 - 4 pm. **March Topic:** Foot care

Bethlehem Support Group - Cancelled until further notice

Type One Diabetes Network Group (Over 18's)

Dates: 15 March, 14 June, 13 September

Venue: The Bach at Imbibe, 19 Girven Rd, Mt Maunganui. Meal prior? Contact our INFOLine

Diabetes Nurse Clinics (By appointment only):

- Tuesdays only at Hairini Family Health Centre
- Second Monday of each month at Te Puke Community Health Centre, cnr King/Commerce Lanes

20s - 30s Social Events - 6 April, email Tamara for details

Members Only Brief Foot Screening & Supermarket Tours - Contact us for details

Parent 2 Parent (P2P): Weds 11 April, 6.30pm, 14b Hocking St, Mount Maunganui with Reg. Nutritionist Danelle Stevens "Fats, Carbs and Proteins". RSVP essential

Type 1 Adult Education: Contact us for details

Type 1 Coffee and Chat: 2nd Friday each month Columbus. Café Bethlehem. Ring prior to check venue

Carbs, Proteins and Fats

Nutrition in Type One Diabetes



Wednesday 11th April, 6.30-8pm.

SwitchedOn Health and Wellness,
14b Hocking Street, Mount Maunganui.

RSVP's essential.

Come and hear Danelle Stevens, Nutritionist to the BOP Steamers talk about diet in a way that makes sense.



Evening sponsored by Medi'Ray. Come and hear more about the Freestyle Libre and share your experiences of using the Libre with Julianne O'Brien.



Do you have type one diabetes & are currently using the Freestyle Libre?

If so, we'd love to hear from you.

Join Diabetes Help Tauranga & Julianne (Medi'Ray) at SwitchedOn Health & Wellness Centre, 14b Hocking Street, Mount Maunganui on
Weds 11th April from 6.30pm.

Contact our INFOline for more details

Join Danelle Stevens ([NutritionPlus BOP](#)), Nutritionist to the BOP Steamers, and our Diabetes Nurse Educator, for an exciting evening discussing

Carbs, fats and proteins - Nutrition in Type One Diabetes.

This event is free for parents/carers of children/youth with type one, as well as adults living with type one diabetes.

Bookings are essential via
info@diabeteshelp.org.nz or
07 5713422

MAMMA MIA—HERE WE GO AGAIN

We are excited to announce details of our fundraiser planned for July 2018. Those who loved Mamma Mia and couldn't get the songs out of their head are gonna love **Mamma Mia—here we go again!**

We have 140 tickets to sell priced at \$20 each. Don't miss out on this great opportunity to be one of the first to see this movie in Tauranga and help us raise funds towards Family Camp 2019. Each ticket holder will receive a goodie bag on the night.

To purchase tickets deposit \$20 per ticket into **Kiwibank 38-9000-0854701-08** using MM & your surname as a reference. Please also email us with your name and address to info@diabeteshelp.org.nz

Raising funds to support and enable families to attend Totara Springs Family Camp 2019

Tickets \$20 Organiser: Diabetes Help Tauranga INFOline 07 5713422 TXT 0278 830158

Living with Diabetes?

Come along to our Diabetes Network Group



Tauranga and Mount Maunganui Network Group

Arataki Community Centre, Zambuk Way,
Arataki,
2 - 4pm Wednesdays:

28th March
25th July
28th November

Contact our INFOline for
more details (07) 5713422



Parent Response Team



If your child or teenager is newly diagnosed, or if you are just having a difficult time and would value some non-clinical support, then we can help.

Contact us for details of our Parent Response Team – families supporting each other to walk the T1 journey.

Ph: 07 571 3422
E: info@diabeteshelp.org.nz



Diabetes Nurse Educator Community Clinic

BONGARDS PHARMACY
"Serving Greerton for over 60 years"

On the third Thursday of each
month:

18/1, 15/2, 15/3, 19/4, 17/5, 21/6,
19/7, 16/8, 20/9, 18/10, 15/11, 20/12

Call the friendly team at
Bongards to book: 07 578 2008

**Our Vision: To assist those living with
diabetes to 'Live Life To The Full.'**

Call our INFOline
(07) 571 3422
for more details



Coffee Catch Up

For adults with type
one diabetes



10am
Second Friday of each
month at Columbus Café Bethlehem.
Please ring our INFOline the day before
to check venue.

INFO Line 07 571 3422
info@diabeteshelp.org.nz
www.diabeteshelp.org.nz



Supporters & Sponsors



If you would like to help other people with diabetes why not consider a bequest through the Acorn Foundation? The gift that keeps on giving. Call 07 579 9839 for more details.



DIABETES & MENOPAUSE

Living with diabetes & going through the menopause can be challenging.

Knowing what to expect can help manage both. The menopause generally occurs when menstrual periods have stopped for more than one year. "Going through the menopause" usually refers to the years leading up to the menopause. Typically, women may experience a number of troublesome physical and emotional symptoms during this time to include: anxiety, depression, tiredness, weight gain, hot flushes and irritability.

Female sex hormones oestrogen & progesterone influence how effectively our body responds to insulin. As oestrogen falls, our bodies become less responsive to insulin leading to insulin resistance. Fluctuating blood glucose levels can then make it difficult to control diabetes, swinging from high to low with no apparent reason. Weight gain also makes insulin less effective. The decrease in hormones can also increase the risk of heart disease and fractures, adding to existing risk.

Interestingly, symptoms associated with menopause can be similar to those experienced in 'hypo's' or low blood glucose and blood may need to be checked more frequently as a result.

For more information on managing menopause and diabetes contact our INFOLine 07 5713422 for free confidential information and advice.

Portion Control

If you struggle when it comes to remembering how many starchy veggies, protein & non-starchy veggies you can eat at mealtimes, then we might just have the answer. Check out the Portion Plate, the perfect aide to control glucose levels, dietary intake, weight loss and improve general health. Available for just \$5.00 (collection only) or \$10 posted locally





FREE TO BE A KID WITHOUT LANCETS*

Introducing the FreeStyle Libre flash glucose monitoring system.

Why prick, when you can scan?†

- **Convenient** — A small sensor automatically measures and stores glucose readings day and night*
- **Discreet** — Glucose readings with a 1 second scan even through clothing‡
- **User Friendly** — With every scan you get your current glucose reading, the last 8 hours of glucose data and an arrow showing the direction your glucose is heading.



FreeStyle Libre
FLASH GLUCOSE MONITORING SYSTEM


Now available for purchase for ages 4 and up! Order yours today at FreeStyleLibre.co.nz

Ask your healthcare professional how a FreeStyle glucose meter may assist you. Always read the label and use only as directed.
*Scanning the sensor does not require lancets. †A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycaemia or impending hypoglycaemia is reported by the System or when symptoms do not match the System readings. ‡For a complete glycemic picture, scan once every 8 hours. The FreeStyle Libre software, designed to be used in conjunction with FreeStyle Libre reader and sensor, provides a snapshot of glucose patterns and variability; for more information, see the Software page. §The reader can capture data from the sensor when it is within 1 cm to 4 cm of the sensor.
†The indication for children (age 4 - 17) is limited to those who are supervised by a caregiver who is at least 18 years of age. The caregiver is responsible for managing or assisting the child to manage the FreeStyle Libre Flash Glucose Monitoring System and also for interpreting or assisting the child to interpret FreeStyle Libre readings.
For more information call Customer Service on 0800 106 100. FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions. Information contained herein is for distribution outside of the USA only. MediRay New Zealand, 53-55 Paul Mathews Road, Albany, Auckland 0632. www.medi-ray.co.nz NZBN 9429041039915 ADC-07478 TAPS No: NA 9883

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Abbott

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Welcome to Diabetes Help would like to welcome Dawn Ross & Brenda Newman who have recently commenced a shared role as Diabetes Nurse Educators for the WBOP PHO Health and Wellness Service based at First Ave West. Brenda, known to many, has a background in acute nursing at Accident & HealthCare and Practice Nurse/Diabetes Nurse Educator with City Centre Medical. She has a Post-Graduate Diploma in Nursing, and Diploma in Business; she is currently studying towards her designated nurse prescribing practicum with Auckland University. Brenda has a Certificate in Adult Teaching that will come in handy as part of her role facilitating self management classes for those with Type 1 and Type 2's on insulin.

Dawn also has a background in practice nursing over the past 15 years, some of that in a leadership role which fits nicely into her new 'Quality Co-ordinator' role at the WBOP PHO GP Outreach Clinical Team. Before nursing Dawn was a Laboratory technician in the food industry, did pastoral care and raised four wonderful children. Dawn has a strong interest in diabetes and wound care. Where possible, Dawn tries to volunteer as a nurse in the Pacific Islands for 1-2 weeks each year.

Target groups for Dawn and Brenda are Maori/Pacific Island and Asian's however, anyone can be referred via GP's, Secondary Care or self-refer. In partnership with patients' GP the service is able to give patients more time to discuss their health and social concerns at home or in the First Ave Clinic.

Letters To the Editor

Dear Balance

On behalf of my 13 year old daughter who has type one diabetes I would like to thank Diabetes Help Tauranga Youth for letting us trial a Freestyle Libre. Within hours of your Diabetes Nurse activating the sensor I knew that we would just have to find the \$50 per week to buy one as this device has the potential to be a game-changer. For a number of reasons my daughter avoids testing her glucose levels meaning she 'guesstimates' her insulin dose. Being able to scan at any given time means we always know what is happening and can plan better. Keep up the good work, you guys rock! Mum of 13 year old T1

Note from Editor: Thanks for the feedback, keep it coming! Most parents will be aware the FreeStyle Libre is now indicated in New Zealand for children and teens aged 4 to 17 years. This gives parents and caregivers access to a monitoring system that does not get in the way of a busy, active life, and is easier and less painful than traditional finger prick testing. FreeStyle Libre requires no finger prick calibration. This expanded indication of the FreeStyle® Libre Flash Glucose Monitoring is limited to those children aged 4 to 17 who are supervised by a caregiver who is at least 18 years of age. The caregiver is responsible for managing or assisting the child to manage the FreeStyle Libre Flash Glucose Monitoring System and for interpreting or assisting the child to interpret FreeStyle Libre readings.

I'm too busy to deal with this condition...

Why me?

I'd like to understand more...

I think I'll ignore it...

Diabetes is no big deal...

Do you have type 2 diabetes? Have these thoughts ever crossed your mind?

I'm feeling overwhelmed!

If so, take part in a program that helps put diabetes into perspective and you in the driver's seat.

DESMOND is an award-winning, evidence-based health program for people living with type 2 diabetes. During the single day DESMOND session, you will gain practical skills and learn about food choices, physical activity, medicines and more.

Up-coming sessions:

Diabetes Help Tauranga DESMOND Programs

0900-1600hrs Tues: 20th March, 22nd May, 2nd October, 27th Nov
Sunday 22nd July

Venue: The Heart Foundation, 8a/26 Tawa Street, Mount Maunganui

Contact our friendly team to book your place on this life-changing program. INFOLine: 07 5713422
TXT: 0278 830158
Email: info@diabeteshelp.org.nz



DESMOND Australia in collaboration with DESMOND UK

www.desmondaustralia.com.au

At our last DESMOND session, all the participants were diagnosed with type two diabetes as a result of 'routine' screening or investigations for other issues via their GP. "This is great" says Debbie Cunliffe "as it tells us GP's are picking up diabetes which might otherwise have been missed." Finding out you have diabetes early means that early treatment can be started which in turn reduces the chance of complications such as blindness & nerve issues.

"Both Debbie and Danelle were really engaging, non-judging and could have a laugh which is so important - thank you!" Feedback from March participant

Other feedback tells us lives are changing as a result of attending the program. If you have type two diabetes and would like to meet DESMOND, or know someone else who would benefit from meeting DESMOND, then give us a call, programs are filling up fast!

Statins

How to take them safely

Statins are a group of medicines used to lower cholesterol (or lipids) in your blood. Having high cholesterol can cause fatty deposits in your blood vessels (atherosclerosis) and increase your chance of having a heart attack, stroke or coronary artery disease.

It is usually recommended that people at risk of diabetes take statins if they are needed, to help lower their cholesterol. This is because the overall benefit in terms of health and wellbeing of taking statins and preventing a heart attack or stroke is seen to be greater than the consequences of developing diabetes.

Statins slow down the production of cholesterol in your liver. Having a total cholesterol above 4 mmol/L increases your chance of having atherosclerosis. If you have high cholesterol, even lowering it by 1 mmol/L will lower your risk of a fatal heart attack or stroke by 20%.

The longer you take a statin, the more you reduce your risk of a heart attack or stroke. Statins are used if you are at risk of having a stroke or heart attack – this is checked at a cardiovascular or heart risk assessment with your GP.

Atorvastatin (Lorstat & Zarator), Pravastatin (Cholvastin & Pravachol), Rosuvastatin (Crestor), Simvastatin (Arrow-Simva, Lipex and more) are available in New Zealand.

CVD risk

CVD risk lower than 10%

CVD risk 10 - 20%

CVD risk greater than 20% OR you have a cardiovascular condition OR You've had a stroke or heart attack in the past

Treatment Options

Make healthy lifestyle decisions. Most people will not need statins. Talk to your GP or Pharmacist about other options to support healthy blood vessels

Make healthy lifestyle changes and discuss the benefits and risks of medicines with your doctor. If after 6 - 12 months of lifestyle changes your CVD risk has not reduced, then a statin may be considered

Lipid-lowering medicines are recommended plus healthy lifestyle changes

Your dose of statin will depend on your cardiovascular risk – people with a lower cardiovascular risk will be on lower doses compared with people at higher risk. Most people will need to keep taking their statin as the benefits of reducing your risk of having a stroke or heart attack will only continue for as long as you take it.

For more information on statins check out <https://www.healthnavigator.org.nz/medicines/s/statins/> or speak to your usual healthcare provider or local pharmacist

Your
Opinion
matters

If you think we can improve services here at Diabetes Help Tauranga, then we'd love to hear from you. If you would like to volunteer please also email info@diabeteshelp.org.nz 07 5713422



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Opening hours: Monday to Friday, 8:30am to 5:30pm.
Closed Saturday & public holidays



A Life with Type 1 Diabetes - By Matija Ford (11)

Do you hate needles and injections? I know I do, but I have to put up with it because I have Type 1 Diabetes.

Type 1 Diabetes happened when an organ in my body called the pancreas suddenly stopped working. I lost weight, I was tired and really thirsty, I went to the toilet a lot and I was vomiting nearly every night. The doctors didn't pick up anything at this stage.

Actually, I thought I had Type 1 Diabetes when one of my classmates got it and our teachers were explaining what it was. I went home and said, "Hey Mum, I think I've got diabetes." But Mum thought it was like when someone says they have nits and everyone starts itching their heads. They thought I was being a drama queen. But I went to the doctor and did a blood test and got sent straight to the hospital – and I was right. Mum, I told you so!

The cause of my Diabetes is a bit of a mystery. No-one really knows why I got it, although, it runs in my family with my Great Grandfather having it. My pancreas is crucial because it creates something called insulin, which makes sure my blood sugars don't get high. If my blood sugars are too high I can get sick and I can even die!

Type 1 diabetes isn't caused by anything you eat or anything you do, your pancreas stops and you have to inject for life. It sounds awful BUT it's actually not as bad as you may think. It's made me a healthier person, I have more knowledge about what I eat and what's going on in my body and I've got to meet loads of different people who have Type 1 diabetes through the awesome camps they have. When I got Type 1 Diabetes a dietician talked to me about the science of food. I learned about carbohydrates and how to count much of them I was eating. They also said that I could eat lollies if I have really low blood sugars. If my sugars are low, my head feels fuzzy, my hands are shaky and I feel horrible and if I don't do anything I can faint. So I eat lollies, my blood sugars come up and I feel normal again.

I learned to finger prick and see what my blood sugars were and use Maths to work out how many units of insulin I need to keep my blood sugars right and balance out the carbs I'm eating. One of the great things that has helped me with my diabetes is the Type 1 diabetes camp for kids under 13 years. Last year we went to Finlay Park for a weekend. There were kids of all ages from many different regions. It was a fun and interactive camp where we all got to make new friends. We got to do many different activities that challenged us and helped us to overcome our fears. There was banana boating, kayaking, the blob, rock climbing, shooting, archery, flying fox, water slide and made up team activities etc. We also got to have some free time with our new friends.

It was a really great experience for us to meet new people who also know what's it like to have diabetes. I feel like it's helped me because I know that I am not alone and that I can push through things that I might be scared of. It was great to have others to talk to who really understand. I picked up loads of new strategies for coping with different things. Our parents learnt new things about diabetes management and saw the latest apps to help us manage our diabetes better. They also made new friends to help support them too.

I think Diabetes has taught me that I can face big challenges and I can overcome them. At first I felt like I was falling into a big dark pit and there was no bottom. But now I know more about it and about me and will continue to grow and face the challenges ahead.

FAMILY CAMP 2019!

If you are looking for the opportunity to meet other families living with type one diabetes then this is it!



Don't miss out on this spectacular opportunity to join the team from Diabetes Help Tauranga Youth at Totara Springs March 15-17 2019 for a weekend that might just change your life!

Book your place or have questions? Contact us at:

p: INFOline (07) 571 3422

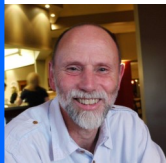
e: info@diabeteshelp.org.nz

w: www.diabeteshelp.org.nz



CareSens Dual Blood glucose meter review by Peter Macrae

DHT Chair



First impressions:

- It's a lot bigger & the carry case is therefore bigger
- The screen is clear and easy to read
- The testing process is the same as for the N-POP
- Glucose test strips - CareSens PRO strips.
- Ketone test strips - KetoSens strips
- Not a great fan of the CareLance finger pricker but getting used to it
- The meter can be connected by Bluetooth to your phone - I found the set up a little confusing but managed to get there after a couple of goes. It helps to read the instructions in the book carefully!
- The rest of the setup for date/time etc is straight forward. You can set the expiration date of your test strips, and the low and high reading indicators
- You can download the Smartlog App to your phone and once installed it will get the readings from your meter. The displays available in the reports are simple to view and understand – a summary of all the readings from the latest, trend graph, statistics, etc and you can send the information by email etc to others.

Overall, I'm happy with the new device – I'm setting off overseas shortly so I'll be using it a lot to keep track of my glucose levels.

The new additions to the CareSens family not only look smart, they are smart.

From 1 February 2018 there will be an expanded range of CareSens Blood Glucose Meters available for eligible patients. The new range has been 'Shaped by Kiwi', inspired by feedback from New Zealanders who live with Type 1 or Type 2 Diabetes and their healthcare teams.

With Bluetooth connectivity to the Smartlog app, CareSens N Premier and CareSens Dual meters let people with diabetes easily and quickly log and share their blood glucose test records. The Smartlog app is available on compatible iOS and Android phones.

CareSens N meter, CareSens N POP meter and associated test strips will remain funded for eligible patients.



To find out more about the CareSens Dual and CareSens N Premier go to www.pharmacodiabetes.co.nz or call 0800 GLUCOSE (0800 45 92 67)

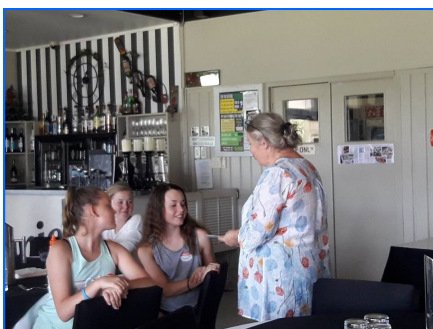
For more information on eligibility criteria, please refer to the PHARMAC website www.pharmac.govt.nz

Always read the label. Follow the manufacturer's instructions. Diagnostics (NZ) Ltd, Auckland, DA7205A, 12/2016

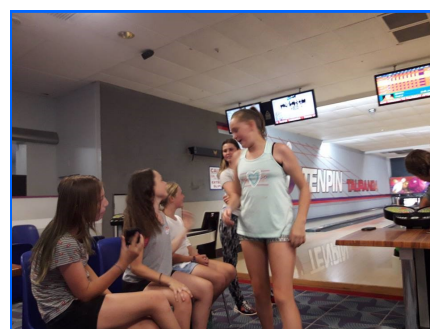


Tauranga T1 Teen Day Out - Tuesday 6th March

Thanks to **Kiwanis**, and in collaboration with the diabetes team from Tauranga Hospital we hosted nine teens at Daniels in the Park, for a day of fun, friends, and reflections on living with diabetes. Parent Kim Grey represented us at the Charity Golf Tournament (Ambrose) at Walton on Friday 23rd March and although she did not win, she had a great time representing Diabetes Help Tauranga Youth. Kim was able to share the story of her daughters diagnosis at the event - full report and pictures to follow.



Teens on the day at Daniels in the Park with Dr Katherine Blackman, later at Ten Pin Bowling



The Team at Diabetes Help Tauranga

Diabetes Nurse/Manager: Debbie Cunliffe

Administrator: Tamara McIlwrick

Board Chair: Peter Macrae

Treasurer: John Taylor

Board: Martin Buchanan, Beverley Edwards, Dr Sue Genner

Clinical Reviewer: Brenda Newman

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