



diabetes help  
tauranga

ISSUE: MARCH 2015

# NEWSLETTER

## intro

Em iusci tionull amconsenit lamcorperci tat, venit in hendignibh eummolobore dolut volorpe rostrud ting exeraese dolorper amconsequam diat nim et dolore vent lam, quat at aut ilissit, consequi euipit, quis aute ming esendio enim dolore magnim volent adigna faccumstan utatis nibh eui et lumsand reetum verostie tin utem vero od dip ero eugiam vullam, quat augait pratie tionull aoreet, qui blamet atue et veliquam irit lumsan hendiam diam, volore tat. Ut laore tat aliquis dunt ullam nullamet ipismolore doluptat, sim volobortio dionsenim velessenibh ectem velessed doluptatue mincini atumsan vel ut nostions del eumsandiam nim incing ea feu facilis isciduis digna alit nostrud mincipit, commolo rperostrud dui eniat

**DHT is pleased to acknowledge the following organisations that have provided funding or assisted Diabetes Help Tauranga in some way:**

- Acorn Foundation, Edna Brown
- Snap Printing
- Gluten Free Shop
- Greers Gastrobar Greerton
- St Enoch's Tauranga
- St Andrew Te Puke
- Katikati Resource Centre
- Arakati Community Centre
- Church of Christ, Greerton
- VolunteerWBOP

### Thank you also to:

- Weekend Sun
- Heather Yearbury, BOP Times
- 1XX Bayrock Radio, MediaWorks

**Most importantly thank you to our Wonderful Volunteers**

- Stephanie Simpson
- Martin Buchanan
- Chris Miller
- Glenys Body
- Nigel and Betty Kurzfield
- Nada Byrne

## Dates to Note

*4 March  
Evening Meeting -  
Tauranga*

*4 March  
Support Group  
- Bethlehem*

*22 April  
Support Group  
- Te Puke*

*29 April  
Support Group  
- Tauranga*

**See page 2 for more details of events**

# From the Field

Debbie Cunliffe - DHT Field Worker



## 2014 was a big year for Diabetes Help Tauranga,

and with your help 2015 will be even bigger! We have had an increase in referrals to our service from Practice Nurses, GP's, and other community based agencies – there is no shortage of work!

As you all know living with diabetes also means dealing with all the other curve balls that life incurs such as money worries, challenging life situations, and other health complications. A large part of my role is to provide confidential counselling/support in such situations, to help clients feel they are in control of their diabetes, and to provide encouragement to find personal ways of coping.

I am very privileged to be able to walk alongside those living with diabetes, helping them to explore, understand, and find new perspectives to allow change. Part of a larger network of other services, I am also able to link members in with other organisations, or other members for peer support.

We have had a good turn outs to our meetings so far this year...



## Do we have your correct email address?

Don't forget to let us know when you move house or change phone number.

**Diabetes Help Tauranga**  
**FREE 'Drop-In' @ Bongards, Greerton**

26th March, 23rd April,  
21st May 2015, 1 - 3pm  
Appointments available 1 - 2pm

For more information or to  
make an appointment contact  
Debbie Cunliffe Field Worker/RN  
PH: (07) 571 3422  
Email: support@diabeteshelp.org.nz  
**EDUCATION-ADVICE-SUPPORT**

**dh** diabetes help  
tauranga

## General and Support Meetings

*Support Groups 2015 all commence at 2pm unless states otherwise. Donations appreciated.*

- 04/03/15 - 7.00pm - Tauranga, St. Enoch's Church Hall, 134 Sixteenth Avenue

Guest speaker: Mrs Maureen Alleyne,  
Tauranga Hospital - 'My Life as a  
Diabetes Nurse'.

Supper Sponser plus insulin pump  
demonstration: Kevin Hollwill, New  
Zealand Medical & Scientific Ltd.

- 04/03/15 - 9.30am - Bethlehem, Kempton Park Village Hall, Te Paeroa Road
- 22/04/15 - Te Puke, St. Andrews Presbyterian Church, Corner Stewart & Oxford streets
- 29/04/15 - Tauranga, Church of Christ, 1400 Cameron Road, Greerton

**Keep up to date with the latest meeting times on our Facebook page**  
**[www.facebook.com/DiabetesHelpTauranga](http://www.facebook.com/DiabetesHelpTauranga)**

## Want a print-out of your blood glucose meter results?

Diabetes Help Tauranga can now print out your blood glucose results for CareSens Meters.  
Ring (07) 5713422



# Youth Update

**In mid-November, 16 Tauranga families joined 15 Rotorua families at Totara Springs in Matamata for the annual Diabetes Youth Family Camp.**

Despite the poor weather, the kids had a great time with rafting, swimming, rock climbing, archery, hydrosiding, flying fox, flying kiwi and more.

These camps are such a great opportunity for our youth with diabetes to be around a number of other kids where pumping, injecting, testing and carb counting is the norm. It is particularly wonderful to see the newly diagnosed youth forge new friendships and have such a great time!

As for the parents, it is such a treat to have the time and space to talk, ask questions, share stories, tips (and ketone strips) and generally support each other. Many of us come away reminded that we are most definitely not alone on this journey.

The next annual Tauranga diabetes youth camp is planned for Feb/March 2016.



**If you, or anyone you know, would like to connect with our Youth Group, please contact Temple Mayfield on [youth@diabeteshelp.org.nz](mailto:youth@diabeteshelp.org.nz) or via our Support Line 07 0571 3422**

## Upcoming Events

### Family Conference 2015 **20 - 22 March,** **Nelson**

This year's Family Conference is all about sharing information, updates, and stories about technology, advances, and experiences of those living with Diabetes as an individual and together as a family.

Come along and listen to the wide range of informative speakers and panels that will be in attendance. Mingle with families that share your experiences and engage in conversation about things you share in common.

During breaks and Saturday lunch you will be able to roam around the range of stands displaying all sorts of equipment, information, and supplies that may help your family living with Diabetes. These stands will have expert assistance to help answer all your questions.



More information on the conference speakers, program, and your registration form can be found at:

<http://www.diabetesyouth.org.nz/2015-diabetes-youth-family-conference>

# Keeping in Touch

## St John Health Shuttle

Available to take you to medical appointments at Tauranga Hospital. A gold coin denotation is appreciated. Books are essential.

Ring 07 578 2011



## Why Choose A St John Medical Alarm?

- Only medical alarm connected directly to St John.
- All emergency ambulance callouts included, throughout NZ.
- MSD accredited supplier of medical alarms.
- Loan alarms can be installed when you are on holiday.
- Up to one month's free trial
- Choosing a St John Medical means supporting the ambulance service and other essential community services.

Call 0800 50 23 23 for a no obligation in home demonstration.



**P3 Research**  
*trialling tomorrow's medicines today*

## Supermarket Tours

Learn how to make the best food choices when shopping for that person with diabetes, high blood pressure or high cholesterol. Tours take about one hour at Countdown Frazer Cove.

**Phone Debbie 07 5713422 to book on the next available tour**

## Wellness Diabetes

Have you been DIAGNOSED with Type 2 Diabetes (past 12 months) or are you NEW to injecting insulin or currently on insulin & wanting to improve your control?

Join our informative 2 hours per week/5 week course. You will hear from a variety of presenters & learn more about how to better manage your diabetes and remain well in the community.

**Contact Mereana Waaka-Murch**  
**Ph: 07 571 2100 ext: 705**  
**email: mereanaw@wboppho.org.nz**

## Sport BOP Tauranga

Are you looking to start a new activity, lose weight, meet new people or just get fit?



### Contact

**Sport BOP TAURANGA OFFICE**  
406 Devonport Road, Tauranga, 3112  
PO Box 13355, Tauranga, 3141  
Phone: (07) 578 0016  
Fax: (07) 571 8463  
[http://www.sportbop.co.nz/contact\\_us](http://www.sportbop.co.nz/contact_us)

Need more information on type one or type two diabetes?

**Check out**  
**[www.diabeteshelp.org.nz](http://www.diabeteshelp.org.nz)**



**BONGARDS PHARMACY**  
*"Serving Greerton for over 60 years"*

1303 Cameron Road, Greerton, Tauranga  
Phone: 07 578 2008 | Email: [bongardspharmacy@extra.co.nz](mailto:bongardspharmacy@extra.co.nz)  
Opening hours: Monday to Friday, 8:30am to 5:30pm.  
Closed Saturday & public holidays



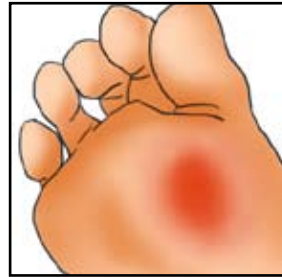
# Self-Care: Inspecting your Feet

Inspecting your feet helps you catch small skin irritations before they become serious infections. Check daily for these warning signs that could mean your feet are in trouble. If you can't see your feet ask a relative or friend to help. See your Podiatrist straight away if you find a problem.



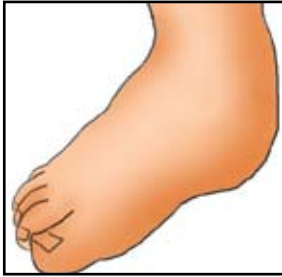
## Colour Changes

Redness with streaks is often a sign of infection. Pale or blue tones may mean poor circulation. Darkened skin is a sign that tissue has died.



## Hot Spots

Red 'hot spots' are caused by friction or pressure. Hot spots can turn into blisters, corns (thick skin on toes), or calluses (thick skin on the bottom of the foot).



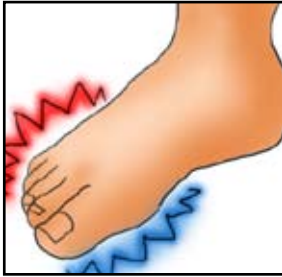
## Swelling

Swelling, sometimes with colour changes, may be a sign of poor circulation or infection. Symptoms include tenderness and an increase in the size of your foot.



## Cracks, Sores, and Ulcers

Cracks and sores are caused by dry or irritated skin. They're a sign that skin is breaking down, which could lead to ulcers.



## Temperature Changes

Warm areas may mean that your feet are infected. Cold feet often are a sign that your feet aren't getting enough blood.



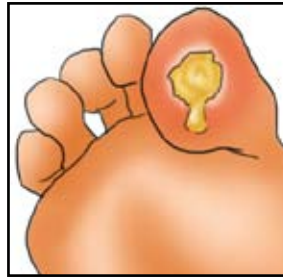
## Ingrown Toenails

Ingrown toenails are often caused by tight-fitting shoes or incorrect nail trimming. Symptoms include nails that are growing into the skin, swelling, redness, or pain.



## Sensation Changes

Odd sensations like 'pins and needles', numbness, tingling, burning, or lack of feeling may mean nerves are damaged.



## Drainage and Odour

Drainage and odour may develop from untreated ulcers. White or yellow moisture, bleeding, and odour are often signs of infection or dead tissue.

**Call your doctor**

**immediately if you notice:**

- redness or streaking
- swelling
- increased heat
- fever and chills



# News from the World

Although it's March, we would still like to wish you a Happy New Year! We hope you had some great family time over the New Year summer break. While you've been (hopefully) relaxing, we've been keeping an eye on some of the stories both nationally and overseas affecting those with type one diabetes. Below we have some snippets on the improving life expectancy of those with type one diabetes, gluten free diets, and four year old Xavier Hames and his new 'artificial pancreas.'

## Type One Life Expectancy Gap is Reducing

A new study indicates that newer forms of intensive insulin therapy are keeping people with Type 1 diabetes alive longer. Recent Scottish research found that the average lifespan of a person with Type 1 diabetes was 11 years shorter for men and 13 years shorter for women than the average lifespan of those without Type 1 diabetes (*MedicalNewsToday.com/articles/287652.php*.) Previously, the lifespan gap for those living with Type 1 & those without reached up to 27 years. We believe however that NO difference in lifespan is acceptable.



## Gluten-Free Diets in Type One Diabetes

It seems everyone is talking about the health benefits of a gluten-free diet where coeliac disease is not diagnosed. Scientific evidence however may be lacking to prove the diet benefits those with Type 1 diabetes. According to a report from *www.renalandurologynews.com/gluten-free-diet-type-1-diabetes-questionable/article/389837/* a hospital in the USA examined the available evidence on gluten-free living and Type 1 diabetes. They found that the diet did not allow for increased control of blood sugar levels, some of the gluten-free foods being higher on the glycemic index than their gluten-filled counterparts. They also found the diet to be expensive and poorly followed.

## U.S. Children Have a Higher Rate of DKA

A multinational study examining rates of diabetic ketoacidosis (DKA) for nearly 60,000 children with Type 1 diabetes in the U.S.A, UK, Wales, Germany, and Austria found that children with Type 1 in the U.S. were more at risk of DKA than those in highly-industrialized countries. According to an article @ myglu.org 5.3% of children in the five regions had a DKA event in the previous year, but 6.2% of children with Type 1 in the U.S. experienced DKA during the same time frame. In that same time, children in England with Type 1 had a 6.0% chance of DKA, German children with Type 1 had a 4.5% DKA rate, and Welsh children with Type 1 had a 4.4% DKA rate. Austria had the lowest DKA rate of the five regions studied, with just 3.3% of children with Type 1 reporting an event in the past year. Taken from *InsulinNation.com*, 21/01/15

[https://myglu.org/articles/a-comparison-of-dka-in-multinational-pediatric-t1d-patients?confirmation\\_token=484ae845c787491099eee4834b86e871&utm\\_campaign=poll\\_mailer&utm\\_content=a-comparison-of-dka-in-multinational-pediatric-t1d-patients&utm\\_source=twitter](https://myglu.org/articles/a-comparison-of-dka-in-multinational-pediatric-t1d-patients?confirmation_token=484ae845c787491099eee4834b86e871&utm_campaign=poll_mailer&utm_content=a-comparison-of-dka-in-multinational-pediatric-t1d-patients&utm_source=twitter)

## Temporary Tattoo Offers Needle-Free Way to Monitor Glucose Levels

Nano engineers at the University of California, San Diego have tested a temporary tattoo that both extracts and measures the level of glucose in the fluid in between skin cells. This first-ever example of the flexible, easy-to-wear device could be a promising step forward in non-invasive glucose testing for patients with diabetes.

At the moment, the tattoo doesn't provide the kind of numerical readout needed to monitor glucose, but this type of readout is being developed, with Bluetooth capabilities. Presently the inexpensive tattoo sensor can only survive for a day.

The device is flexible and easy to wear.

The concentration of glucose extracted by the non-invasive tattoo device is almost hundred times lower than the corresponding level in the human blood and a highly sensitive glucose sensor that could detect such low levels of glucose with high selectivity had to be developed.

Tattoo-Based Non-invasive Glucose Monitoring: A Proof-of-Concept Study  
12/12/14 journal Analytical Chemistry. [http://www.jacobsschool.ucsd.edu/news/news\\_releases/release.sfe?id=1691](http://www.jacobsschool.ucsd.edu/news/news_releases/release.sfe?id=1691)

Edited by Field Worker Debbie Cunliffe



# Keep Calm Carry On

Many of you will be wishing you had kept calm and carried on (past the buffet table) over the Christmas and the holidays. Did you know the average John/Jane Doe gains around half a kilo during the festive season, in fact this is often part of the reason why so many of us grow a little bit larger with each year passing.

Never fear, these three handy hints will stand you in good stead when it comes to getting back into healthy habits.

## 1. Fill up on your colours

There are a whole host of classic kiwi foods that come under the healthy food umbrella. Think roast chicken, fresh salmon, warm ham off the bone, succulent beef, zingy strawberries, grilled asparagus as well as creative, fresh and colourful salads.

Aim to fill at least half of your plate with colourful vegetables and salad as this is where we are getting most of our nutrients from. Next, add protein (meats, poultry, eggs, fish) and a little portion of starchy vegetables (potato, kumara, corn, peas, parsnip, yams).

If you are heading out to a social event, have a healthy meal at home beforehand so you are not tempted to nibble away all evening. And if you do nibble, nibble on the right things (coloured vegetables).

## 2. Drink smart

Alcohol is very energy dense, but doesn't offer much in the way of nutrients. Not to mention spirits paired with sugary mixers which are just waiting to send your blood sugar levels soaring. Did you know one glass (250ml) of tonic water has over 5 teaspoons of sugar? On par with a glass of fizzy drink (8 teaspoons).

Soda/sparking water is a great mixer because contains no sugar, it's just fizzy water. Add some slices of lemon or lime. Start your night with a soda water, then alternate between alcoholic drinks and water. Your head and waistline will thank you.

**Top tip:** Try adding heaps of ice to a large glass, this means less alcohol while also making you drink a bit slower due to the chill factor. Using a big glass also tricks our brains into thinking we have had a large drink.

## 3. Ditch the guilt, be mindful

How we eat is just as important as what we eat. I am a strong believer in leaving your guilty feelings at the backdoor when it comes to enjoying sweet treats.

Take your time to really savour the food, whatever it may be. Eat it slowly, enjoy it and appreciate it. Afterwards think to yourself "that was delicious, I enjoyed that" and then forget about it.

Mindful eaters are more in tune with their bodies hunger and satiety cues, this means that they eat when they are hungry but are less likely to overeat to the point of discomfort.

# From Summer...

## Still time to sneak in those summer salads!

Healthy Summer Salads – we usually think of salads with lettuce, but a salad does not need to have lettuce. Choose a salad and mix a low-fat salad dressing with it.

**Apple Salad** - Mix apples cut into cubes, chopped celery & chopped dates.

**Carrot Salad** - Mix grated carrots, bean sprouts & raisins (or sultanas).

**Cauliflower & Broccoli Salad** - Cut into bite-size pieces, lightly cook, cool & add a dressing.

**Pasta Salad** - Mix cooked pasta (not noodles), cooked mixed vegetables, chopped cucumber & sunflower seeds.

**Red Coleslaw** - Mix shredded red cabbage, crushed pineapple, sliced celery & raisins.

**Lemon Dressing** - Mix ¼ cup lemon juice & ¼ cup oil with black pepper.

**Yoghurt Dressing** - Mix 1 tablespoon lemon juice (or orange juice) with ¼ cup low fat yoghurt. Add finely chopped fresh herbs.

**Vinagrette** - Mix ¼ cup vinegar & ¼ cup oil, low fat mayonnaise. Make the mayonnaise go further by mixing with plain yoghurt.

**Curry dressing** - Add 1 teaspoon curry powder to low fat yoghurt or low fat mayonnaise.

## ...to Autumn

Warm dishes for cold nights to come.

### Quick Quiche

*A great way to use leftovers!*

3 eggs  
1 cup low-fat milk  
½ cup flour  
1 teaspoon baking powder  
1 cup onion  
1 cup grated Edam cheese  
1 x 180g tin salmon/tuna

#### Variations:

- Cooked potatoes, sliced or cubed pumpkin or kumara
- 5 grated zucchini
- Finely chopped silver-beet or one canned of drained corn

Mix eggs and low fat milk in a bowl.  
Add rest of ingredients and mix.  
Place into a greased quiche dish or ovenproof dish.  
Cook for 30-40 minutes at 200°C or until the liquid stops running.

### Potato Wedges

*A great alternative to chips.*

Cut Potatoes or kumara into wedges  
Brush with oil and cook in a baking tray until soft @ 200C

#### Variations:

#### Spicy Wedges

1 tablespoon flour  
1 tablespoon ground ginger  
1 tablespoon Chinese five spice (optional)  
Mix in a plastic bag. Add wedges and coat well.

#### Garlic Wedges

4 cloves of garlic  
3-4 fresh rosemary sprigs  
Put in a baking tray with crushed garlic and rosemary sprigs.

*All recipes are taken from The Great Little Cookbook (Mackay, 2006)*

## Society Contacts

Carlo Ellis	Acting President
Vacant	Treasurer
Alison Wilson	Secretary
Caroline Vanstone	Committee
Martin Buchanan	Membership Secretary
Debbie Cunliffe	DHT Field Worker
Leasa Thomas	Newsletter
Emails:	president@diabeteshelp.org.nz
	vicepresident@diabeteshelp.org.nz
	secretary@diabeteshelp.org.nz
	debbie@diabeteshelp.org.nz
	newsletter@diabeteshelp.org.nz

**Support Line - 07 571 3422**  
**info@diabeteshelp.org.nz**  
**www.diabeteshelp.org.nz**

**Diabetes Help Tauranga**  
**PO Box 15219**  
**Tauranga 3144**

*Articles and advertisements published in this newsletter are the opinion of the authors and not necessarily of the Society. They are intended to interest and inform and do not constitute medical advice.*