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Spotlighting type 1 awareness this World Diabetes Day

This World Diabetes Day Diabetes Queensland is putting the spotlight on type 1 diabetes by launching download/download – an online campaign to give the type 1 community a voice to share their real experiences and the real challenges they deal with every day.

The download/download campaign calls for members of the type 1 community to “download” the Diabetes Queensland app and then “download” about their personal stories, anecdotes and experiences living with type 1 diabetes as part of a push to raise awareness of the condition across Queensland.

The Diabetes Queensland app will be available in iTunes from tomorrow. Visit www.diabetesqld.org.au/download/download for more information about the new download/download campaign and to find out how you can get involved.

New research brings artificial pancreas closer

Australian researchers are predicting 2016 as the year people living with diabetes will be able to purchase an ‘artificial pancreas’ that mimics the functions of a human pancreas.

The research, funded by [JDRF](#), was conducted by Jenny Gunton and Queensland’s own Nigel Greenwood who say the device would automatically deliver the dose of insulin required by monitoring the person’s BGLs – acting as an artificial pancreas.

The researchers have just completed a successful round of testing on two ‘virtual patients’ - using the data from real people, simulating their blood glucose levels. Find out more [here](#)

TOPIQ Christmas Party - the type 1 Mum who deserves a getaway



The Type One Parents in Queensland (TOPIQ) Christmas Party went off with a bang last Sunday at John Goss Reserve at Chermside. Forty-nine parents and sixty-six children had a great day making new friends and engaging with other people in a similar situation to themselves. The kids enjoyed getting their faces painted, and a surprise visit from Santa. It was a great chance for Dads, who don’t usually get the opportunity, to engage with other Dads of type 1 kids. Mum of a child with type 1 diabetes, Amanda, was chosen as the recipient of the ‘respite night’ where she can recharge her batteries at a spa lodge on the Gold Coast. Diabetes Queensland was pleased to sponsor the night for such a great Mum.

If you’re a parent of a child living with type 1 diabetes you can [join TOPIQ's closed facebook-based support group](#). TOPIQ has extended their thanks to Diabetes Queensland, Roche, Abbott and Sanofi for supporting this important event.



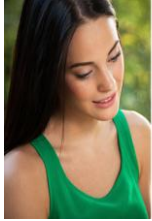
When your child is jealous of their type 1 sibling

You have one child with type 1 diabetes and another who is jealous they don't get jelly beans or the extra fruit juice at night.

To a child, the extra attention is often seen as a positive, but how do you tell your child that type 1 diabetes is not something to be jealous of - all without dampening the spirit of your child living with type 1 diabetes?

It's hard when you have to reassure your child living with type 1 diabetes that it isn't something they should be sad about, and on the other hand tell your other child that it actually "[sucks](#)". How have you managed this? Share your story on Facebook or Download/Download).

Diabulimia - increasing the risk of long-term irreversible damage



Diabulimia is a condition that is rarely spoken about. [Diabulimia](#) is an extremely dangerous weight-loss method thousands of people living with type 1 diabetes engage in - particularly adolescent females and young women.

By skipping insulin doses, the person living with diabetes is risking long-term irreversible damage to their bodies that can result in blindness and the loss of limbs.

What to expect when you're expecting: type 1 diabetes and pregnancy

There is absolutely no reason why a woman with type 1 diabetes cannot have [a healthy baby](#). However, it is important to take extra precautions during your pregnancy to ensure you and your baby are both healthy and strong.

Before conception it is extremely important that you achieve optimal blood glucose management. It's also important to make an appointment with your diabetes health care team if you are planning a pregnancy. Your GP will probably suggest you start taking [folic acid](#) before you conceive - or as soon as your pregnancy is confirmed. It's also a good idea to book in for an eye check before you conceive as pregnancy can place extra pressure on the small vessels in your eyes.

Clean hands make for accurate BGL readings

Our parents always told us to "wash up before dinner" but now it seems it is just as important to [wash your hands after eating](#). Two studies published in [Diabetes Care](#) indicate the importance of washing your hands after meals before taking your blood glucose level.



The first study found eating fruit with your hands interferes with your reading as the fruit leaves a residue of glucose on your hands, giving you a too-high BGL. Findings from the second study suggest unwashed hands can change BGLs by up to ten per cent. The correct readings are important as the amount of insulin needs to be matched to your BGL.

The school bag hypo kit - what's in yours?



Every parent of a child with type 1 knows how important it is to send their [child to school](#) equipped with a hypo kit. However, it's not that easy to find something that you know will keep in a hot school bag and won't want to be eaten by the other school kids (we're looking at you jelly beans!). Our dietitians have recommended the following:

- Glucose tablets equivalent to 15 grams carbohydrate **OR**
- 3 teaspoons sugar or honey **OR**
- Fruit juice popper

It's also a good idea to have some dried fruit in their bags to eat after a hypo. Have you discovered the perfect hypo kit for your child?