

HEALTH HAPPENINGS



from *Diabetes Australia-NSW* Issue 12 March/April 2010

Health Happenings is produced twice a year every March/April and September/October to provide an update on new resources, current programs and coming events at Diabetes Australia-NSW. Enjoy our eleventh issue.

Welcome to the March/April issue of Health Happenings!

MARCH saw the running of the 2010 NSW Corporate Games, a community based event that encourages everyone to consider the essential elements of healthy living- healthy eating, exercise and promotion. Diabetes Australia-NSW proudly manages the Games as part of our promotion of fitness and type 2 diabetes prevention and this year 6,698 people took part in one or more of the 22 sports on offer over the four days. The feedback from the Games was very positive and I thank all the staff at Diabetes Australia-NSW for the hard work they put into the Games to make them a success.



We are also participating in piloting the **Prevent** Diabetes *Live Life Well* program. This Program involves over 150 GPs from the Southern Highlands, Macarthur, and Central Sydney divisions of general practise who are using the Aus-d-risk tool to screen potential participants who do not currently have but are at risk of developing type 2 diabetes. 1550 people between the ages of 50-65 years are being recruited, including up to 100 Arabic-speaking, 100 Mandarin-speaking and 100 over 18 years old Aboriginal people. Participants are then referred to a free 12-month lifestyle modification program to improve their nutrition, increase their level of physical activity and reduce their weight in order to prevent the onset of type 2 diabetes.

Before I go, July is Diabetes Awareness Week and Diabetes Australia-NSW is focusing on the very important issue of diabetes and kidneys. Diabetes is the leading cause of kidney failure in the developed world and this edition of Health Happenings includes some information about the campaign as well as contacts for resources.

Warm regards

A handwritten signature in blue ink that reads "Nicola Stokes".

Nicola A Stokes
Chief Executive Officer

COMING EVENTS DATES FOR YOUR DIARY

Host a Great Australian Bite this April – it's as easy as 1, 2, 3...



This April, Diabetes Australia-NSW is asking the community to get together and share a bite to eat with friends, family, customers or work colleagues, while

making a donation to change the lives of people living with and at risk of diabetes. It's as easy as 1, 2, 3...

1. Register – online at www.greataustralianbite.com.au or call **1300 342 238**.

2. Invite – friends, customers or work colleagues to share a bite to eat.

3. Donate – ask everyone at the bite to make a tax deductible donation.

So register today and share a bite – help the fight against diabetes!

Thursday June 10: Corporate Woman's Luncheon

The Hilton Hotel, Sydney

4-8 July 2010: Junior Camp

For information contact Angela Blair on 02 4929 6970.

11-17 July 2010: Diabetes Awareness Week

The focus for this year's awareness week will be kidney disease in people with diabetes. To register your interest and receive information contact Claudia Haddad on 02 9552 9984.

Saturday 24 July: Research Seminar Type 1 Looking To The Future

Diabetes Australia-NSW is conducting a research Seminar "Type 1 Diabetes: Looking to the Future" for parents of children

and adolescents with type 1 diabetes, young adults and older adults with type 1 diabetes, their carers and families. Guest speakers with expertise in type 1 diabetes management and research, include Prof Phil O'Connell, Dr Don Anderson, Prof Bernie Tuck (pictured above). For details contact Angie Middlehurst on 02 9552 9962.



Friday 17 September 2010: Diabetes Buzz Day

Our annual merchandise fundraising campaign raising funds to take the sting out of diabetes.

Sunday 24 October 2010: The JellyBean Picnic

A chance for children with diabetes and their families to get together for a fun and educational day.



A fundraising walk over the seven key bridges in Sydney.

Sunday 31 October 2010: Seven Bridges Walk

A fundraising walk over the seven key bridges in Sydney.

Saturday 13 November 2010: The Buzz Ball

A fun night of food, wine and entertainment, helping us to raise funds to help those affected by diabetes.

Sunday 14 November 2010: World Diabetes Day

Aims to highlight the rising prevalence of both type 1 and type 2 diabetes.

20 November 2010: Diabetes and Diabetes Update Day

The aim is to provide general practitioners and other allied health professionals with current information on the prevention and management of diabetes and other diabetes related conditions.



Camps for Children and Teenagers with type 1 diabetes

Name/location/date	Aims	Contact
Lions Kids Camp Galston Gorge 4-9 yrs (plus a parent) November 5-7 2010	Interaction of children and parents.	Angie Middlehurst Diabetes Australia-NSW 02 9552 9962
Diabetes Kids Camp Howman's Gap (Albury) 9-12 yrs 13-15.9 yrs Date TBA	Increase knowledge, encourage coping skills. Mentoring of younger children by older group. Doctor, educators present.	Chris Lieshout 02 6058 1881
Junior Camp Morisset 8-13 yrs July 4-7 2010	Develop diabetes self-management skills, learn how to do injections, understand more about food and exercise, and meet other kids with diabetes.	Angela Blair Diabetes Australia-NSW Hunter Region 02 4929 6970
South Coast Junior Camp Stanwell Tops 10-13 yrs Date TBA	Increase knowledge, gain confidence and develop skills in diabetes management.	Angie Middlehurst Diabetes Australia-NSW 02 9552 9962

RESOURCES



Diabetes: What You Need To Know Russian now available.

These culturally and linguistically diverse (CALD) booklets provide information on every aspect of diabetes management in simple language with a dietary section that has a culturally sensitive focus.

The book has been translated into Arabic, Chinese, Vietnamese, Greek, Italian and Russian.

The cost is \$10 per book plus postage and handling. Call 1300 136 588 to order.

The new Russian book was funded by a grant from the Australian Better Health Initiative.

CALD Books Available To Download - ONLY Tongan and Samoan

The Tongan and Samoan versions of **Diabetes: What You Need To Know** are available as a complimentary download. To download, visit: www.diabetesnsw.com.au/diabetes_prevention/nonenglish.asp



Diabetes: Making healthy food choices booklets NOW available in Greek, Spanish and Vietnamese

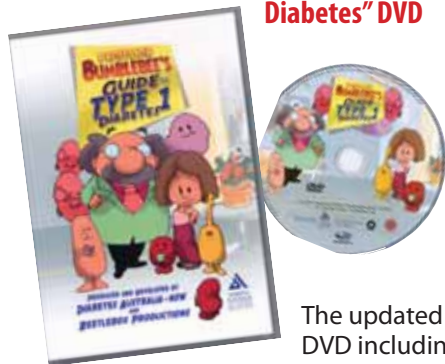
These culturally and linguistically diverse (CALD) booklets provide information on dietary management, using culturally-sensitive foods. They are also available in Arabic, Chinese and Italian.

The cost is \$5 per book plus postage and handling. Call 1300 136 588 to order.

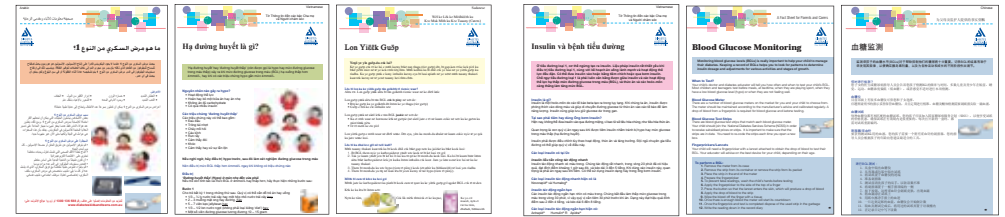
Contact kristenh@diabetesnsw.com.au to discuss particular CALD suggestions for future publications.

Paediatric Resources!

"Professor Bumblebee's Guide to Type 1 Diabetes" DVD



The updated DVD including pumps. A social worker has been added as part of the team! Cost \$14 + 10% discount to members. Non-members \$14.00 (plus postage). Call 1300 136 588 to order.



Downloadable Non-English Speaking Background (NESB) Fact Sheets

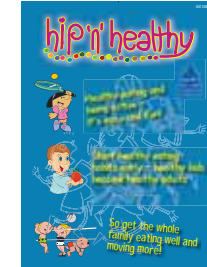
Fact sheets for families of Arabic, Vietnamese, Cantonese/Mandarin and Sudanese background.

Topics include: What is type 1 diabetes, What is hypoglycaemia; insulin; blood glucose monitoring; Physical Activity and Healthy eating.

Downloadable from the website www.diabeteskidsandteens.com.au

Hip'n'Healthy brochure

An updated version of Hip'n'Healthy brochure on healthy eating and physical activity is now available. Please call 1300 136 588 to order.



Cost: Members/Non members \$1 plus postage and handling. Five free to NSW Professional Partners.

RESOURCES



NOW SHOWING ON



<http://www.youtube.com/user/DiabetesNSW>

OUR DIABETES CHANNEL continues to provide people living with and at risk of diabetes with relevant and up-to-date news, research and information about diabetes.

Through a range of short video clips, meet the Diabetes Australia-NSW health professionals – diabetes educators, dietitians and exercise psychologists – as well as endocrinologists, diabetes related specialists and researchers.

In recent months, we have added Diabetes Channel testimonials from people who care about the important work we do on the channel - Dr John D'Arcy, V8 star Jack Perkins (who has type 1 diabetes), Olympian Kerri Pottharst and celebrity chef Peter Howard (who has type 2 diabetes).

Every month we feature a new "Health Goals" segment focusing on a different theme.

In March we featured Orthoptic Awareness Week which delivered the message about the importance of eye care with diabetes.

In January we presented a moving feature about kids with diabetes heading back for a new school year including an interview with a parent of a child with diabetes, advice from our Paediatric Manager Credentialed Diabetes Educator Angie Middlehurst and tips from one of our Dietitians, Melinda Morrison, about how to prepare a healthy school lunchbox for a child with diabetes.

Our communications team keeps you and your patients up to date with diabetes news, research and information.



INVIGORATE

This magazine offers information and motivation for people with pre-diabetes and those at risk of type 2 diabetes. *Invigorate* is filled with practical, healthy lifestyle advice

from our accredited Exercise Physiologists, Dietitians and Diabetes Educators.

The 16-page magazine is produced twice a year and is sent to members of Diabetes Australia-NSW with pre-diabetes, is distributed at public events and also available complimentary to interested subscribers.

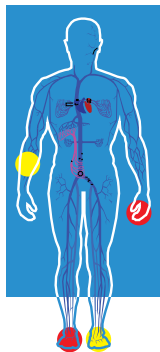
To subscribe and get a copy, call 1300 136 588. The next edition, Issue 8, will be available in November.

PROGRAMS

Diabetes Australia-NSW continues to provide and develop programs for people with and at risk of diabetes. Current programs include:

PVD Screening and Active Learning Module

Diabetes Australia-NSW runs a peripheral vascular disease (PVD) screening program throughout New South Wales. Our aim is to screen people with diabetes with previously undiagnosed PVD by measurement of the Ankle Brachial Index (ABI) using doppler by a trained diabetes educator or registered nurse. Screening is open to all people with type 1 and type 2 diabetes registered on the National Diabetes Services Scheme (NDSS) over the age of 55 years.



We have just conducted a PVD screening day at Dubbo on 12 and 13 March at the Diabetes Centre, Dubbo Base Hospital where we were oversubscribed by 200 people. We have also just held the PVD ALM in Dubbo on the 17 April 2010 which was a great success.

The Active Learning Module (ALM) covers "The screening, detection and medical /

surgical interventions in the treatment of Peripheral Neuropathy and Peripheral Vascular Disease" in. This is an interactive educational session facilitated by a vascular surgeon, endocrinologist, GP, local wound care CNC and local podiatrists. Participants are treated to presentations covering topics such as the role of a vascular surgeon and podiatrist in the prevention, detection and management of PVD and medical management of the "at risk" foot. Workshops cover topics such as best practice examinations for the detection of ulcers, neuropathy and PVD, wound care and dressings and management strategies for ulcers, vascular wounds, neuropathic wounds and Charcot's foot.

The next PVD screening day will be held in Penrith on the 14-15 May 2010. The ALM will be held in Penrith on 5 June 2010. For more information please contact Kristen Hazelwood on 02 9552 9964, or Tanya Parsons on 02 9552 9804.

Aged Care Workshop 2010

Aged Care Workshop – four hour workshops for aged care facility staff covering types of diabetes, nutrition for the elderly and practical management including blood glucose monitoring, hypoglycaemia, sick days, oral health and foot care. Each facility sending staff receive a copy of the Aged Care Manual. Workshops are planned for the Taree area in July 2010.

Beat It: Diabetes Physical Activity & Lifestyle Program

The **Beat It!** program is a physical activity and lifestyle program designed specifically for people with or at risk of developing diabetes.

Beat It! programs are delivered by personal trainers who have each completed the Diabetes Australia-NSW comprehensive **Beat It!** Diabetes and Physical Activity accredited training program.



Our **Beat It!** pilot programs across New South Wales have been completed with good results and continue to run at our pilot sites: *Peninsula Leisure Centre, Woy Woy; Canterbury Aquatic and Fitness Centre, Canterbury; Bay & Basin Leisure Centre, Vincentia; Solar springs Health Retreat, Bundanoon.*

Diabetes Australia-NSW plans to expand the program across NSW.

Beat It! training continues for Certificate IV Trainers as well as Exercise Physiologists and Physiotherapists.

If you would like to know more about setting up a **Beat It!** Diabetes Physical Activity and Lifestyle Program in your local area, please call Bronwyn Penny on 02 9552 9930 or email bronwynp@diabetesnsw.com.au

**Patients wishing to participate require medical clearance before commencing the sessions. Beat It is not suitable for people with severe complications.*

This project was funded by the Australian Government Department of Health & Ageing.

Diabetes Australia-NSW type 2 diabetes group education program - in Glebe

Diabetes Australia-NSW, under Allied Health Group Services, runs group education programs for people with type 2

diabetes in Glebe.

The program is delivered by credentialed diabetes educators, dietitians and exercise physiologists covering a variety of topics including:

- diabetes education
- food and nutrition
- physical activity – both theory and practical sessions.

There are currently three programs running in Glebe; these are held on Tuesday morning, Wednesday morning or Wednesday evening

All sessions are bulk billed including the initial assessment.

For more information call Ann Lockie 02 9552 9822 or 1300 136 588 or email annl@diabetesnsw.com.au

...and now in Albury

Diabetes Australia-NSW has expanded its presence in the Riverina. Credentialed



Diabetes Educator Mark Taylor, left, has commenced running the Allied Health Group Services under Medicare in Albury for patients with type 2 diabetes.

For further information contact Mark Taylor on 02 6921 6483, or Ann Lockie on 02 9552 9822 or 1300 136 588.

...and in Dungong

Diabetes Australia-NSW has also expanded its presence in the Hunter Valley. Diabetes Australia-NSW Northern Regional Manager, Angela Blair, has commenced running the Allied Health Group Services under Medicare in Dungong for patients with type 2 diabetes.

A type 2 diabetes program will be held in Dungong in May 2010.

For further information contact Angela Blair on 02 4927 0474 or Ann Lockie 02 9552 9822 or 1300 136 588.

Diabetes in your CALD community

Train the trainer program for diabetes in the CALD community to increase awareness of diabetes. Call 1300 136 588 and ask for Kristen Hazelwood.

Aged Care seminars and Workshops 2010

Aged Care Workshop – four hour workshops for aged care facility staff covering types of diabetes, nutrition for the elderly and practical management including blood glucose monitoring, hypoglycaemia, sick days, oral health and foot care. Each facility sending staff receive a copy of the Aged Care Manual. Workshops are planned for the Taree area in July 2010.

Call 1300 136 588 for information.

Community Awareness Programs

Connecting the Dots in Diabetes are education programs held in various locations around NSW. The programs are for people with diabetes, their friends and relatives. Call 1300 136 588 to speak to a diabetes educator.

Life Style Modification Program

Type 2 diabetes can be prevented or delayed through lifestyle changes in physical activity and dietary habits. Diabetes Australia-NSW is an accredited Provider for Lifestyle Modification Program (LMP) for the following Divisions of General Practice: Central Sydney, Bankstown, Went west, Fairfield/Liverpool, North Sydney and Eastern Suburbs.

Location:

GLEBE: Diabetes Australia-NSW
26 Arundel Street, Glebe NSW 2037

PARRAMATTA: Parramatta Community Health Services, Jeffery House,
162 Marsden Street, Parramatta NSW 2150
Public transport and parking is available at both locations.

*Session lengths vary in time from 1.5hrs for the first two sessions to one hour over the remainder of the program.

If your patient is ineligible to receive a subsidised LMP placement under MBS Item 713, they may attend as a private fee paying patient at a cost of \$220.

For further information contact Wendy Salabay on 02 9552 9965, your local division of general practice or email: Imp1@diabetesnsw.com.au.

Vitality workplace health programs and services



Vitality Workplace Health services are tailored to cater for the specific needs of any organisation. Services include, but are not limited to, health and lifestyle appraisals, exercise classes, health promotion material, e-health tips, health expos and interactive workshops on a wide range of health topics.

For more information on how you can improve the health of your workforce contact Jo Wild 02 9552 9911.

Supermarket Tours

Where and When:

Salamander Woolworths
Thursday 13 May *Tour starts 9:30am*

Kotara Woolworths
Tuesday 11 May *Tour starts 9:00am*

Raymond Terrace Woolworths new store
Wednesday 21 April *Tour starts 9:00am*

Glendale Woolworths
Tuesday 8 June *Tour starts 8:30am*

Why attend a Supermarket Tour?

✓ Increase your healthy eating skills by



learning how easy it is to find healthy foods

✓ Improve your diabetes control by learning to make better food choices

Cost: \$10 per person and \$8 for members of DANSW; you will need to show your blue membership (not white NDSS) card at the tour.

A support person is welcome to attend with you.

Written information will be provided.

Booking: Ring 4929 6970 to book your place.

Tours are suitable for people diagnosed with pre-diabetes or diabetes, relatives and friends.

A Healthy Shopping Guide will be available for purchase for \$6.95 (\$6.25 members).

Gathering the Dots Seminar 2010

Gathering the Dots seminar for local aboriginal people with diabetes working with the AMS, scheduled for May 2010.

Connecting the Dots Seminar 2010

Connecting the Dots Seminar provides practical information for people with diabetes to increase their self-management skills with guest speakers from the community. Seminars are planned for July 2010 in the Kurri Coalfields area.



Sugar Mob Education Group

An education/support group for aboriginal people with diabetes, their family and friends with the focus of reducing the risk of or increasing self-management of type 2 diabetes. The groups are held on the second Tuesday of the month in Singleton and the third Tuesday of the month in Muswellbrook from 10-2pm until November 2010.

Customer Care Line



Telephone support provided by Diabetes Australia-NSW Health Professionals.

Call 1300 136 588 to speak to a Diabetes Educator or Exercise Physiologist 8.30-4.30pm Monday, Tuesday, Thursday and Friday, 9.30-4.30pm Wednesday.

A Dietitian is available 9.30-11.30am and 1.30 -3.30pm Monday-Friday.

DIABETESkidsandteensCARELINE



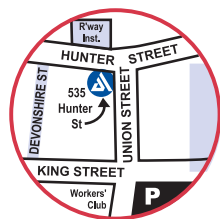
Call 1300 136 588 Monday to Friday 9am- 4pm to speak to a Paediatric Educator for information on diabetes and school camps, school issues and general management.

REGIONAL SUPPORT CENTRES

In an effort to bring services to regional NSW and make Diabetes Australia-NSW more accessible, we have three Support Centres in New South Wales. These are retail and resource centres for diabetes products, membership, NDSS items and sharps disposal support.

These centres work closely with local health professionals, in particular the local Diabetes Centres and Diabetes Australia-NSW Support Groups.

Hunter Regional Support Centre

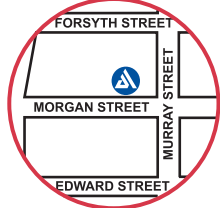


Open 9am-4.30pm Monday to Friday. (including insulin pump consumables)
535 Hunter St
Newcastle
Diabetes Educator: **Angela Blair**

Phone: **02 4929 6970**
angelab@diabetesnsw.com.au

Diabetes Australia-NSW has expanded its presence in the Riverina with Accredited Exercise Physiologist Brooke Shirlaw and Credentialed Diabetes Educator Mark Taylor joining the team at Wagga Wagga Support Centre.

Wagga Wagga Regional Support Centre



Open 10am-3pm Monday to Friday "Piercy Place"
1/185 Morgan St,
Wagga Wagga, 2650
Business Officer: **Ian Kerr**
iank@diabetesnsw.com.au

com.au
Phone: **02 6971 8400**
Diabetes Educator: **Mark Taylor**
Phone: **0417 056 322.**

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DIABETES AUSTRALIA-NSW MEMBERSHIP

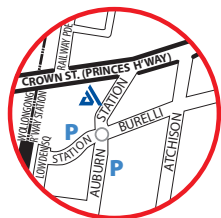
Diabetes Australia-NSW Professional Partner Program

provides practical support to health professionals including the latest diabetes information and material. Membership is available for individuals at only \$55.00 or \$110.00 for organisations.

Contact Member Services Department on 1300 136 588 or visit www.diabetesnsw.com.au.



Wollongong Regional Support Centre



Open 10am-2pm Monday to Friday (including insulin pump consumables)
Shop 3, Station St (off Crown St)
Wollongong.
Dietitian: **Melinda Morrison**

Phone: **02 4926 6907**
melindam@diabetesnsw.com.au

Diabetes Australia-NSW Facebook

Please show us your support and become a fan. Receive vital information that can benefit your health and lifestyle, your customers or your patients. Go to our home page at www.diabetesnsw.com.au, scroll down to the billboard and click on "Find us on Facebook – Become a Fan". Add us to your fan favourites and share the page with your family and friends. Help us to spread awareness and step up the campaign for more diabetes research, education and advocacy.

NDSS FREQUENTLY ASKED QUESTIONS AND ANSWERS

On 1 January 2010, the Australian Government increased the registrant contribution for supplies under National Diabetes Services Scheme (NDSS).

This increase is in line with the Government's policy on medicines subsidised under the PBS, which are indexed annually to account for changes in the costs of goods.

The increases do not apply to syringes and needles.

The NDSS is an initiative of the Australian Government administered by Diabetes Australia.

The Scheme provides blood and urine testing strips, syringes, needles and insulin pump consumables at subsidised prices to people with diabetes who register for its benefits.

The NDSS aims to enhance the capacity of people with diabetes to understand and manage their life with diabetes and to ensure

they have timely, reliable and affordable access to the supplies and services they require to effectively self-manage their condition.

The tables show the current registrant contributions and the prices as at 1st January 2010.

Blood Glucose Testing Strips	Current General Prices	Prices as at 1 st January	Pack Sizes
	3.50	3.60	25
7.10	7.20	50	
14.10	14.30	100	
Current Concession Prices	Concession Prices as at 1 st January		Pack Sizes
	0.60	0.60	25
	1.10	1.10	50
	2.20	2.30	100

Urine Test Strips, Tape and Clinitest Tablets	Current General Prices	Prices as at 1 st January	Pack Sizes
	2.60	2.60	36
3.60	3.60	50	
Current Concession Prices	Concession Prices as at 1 st January		Pack Sizes
	0.40	0.40	36
0.60	0.60	50	

Insulin Pump Consumables (IPCs) and Reservoirs	Current General Prices	Prices as at 1 st January	Pack Sizes
	4.20	4.30	10 Lines
	4.60	4.70	5
	9.30	9.40	10
	9.70	9.80	10 Cannulae
	11.60	11.70	10 Cannulae + 5 lines
	13.90	14.10	10 Sets
	22.80	23.10	25
	24.40	24.70	25 Cannulae
27.70	28.10	20 Sets	

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Nicola A Stokes
Chief Executive Officer

Health Happenings is available to download:

http://www.diabetesnsw.com.au/health_professionals/healthhappenings.asp

Order resources with the Health Professionals Resource Order Form, available at:

www.diabetesnsw.com.au/health_professionals/resources.asp

Paediatric Resource Order form – to order your paediatric resource order form call 1300 136 588.

Call our **Customer Care Line** on 1300 136 588 Monday, Tuesday, Thursday and Friday 8.30am-5pm and Wednesday 9.30am-5pm.

Australian Government gives a boost to insulin pump subsidy

PARENTS of children with type 1 diabetes will be given more support by the Australian Government with an announcement made recently to increase the insulin pump subsidy.

Minister for Health and Ageing, Ms Nicola Roxon told the Sun Herald newspaper that the boost to the program will ease the financial pressure on families when purchasing a pump for their child.

The maximum subsidy will increase from \$2,500 to \$6,400 or up to 80 per cent of the pump price depending on which is greater. It is available for children under the age of 18 with type 1 diabetes who require an insulin pump.

The highest amount will be available to families with an annual income below \$64,240. The subsidy will then operate

on a sliding scale, gradually reducing to \$500 or 10 per cent of the pump cost depending on which amount is greater, for families with an income of \$101,045.

In addition to the subsidy, eligible families with two or more children with type 1 diabetes will now be entitled to the calculated subsidy for the first child and maximum subsidy for subsequent children irrespective of the family's income.

Insulin pumps are also covered by all private health insurance policies, although a twelve month waiting period applies.

Insulin pumps currently range in cost from \$4,000 to \$8,000.

Diabetes Australia Factsheet, 'insulin & diabetes', revised October, 2008 at http://www.diabetesnsw.com.au/PDFs/About_Diabetes_PDFs/INSULIN.pdf



**DIABETES
AUSTRALIA**

New South Wales

WE MAKE A DIFFERENCE to the lives of people living with and at risk of diabetes.

Australians helping Australians.

For more than 70 years, we have helped Australians with and at risk of diabetes by working to reduce its impact on their lives. Diabetes is the fastest growing chronic disease in Australia and around the world.

As a non-profit, non-government organisation, our mission to improve health and enhance lives is enabled by members' funds and support from the community.

All funds raised are spent on research, education, awareness and advocacy programs.