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Depression and diabetes

Managing all types of diabetes can be stressful and everyone copes with stress differently.

Some people may find themselves overwhelmed, down in the dumps or not getting the same enjoyment out of the things that used to make them happy. But it doesn't have to be this way. Treatment is available. In fact, according to a new study, it has never been more important for people with type 1 and type 2 diabetes to be aware of how to manage depression.

The study, by the University of Washington in Seattle, found when people with diabetes are depressed their odds of developing chronic kidney disease nearly double. You can read more about the study here.

Diabetes Queensland spoke to beyondblue about the importance of managing depression and the support that is available.

According to beyondblue: “While we all feel miserable occasionally, people with depression have a low mood most of the time, for long periods of time, often losing interest in the activities they usually enjoy. Similarly though most people feel anxious sometimes, people with anxiety disorders find their anxious feelings are overwhelming and cannot be easily controlled.

“The good news is that with the right treatment, most people are amazed at how much better they feel.”

For more information visit the beyondblue website for detailed information on the signs and symptoms of depression and anxiety and what you can do to look after yourself and your family.

You can always contact the beyondblue Support Service and speak to a trained mental health professional at any time of the day or night on 1300 22 46 36. beyondblue’s special message is available on our website.
Let’s get physical

We all know exercise is good for our overall health but a new study has found it could actually help people with type 2 diabetes live longer.

The United Kingdom study, published in Diabetes Care, found there was a lower mortality rate in people with type 2 diabetes who did regular, moderate physical activity.

People who reported some activity, but below the recommended amount, had a 26 per cent lower mortality rate than those who did no exercise. People who met the physical activity recommendations had a 35 per cent lower mortality rate compared with those who were inactive.

See our website for tips on how to get active and how much exercise you should be doing per day.

Gestational diabetes - why you need to take it seriously

Experts believe changes to the criteria used to diagnose gestational diabetes could see the number of mothers diagnosed with the condition rise by up to 30 per cent.

New guidelines, developed by the Australasian Diabetes in Pregnancy Society, lower the threshold for diagnosing gestational diabetes. While this will increase the number of women diagnosed with the condition, it will help ensure at risk mothers get more support before, during and after pregnancy.

Because gestational diabetes increases both the mother and baby’s likelihood of developing type 2 diabetes, supporting mothers during pregnancy is an important part of turning type 2 diabetes around.

You can find out what we are doing to support health professionals to understand and better manage gestational diabetes and prevent type 2 diabetes here.

Message from our partners
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**A healthy Anzac Day treat!**

Anzac Day is an important time to remember those who served and died in war, conflict and peacekeeping operations.

To mark this day many Australians will bake Anzac biscuits, which are believed to have been sent to soldiers serving in World War I because they didn’t spoil during the long journey to the frontline.

We’ve found a healthy Anzac biscuit recipe from the [Healthy Food Guide](http://www.healthyfoodguide.com.au). Diabetes Queensland’s dietitian, Alison Bennett recommended leaving out the golden syrup found in the original recipe to make them that little bit healthier.

"These biscuits would make a nice treat but should still be enjoyed in moderation. Remember Anzac Day is once a year," Alison said.

**Ingredients:**

- 1 cup rolled oats
- 1/2 cup plain flour
- 1/4 cup plain wholemeal flour
- 1/2 cup desiccated coconut
- 1/2 cup brown sugar
- 1/4 cup canola or rice bran oil
- 1 teaspoon baking soda
- 2 tablespoons water

**Method:**

- Preheat oven to 180°C and line a baking tray with baking paper. Combine oats, flours, coconut and sugar in a bowl.
- Combine oil and water in a microwave-proof bowl and stir to combine. Microwave on HIGH for 25–30 seconds. Whisk in baking soda until well combined (it might foam up a little).
- Add syrup mixture to dry ingredients and mix well. Drop teaspoonfuls of mixture onto baking tray, leaving space between them (they will spread). Flatten with your fingers or a fork.
- Bake for 10–15 minutes, until golden. Remove to a wire rack to cool.

Makes 16
Is this the study we've been waiting for?

Could scientists be closer to discovering the key to reversing type 1 diabetes?

In a recent study researchers from Vanderbilt University in the United States found evidence that key insulin-producing cells in the pancreas that don’t work in people with diabetes have the capacity to regenerate.

Scientists hope that understanding how these cells regenerate may be a step on the path to stopping or reversing diabetes.

This was very exciting news to our members and friends on Facebook. See what they had to say by clicking here.

Entertainment Books

While donating to a charity comes with the reward of knowing you're giving back - the Entertainment Book is one gift that keeps on giving.

By purchasing an Entertainment Book from Diabetes Queensland, 20 per cent of the purchase price helps us continue to support people with all types of diabetes. The Entertainment Book is a local restaurant and activity guide, which provides great offers for restaurants, activities and hotels. It's a fantastic way to fill up your weekends without breaking the bank and you'll feel good knowing your money went to a good cause.

To order your Entertainment Book or for more information click here.

News in brief

Diabetes Queensland is heading north to Mackay to put on another EXPOsing Diabetes event. The expo is a one-day educational event, which brings together local health professionals to provide education sessions to people with diabetes. The Mackay event will specifically cater for people with type 2 diabetes and will be held on May 24 at the Mackay Entertainment and Convention Centre. For more information call 1300 136 588.
Did you know Diabetes Queensland has a YouTube channel? It has all the latest videos from last month's Do It For Diabetes Vietnam Challenge 2014 and a whole lot more. Check it out here.

Bike Week kicks off on 26 April to 4 May. Organised by Bicycle Queensland, the BDO Brisbane Coot-tha Challenge is the final event of Bike Week and supports Diabetes Queensland. All funds raised from this year's event will go directly to Diabetes Queensland to continue to provide support and education programs to people living with all types of diabetes. See the Bicycle Queensland website for more information.

The Australian Diabetes Council is currently reviewing a booklet on diabetes and pregnancy for the National Diabetes Service Scheme Diabetes in Pregnancy National Development Program. They are looking for women with type 1 or type 2 diabetes aged between 20 and 45 years who would be interested in reading the booklet and providing feedback via a short survey. If you're interested in helping please email Effie Houvardas effiet@australiandiabetescouncil.com for further information.

OnTrack Diabetes is currently recruiting people living with type 2 diabetes for an upcoming national research trial. The 12-month project is an interactive web-based intervention aimed at improving and maintaining diabetes self-management, glycaemic control and emotional wellbeing. The research team is interested in exploring the long-term effects of type 2 diabetes self-management on physical and mental health. For more information visit the website or email Sophie at sparham@wesleyresearch.com.au

St Vincent’s Hospital is conducting a Randomised Controlled Trial of an online treatment for depression. If you have type 2 diabetes and depression, a computer with internet access, a printer and are 18 or over this may be the program for you. The study involves completing six lessons over 10 weeks, at no charge for hospital patients. For more information about this program call us on (02) 8382 1400 or visit click here.

Want more?
Want to stay up-to-date with all the latest research, news and information about all types of diabetes and related issues? Like us on Facebook and follow us on Twitter. Stop by, join the conversation and tell us what you think.
The opinions and research presented in this publication are intended as general information only and do not necessarily reflect the view of Diabetes Queensland, unless specifically stated. Changes to medical care should always be discussed with your doctor.