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Our diabetes heroes

Diabetes Queensland was proud to present Kellion Victory Medals at a special 2014 National Diabetes Week ceremony earlier this week.

All 18 recipients told inspiring stories of courage and a determination to live well with diabetes despite the challenges often associated with the condition.

Trevor Rickard thought his life was over when he was diagnosed in 1964. Mary McKay (pictured) was diagnosed with type 1 diabetes 60 years ago and Ann Ross was diagnosed as a child when her mother noticed she was drinking copious amounts of water.

For Bernard Little, it was his wife, a receptionist at a local doctor's surgery, who recognised the symptoms of type 1 diabetes, while June Wockner was diagnosed with type 2 diabetes after the birth of her second son in 1963. These are just some of the stories of our Kellion heroes. You can read more here.

"I didn't expect to live this long"

"I never expected to live this long."

That's a statement that's becoming increasingly common among people with type 1 diabetes, many of whom were told as children or teens that their lives would likely be shortened by diabetes-related complications.

But a growing number of people with diabetes are defying the odds, living with the condition for 50 years or more and often remaining quite healthy. A new Canadian study is currently underway to find out the secrets to their longevity.

Read more here.
Genetic trigger for type 1 diabetes found

WA researchers have helped find a genetic trigger for type 1 diabetes, which may pave the way for a drug that could boost insulin-making cells.

Part of a global group, scientists from the Harry Perkins Institute for Medical Research have identified an area of DNA linked to the autoimmune condition affecting 130,000 Australians.

The Institute's diabetes research leader Grant Morahan, co-ordinator of the Asia-Pacific arm of the worldwide study, said the finding was significant because it helped unravel how the condition developed.

Read more here.

Vaccine hope

Could a vaccine to prevent type 1 diabetes be one step closer?

A Monash University study has given new hope to people living with type 1 diabetes.

Scientists are looking at a protein, found in the brain and the pancreas, and how it interacts with the body.

There is hope this research could lead to a possible type 1 diabetes vaccine in the future.
Message from young leader: "Don't let the disease be you, you be the disease"

To celebrate National Diabetes Week 2014 (13-19 July), we thought we'd let one of Diabetes Queensland's young leaders speak to you about what it has been like for him to live with type 1 diabetes.

In two weeks’ time it will be two years since I was diagnosed with type 1 diabetes. For all the highs and lows [no pun intended] that have happened I would not change a thing.

At first the diagnosis was the worst thing in the world. I still remember vividly crying into my mum’s arms as if the world as I knew it had come to an end.

Click here to read Tim Gillespie's full message.
During National Diabetes Week (13-19 July) we’ve been active across the state raising awareness about all types of diabetes.

As you know, diabetes is a complex condition that can require constant management. One of our aims here at Diabetes Queensland is to ensure people get the support they need to avoid health complications and live healthy lives.

With more than two million Australians at high risk of developing type 2 diabetes, Diabetes Australia is encouraging people to take a free risk assessment and understand their own personal risk of developing the condition. Diabetes Queensland is committed to supporting people with all types of diabetes and we want to help as many Queenslanders as possible, including your family and friends, avoid or delay developing the condition.

Diabetes Queensland also encouraged health services to collaborate to ensure people receive consistent and credible education across Queensland to manage all types of diabetes and avoid complications. You can read our media release here.

Have you renewed your membership?

Diabetes Queensland knows diabetes and we’re here to make living with the condition easier for you. We want to support you every step of the way, wherever your diabetes journey may take you.

Don't forget to renew your membership for 2014-15. There are up to five different, easy ways you can pay.

Click here to renew your membership now.
Blog post of the month

This month we bring you a poem written by Monique Peterson, a woman with type 1 diabetes, who blogs at Miss T1D.

It's morning time, the sun is rising you give up your offering,

A prick from a stick, and squeeze and lick

It's the dawn of another day’s suffering

Clean as can be... Read more here.

If you have a blog post you would like us to consider publishing in One Wonders, please email it to media@diabetesqld.org.au.

Other news?

Did you know that if you participate in the Sunday Mail Suncorp Bank Bridge to Brisbane on Sunday 7 September you can choose to fundraise for Diabetes Queensland? Every fundraiser that raises more than $350 for Diabetes Queensland will be given our new special edition 2014 running vest! Other upcoming events include the Santos GLNG Brisbane to the Gold Coast Cycle Challenge on 19 October.

Diabetes Australia is currently undertaking a review of its diabetes information sheets and would like your opinion on how they can continue to improve the services they provide you. Click here to take part in a brief survey and make your opinion count.

Princess Alexandra Hospital is looking for people with type 2 diabetes to take part in a study to test how the drug Fenofibrate effects fatty acids stored in the heart. Changes to heart function will be measured using MRI, echocardiography, ECG and a blood test. For further details please contact Julie.Holliday@health.qld.gov.au

Researchers from the University of the Sunshine Coast are looking for people with diabetes to share their opinion on what makes things easier or more difficult to manage diabetes in their home and community. Participants in the study will be provided with a $20.00 Woolworths voucher. Please contact Hayley Kermond on 0429165488 or hek002@student.usc.edu.au for further information.

Want more?

Want to stay up-to-date with all the latest research, news and information about type 1 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.