



Spring 2012

Newsletter of the

Department of Endocrinology & Diabetes



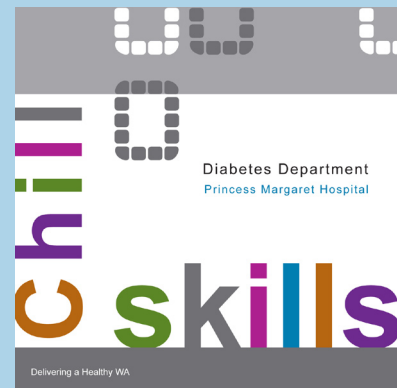
Don't let diabetes get in the way of your success – here's Callum Robinson's story....

“Lacrosse is a very physical, fast and demanding sport which I have been participating in for over 10 years. The sport has allowed me to lead a healthy and rewarding lifestyle and has also presented numerous opportunities to travel and even represent my state and country at national and international competitions.

Coping with my diabetes is an essential aspect of my individual success and although challenging some times, is very important when trying to perform at my peak. Using a self administrating insulin pump combined with numerous daily blood glucose tests I have managed to keep my blood sugar levels relatively well controlled. Continued monitoring of my glucose levels has ensured that I get the most out of my body when participating in sport and has direct correlations to the success I have experienced.”



The photos show Callum playing lacrosse in the yellow t-shirt.



DE-STRESS FOR DIABETES WITH THE NEW CHILL SKILLS CD!

Do you need to relax and chill out a bit? Why not grab a copy of the Chill Skills CD? The PMH diabetes social workers in conjunction with Strike-a-Chord and Diabetes WA have produced a calming CD filled with music and relaxation for both little and big kids to help with stress management. CDs can be collected when attending your next clinic or obtained by calling Social work on 9340 8290.

inspiration

LUKE FROST'S INSPIRING STORY!!!!



I have been playing hockey for 6 years since I was 10. I was diagnosed with type 1 diabetes when I was 11. This has had a huge impact on my life making simple things like playing sport quite challenging.

Being high or low can affect the way I play so getting the perfect BGL is vital. This makes me check my levels before and after and sometimes during sporting activities such as matches and training sessions. I don't let diabetes stop me from playing sport. I face the difficulties and deal with them at the time.

Last year was my first year playing senior hockey at the age of 15 and I played in Southern Rivers 2nd top men's side. I was awarded at the end of the season with runner up best and fairest.

This year I play in the Southern Rivers top men's side and we have finished on top of the ladder. I look forward to the upcoming finals.

Even though it is quite difficult at times, playing in a team inspires me to keep my BGL good so I can participate and play at my best.



The photos show Luke playing hockey in the plain white t-shirt.

research

WOULD YOU LIKE TO CONTRIBUTE TO DIABETES RESEARCH?

TrialNet Natural History Study of the Development of Type 1 Diabetes

TrialNet is an international network of researchers who are exploring ways to prevent, and delay the progression of type 1 diabetes. TrialNet is screening relatives of people with type 1 diabetes to find out if these family members are at risk for developing diabetes.

Screening involves a simple blood test for the presence of diabetes-related autoantibodies that may appear years before type 1 diabetes develops. This can be done at PMH, or we can send you a lab kit to take to your local PathWest laboratory. There is no cost for the test.

You may be screened if you are between 1 and 45 years of age and have a brother, sister, child or parent with type 1 diabetes, OR if you are between 1 and 20 years of age and have a grandparent, half-brother, half-sister, cousin, aunt, uncle, niece or nephew with type 1 diabetes.

If no autoantibodies are found this does not mean you will never get diabetes, but your risk is much lower than if autoantibodies are present. As your autoantibody status can change, any participants under the age of 18 years are offered annual screening.

If autoantibodies are present additional tests will be offered to estimate your chances of developing type 1 diabetes, this may then lead to enrolment in a prevention study. Testing positive does not mean you will develop diabetes, it just means that your chances are greater than if you tested negative.

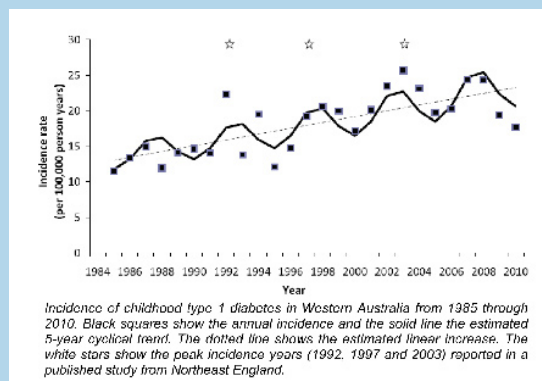
If you would like more information, or are interested in participating please contact Heather, or Julie on the details below.

Heather Roby - Heather.Roby@health.wa.gov.au
9340 8744

Julie Dart - Julie.Dart@health.wa.gov.au
9340 7337



Did you know in Western Australia the incidence of childhood type 1 diabetes in 0-14 year olds has been increasing by an average of 3.2% a year? A group of Western Australian researchers undertaking the study in Perth also observed a 5-year cyclical variation of 14% (7-22%) in both boys and girls of all ages over the same time period. Cyclical increases in childhood type 1 diabetes between 1985 and 2010 are shown in the figure below.



An almost identical cyclical pattern in the incidence of childhood type 1 diabetes was also observed in Northeast England as in Western Australia. Similarities in the cycles were seen regardless of the two populations being on opposite hemispheres and therefore experiencing opposite seasons and infectious disease cycles. Northeast England and Western Australia also have very different climatic conditions.

Environmental factors which have a similar cyclical pattern are likely to modify the risk of developing childhood type 1 diabetes. The next step in this research is to try and identify what factors could be influencing the risk in these two distinct populations during the same calendar years.

How about some inspiring diabetes related newspaper articles?

Rachel Lamb stresses the importance of being aware of stressful situations when managing type 1 diabetes (The Examiner, July 11 2012).

And why let type 1 diabetes slow you down? **Rachel Gower** said 'the disease was what drove her to succeed and try things' such as casting in the musical Oliver (The West Australian, April 23 2012).

Pumps are increasingly used to administer insulin in more precise doses. More than one in 10 of people with type 1 diabetes use a pump – with half of these being under 25. Read **Leah Lacerenza's** story (The West Australian 15 August 2012). See page 5 onwards for newspaper articles.

recipes



Choc Chip Muffins

2 cups (280g / 9oz wholemeal self-raising flour)
1/4 teaspoon bicarbonate of soda
1/2 teaspoon baking powder
1/2 cup (90g / 3 oz) sugar
1/2 cup (90g / 3 oz) choc chips
1 egg, lightly whisked
2 teaspoons canola oil
200g (6.5oz) low-fat vanilla yoghurt
1/2 cup (140g / 4.5 oz)
1 tablespoon choc chips, extra

- 1 Pre-heat oven to 180°C (350°C/Gas 4) Line 12 x 1/3 cup (80 ml / 2 2/3 fl oz) muffin holes with muffin cases.
- 2 Sift the flour, bicarbonate of soda and baking powder into a bowl. Stir in the sugar and choc chips and make a well in the centre.
- 3 Whisk together the egg, yoghurt, oil and apple puree and stir into the dry ingredients until combined (do not over-mix).
- 4 Divide the mixture evenly among the muffin holes and sprinkle the extra choc chips on top.
- 5 Bake for 20-25 minutes or until risen and golden.
- 6 Allow to sit 5 minutes before serving.

Makes 12 muffins

Per muffin: Energy 724kJ / Fat 4g / Saturated fat 2g
Carbohydrate 31g (2 exchanges)
Sodium 200mg / GI med

Spaghetti Bolognese

Olive oil spray
1 medium onion, finely diced
1 teaspoon crushed garlic
1/2 cup (90g / 3oz split red lentils)
3 cups (750 ml / 24 fl oz) water
400g (13 1/3 oz) lean beef mince
1 medium carrot, grated
1 medium zucchini (courgette), grated
400g (13 1/3 oz) can tomatoes (no added salt)
1/3 cup (90g / 3oz) tomato paste (no added salt)
300g (10oz) dry spaghetti
8 cherry tomatoes, halved
1 teaspoon dried oregano
2 tablespoons chopped flat-leaf parsley, to serve (optional)

- 1 spray a non-stick frypan lightly with oil.
- 2 Add the onion and garlic, stir-fry until onion starts to soften.
- 3 Add the lentils and 1 cup (250ml / 8fl oz) of water and cook for 5 minutes, until the water starts to evaporate.
- 4 Add the mince and cook, breaking it up with the back of a wooden spoon for about 5 minutes, until meat starts to brown.
- 5 Stir through the carrot, zucchini, canned tomatoes and tomato paste; continue to stir until the liquid starts to evaporate.

- 6 Continue adding water, as required, and stirring for approximately 30 minutes, or until the lentils have softened.
- 7 Meanwhile, cook pasta according to packet instructions, drain.
- 8 Stir the cherry tomatoes and oregano through the cooked mince and remove from heat
- 9 Divide the pasta evenly between 6 bowls (approximately 1 cup per serve), and top with the sauce; sprinkle with parsley (if using).

Serves 4-6

Per serve (6): Energy 1430kJ / fat 6g / Saturated fat 2g
/ Carbohydrate 46g (3 exchanges)
Fibre 7g / Sodium 72mg / GI low

Gluten free: serve with gluten-free spaghetti

Variation: Use canned brown lentils instead of split red lentils to speed up cooking time.

INTERACTIVE COOKING AND TASTING WORKSHOPS - GROWING HEALTHY KIDS

Princess Margaret Hospital and Diabetes WA invite parents to attend a free interactive cooking, tasting and education session.

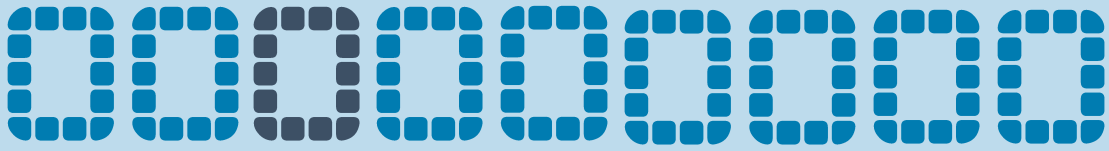
Come along and enjoy a fun, educational workshop. Workshops will be run by dietitians at PMH to provide you with tips, tricks and simple recipes to enable you to prepare healthy food choices without compromising on taste.

When: Wed 28th Nov (RSVP 23 Nov) – Food for families living with coeliac disease
Time: 9.30 -11.30am
Where: PMH Megazone (Level 7)
Creche: Megazone with supervision by volunteers from Diabetes WA
RSVP: to Randy Baker
randy.baker@diabeteswa.com.au
or 9325 7699

Numbers are strictly limited and the session is for parents only.

Please indicate number of children requiring crèche.





An artful Rachel cracks it as Dodger

■ Elle Farcic

When 12-year-old Rachel Gower heard about Perth auditions for the musical *Oliver!* she immediately set her sights on a starring role.

Despite being a girl with no previous theatre experience, the self-professed tomboy was determined to be cast as Jack Dawkins, better known as the Artful Dodger.

And it was this remarkable confidence and determination that appealed to director John Senczuk.

"Dodger is normally played by a boy but she was so confident and clever that I had no hesitation in giving her one of the roles," he said.

"She is an extraordinarily multi-faceted young woman who is a fantastic asset to this company."

At age nine, Rachel was diagnosed with type 1 diabetes, but she does not let the serious condition slow her down.

For the show, Rachel managed to balance rehearsals, school and swimming training with at least three daily insulin injections and eight blood sugar checks. But the aspiring actress said the disease was what drove her to succeed and try things.

"When I got diabetes it opened my eyes to a whole new world of opportunities and adventure because before then I didn't realise how lucky I was to be alive," she said.

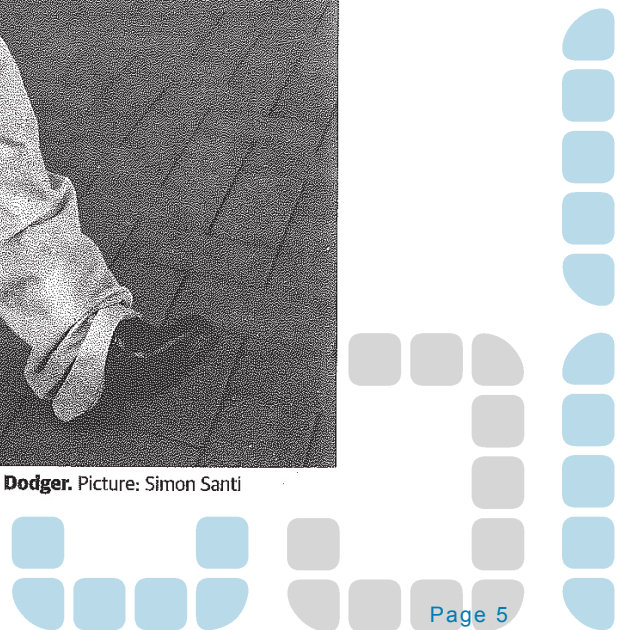
"I find it really drives me instead of putting me down."

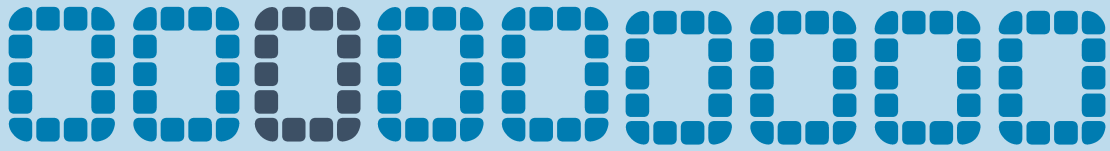
In the past year Rachel has spent countless hours swimming, performing in *Oliver!*, made her first skydive and won a Lions Club children of courage award.

As ambassador for the Juvenile Diabetes Research Foundation, she sends the message that "diabetes should not stop you living your dreams".



Determined: Rachel Gower as the Artful Dodger. Picture: Simon Santi





news



International Diabetes Federation young leader Rachel Lamb, from Canning Vale, manages her stress levels to ensure her type one diabetes remains under control. Photograph — Matt Devlin.

• Health

BY KATE DZIENIS

The impact of stress on the health and lives of people with diabetes is this week being highlighted by Diabetes WA as an overlooked behaviour affecting thousands of Australians.

According to the national diabetes service scheme, both types one and two diabetes affect 4077 people in the City of Canning and 1278 in the Town of Victoria Park.

For every person diagnosed with the illness there is another one at risk who doesn't know it.

Canning Vale resident and International Diabetes Federation young leader Rachel Lamb, 21, was diagnosed with type one diabetes three years ago and said it was important to be aware of

stressful situations.

"Type one diabetes is an autoimmune condition, where the immune system destroys cells in the pancreas leaving it unable to produce insulin," she said.

"Type two diabetes is generally caused by lifestyle factors.

"Stress can have a huge impact on my ability to manage type one diabetes and sometimes it's hard to keep the fine balance I need.

"Lots of factors, including food, physical activity and hormones affect the balance.

"I manage my stress by doing what I can to ensure my blood sugar levels are stable.

"This includes monitoring my insulin doses, my sugar levels, and my sleep routine.

"Exercising can be a great stress reliever but exercise has to be carefully incorporated into

my regime so my blood sugar levels stay in a safe range."

During national diabetes week this week (July 8 to 14), Diabetes WA health services general manager Helen Mitchell said that while stress was a part of every day life, proper management for people with diabetes was essential to good health.

"Stress can affect the blood glucose levels of people with diabetes in different ways," she said.

"If these levels are not managed well then some people can experience problems with low blood sugar and longer term serious complications including loss of sight, heart disease and circulation problems.

"Stress and its effects are important but often forgotten."

Visit www.diabeteswa.com.au for more information.



Little Leah 'pumped' to be well

■ Cathy O'Leary

Like dozens of WA babies and toddlers, Leah Lacerenza has been spared the round-the-clock injections usually needed to control type 1 diabetes.

She is part of a growing number of children, some only a few months old, who have pumps to administer their insulin in more convenient and precise doses — a trend set to continue as the technology becomes fully automated.

A report from the Australian Institute of Health and Welfare to be released today confirms more people are using pumps to manage their type 1 diabetes.

Last year, 10,510 Australians used the pumps — or one in 10 of all those with type 1 diabetes — and half of them were under 25.

WA had a higher rate of pump use than the national average, with 12 per cent of people with type 1 diabetes using them.

Doctors at Princess Margaret Hospital, the first Australian hospital to use a pump for a child in 1999,



Bonny: Petra Lacerenza with daughter Leah, who is a month away from her second birthday. Picture: Michael O'Brien

said the technology's popularity would increase once it was able to "read" blood sugar levels and automatically adjust and deliver doses.

Tim Jones, head of PMH's department of endocrinology and diabetes, said pumps had been em-

braced by parents because it gave them more peace of mind managing a child's blood-sugar levels.

Petra Lacerenza said her daughter Leah was diagnosed with diabetes at 10 months.

After a few months of injections,

she was given a pump and it took a lot of the headache out of administering insulin. "It's not foolproof and you still need to enter information manually but it's a million times better than the injections," Mrs Lacerenza said.

Staff focus

Sometimes it can be extremely overwhelming for families when attending diabetes clinic - especially for the first time. As well as dealing the condition itself, there is the stress of meeting a whole gamut of health professionals all at one time.

PMH diabetes is in the process of developing a booklet describing the roles of all the health professionals you meet when attending clinic.

More information about this will be available in the next PMH Diabetes newsletter.

Feedback please

If you have any ideas about how the newsletter can be improved and what else can be included please contact Madeleine on 9340 7978.

