

Diabetes Update

CHSA-Diabetes

Welcome to the March issue of Diabetes Update

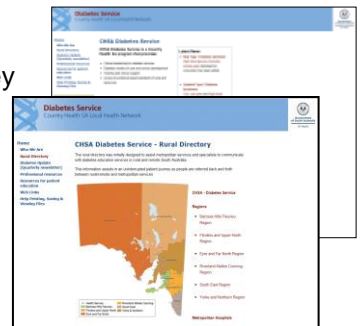
This newsletter is designed to keep our staff and partners in health up-to-date on diabetes related information, our activities and accomplishments.

The CHSALHN Diabetes Service welcomes and encourages your input to this publication and would be delighted to hear of any service improvement activities, community groups, staff achievements that you know of, or any new ideas you may have, to include.

CHSA Diabetes Service patient and professional resources

Website

The [CHSA-Diabetes](#) website offers access to a rural directory of key diabetes service contacts, policies, guidelines and patient and professional educational resources.



Factsheets and Resources

Patient education resources developed by the CHSA Diabetes Service are available on the WIKI and our [CHSA-Diabetes](#) website.

National Association of Diabetes Centres (NADC)

The CHSA Diabetes Service is being considered for membership as a best practice centre by the National Association of Diabetes Centres.

Our membership with the NADC will offer access to a range of benefits from networking opportunities, benchmarking, accreditation programs, collaboration and to a range of high-quality diabetes resources.

General Information

Environmental Determinants of Islet Autoimmunity (ENDIA) Study

The ENDIA Study follows children from pregnancy, birth and through to early childhood and its aim is to identify factors which may protect or trigger the development of persistent islet autoimmunity and type 1 diabetes.

The Study Team are seeking pregnant women who have type 1 diabetes, or their partners have type 1 diabetes, or their older child has type 1 diabetes. Babies younger than 6 months with a first degree relative with type 1 diabetes are also eligible.

For further information, visit the [ENDIA](#) website.



Toujeo Product Familiarisation Program (PFP)

Sanofi, the manufacturer of Toujeo® (insulin glargine 300 units/mL) ended the PFP on 15 January 2017.



Patients prescribed Toujeo will need to be transitioned to another suitable treatment option or, if they wish to continue Toujeo treatment, they may purchase it through their local pharmacy on a private prescription.

If you have any questions, please contact Sanofi Medical Information on 1800 818 806 or email medinfo.australia@sanofi.com.

Scurvy resurgence due to poor dietary habits

It appears scurvy, a historical disease caused by a lack of vitamin C and generally associated with old-world sailors on long voyages, is making a surprise comeback in Australia, due to poor modern dietary habits.

Professor Jenny Gunton from the Diabetes Centre at the Westmead Institute for Medical Research investigated whether a vitamin C deficiency was behind one of her patient's unhealed wounds. The patient was subsequently diagnosed with scurvy on the basis of a blood test and her symptoms.

Professor Gunton then decided to then test everyone who came to the clinic whose wounds were also not healing. Approximate two thirds of those patients tested had extremely low vitamin C levels and were given the same diagnosis.

The resurgence might be in part due to people with diabetes eating less fresh fruit or because they are also overcooking their vegetables.

Professor Gunton is hopeful of extending her research to test all the patients at Westmead Hospital's foot clinic and determine whether it is limited to diabetes sufferers who are deficient in vitamin C or is a more widespread problem. For further information, [click here](#) to access Professor Gunton's Research Paper.

Diabetes MILES—Australia

A national survey of 642 adults with type 1 diabetes showed they were experiencing hypoglycaemia twice a week on average with one in five patients experiencing a severe event which required assistance from another person.

Lead researcher Dr Christel Hendrieckx from the Australian Centre for Behavioural Research in Diabetes at Deakin University, Victoria said the fear of hypoglycaemia was one of the major barriers to patients with type 1 diabetes taking care of their diabetes and that these hypoglycaemic events were often not mentioned during consultations with their health care professionals.

The study recommended asking about hypoglycaemia in a non-judgemental way and explicitly inquiring about symptoms in routine clinical practice and highlighted the benefit of frequent self-monitoring of blood glucose in prompting early recognition and treatment.

[Click here](#) for further information on the study.

Useful resources

ADS Position Statement on Insulin-requiring diabetes and recreational diving

The Australian Diabetes Society Position Statement on Insulin-requiring diabetes and recreational diving describes suitability criteria, restrictions on scope of dives, blood glucose management and other general recommendations for diving with diabetes.

The position statement recommends people with diabetes wanting to dive seek a medical review from both their usual treating physician and a doctor qualified in diving medicine and:

- > a protocol for blood glucose management including checks at 60 min, 30 min and immediately before each dive.
- > oral carbohydrate when the blood glucose levels are below the target range for diving which is 8.3-16.7 mmol/L.

The strongest contraindications to diving with diabetes included hypoglycaemia unawareness and a history of severe hypoglycaemic events in the previous year. The position statement can be found at [ADS](#) website.



Australian Institute of Health and Welfare (AIHW) Fact Sheet

The AIHW Fact Sheet Diabetic ketoacidosis (DKA) among children and young people with type 1 diabetes' provides the most recent available data on hospitalisations for DKA and highlights this medical emergency continues to affect many children and young people with type 1 diabetes, in particular females and those living in regional and remote areas and in lower socioeconomic areas.

Whilst DKA hospitalisation rates among children and young people with type 1 diabetes were similar between 2009-2010 and 2014-2015, the report identifies rates:

- > 1.4 times as high among females as males
- > 1.5 times as high for those living in *Outer regional* and *Remote and very remote* areas as for those living in *Major cities*
- > 2.4 times as high for those in the lowest socioeconomic group as for those in the highest socioeconomic group.

The fact sheet can be found at the [AIHW](#) website.

Diabetes in Schools Report 2017

Children and young people with diabetes should be supported to actively and fully participate in all school can offer them along the academic pathway and towards healthy psychosocial and physical development.

Diabetes Australia's Diabetes in Schools Report calls for a nationally consistent approach to diabetes support in schools and all education settings to benefit over 11,000 children and young people with diabetes and their families across Australia.



The report can be found at the [Diabetes Australia](#) website.

Blood glucose management algorithm for type 2 diabetes

The blood glucose management algorithm for type 2 diabetes outlines the risks, benefits and costs of available therapies and provides an approach for how to incorporate older and newer agents.

Treatment needs to be individualised for the person with diabetes. This should start with selection of the appropriate blood glucose and HbA1c targets, taking into account life expectancy and the wishes of the person with diabetes.

The online algorithm is based on the original statement which was published in the Medical Journal of Australia (December 2014). In light of new randomised clinical trial evidence the statement and algorithm was updated (November 2016). For further information, visit the [T2D Diabetes Society](#) webpage.

Calendar dates

Diabetes SA Expert Speaker Series

Diabetes SA announced the first four of nine speakers for the 2017 Expert Speaker Series, with expert speakers presenting various education sessions in their particular field of interest related to diabetes and its management.

22 March 2017 Diabetes and Kidney: Health, Linda Christy, Renal Nurse

12 April 2017 Diabetes and Wellbeing: Mind Your Matters, Miriam Henke, Psychologist

24 May 2017 Diabetes and Eye Health: Ben Hamlyn, Optometrist

21 June 2017 Diabetes and Gum Health: Cathy Nelson, SA Dental Service

For further information, visit the [Diabetes SA](#) website.

NAIDOC Week

NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contribution of Indigenous Australians in various fields.

Held from the 2nd – 9th July 2017, the theme - *Our Languages Matter* - aims to emphasise and celebrate the unique and essential role that Indigenous languages play in cultural identity, linking people to their land and water and in the transmission of Aboriginal and Torres Strait Islander history, spirituality and rites, through story and song.

For further information, visit the [NAIDOC](#) website.



Professional development and scholarships

South Australian Primary Health Network Conference 2017

The PHN Conference will be held on the 1st and 2nd April 2017 at the Adelaide Convention Centre. For further information, visit the [Adelaide PHN](#) website.

ADS & ADEA Annual Scientific Meeting 2017

The ADS and ADEA Annual Scientific Meeting will be held on the 30th August – 1st September 2017 at the Perth Convention & Exhibition Centre, Western Australia. For further information, visit the [ADS/ADEA](#) website.

Diabetes SA Diabetes Update for Health Professionals

The Diabetes SA Diabetes Update for Health Professional will be held on the 9th and 10th March 2017 at Diabetes SA, 159 Sir Donald Bradman Drive, Hilton. For further information, visit the [Diabetes SA](#) website.

International Diabetes Federation

The IDF 2017 Congress will be held from the 4th to the 8th December 2017 in Abu Dhabi, United Arab Emirates.

This congress attracts more than 200 speakers, both world-renowned and newcomers, 230 national diabetes associations from 170 countries and high level participation from the Health Authority Abu Dhabi (HAAD) and other health organisations. For further information, visit the [IDF](#) website.



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