

diabetes matters

WINTER 2026

A Diabetes Victoria Member Magazine



The Diabetes Expo
is back in 2026

diabetes vic



NEW TREATMENT TO
DELAY TYPE 1 DIABETES



WARMING WINTER RECIPES



MANAGING DIABETES IN
COOLER WEATHER

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A Word From Us

Welcome to the winter edition of Diabetes Matters – I hope this edition finds you warm and well.

There has been some very exciting news in diabetes research recently, including the Australian approval for the first new therapy for type 1 diabetes since the discovery of insulin more than 100 years ago.

In late May, the federal government announced a landmark \$14.6million in funding for The Australian Centre for Accelerating Diabetes Innovations (ACADI). This marks one of the biggest investments in diabetes research to date and brings us closer to the treatments and breakthroughs for our community.

We established a 10-year collaboration and funding partnership with ACADI because we saw the real-world impact of their research, and this funding announcement validates our commitment. Read more on page 39.

For more on the new treatment to delay progression of type 1 diabetes, head to page 14.

In June we presented our 2026 Victorian Election Priorities to Members of Parliament during an event at Parliament House. These priorities were informed by our community. Ahead of National Diabetes Week (July 12 – 18) we invited you to share what matters to you about diabetes, in your own

words. What gives you hope, the barriers you face, and what you wish people understood about diabetes. You can read some of these messages on page 16.

You can find tips to manage diabetes in cooler weather on page 20, or if you're planning to escape the cold, check out page 30 for an update on navigating airport travel safely and efficiently.

I'm honoured to share that I was recently appointed as an Honorary Enterprise Professor at The University of Melbourne in the Department of Medicine. What makes this appointment particularly special is what it represents, a belief that the strongest research happens when academic excellence and industry expertise work side by side.

I look forward to bringing my leadership and experience to help strengthen the connection between the diabetes community, research, policy, industry and investors, across both government and philanthropy, to deliver real-world impact. Because that's when

change happens. When it's shaped by and connected to the people and systems it serves.

It's a privilege to lead an organisation filled with people who care so deeply about improving the lives of Victorians impacted by diabetes. I'm proud of what we've achieved together and excited about what's still ahead.

Glen Noonan
Diabetes Victoria CEO

What's New

Polycystic ovary syndrome renamed to polyendocrine metabolic ovarian syndrome

Polycystic ovary syndrome (PCOS) has officially been renamed polyendocrine metabolic ovarian syndrome (PMOS).

The new name more accurately reflects that PMOS affects more than fertility – it can lead to many metabolic and mental health conditions.

PMOS is a common hormonal and metabolic disorder affecting 170 million women worldwide. It can lead to infertility, type 2 diabetes, and mental health issues.

The renaming initiative was led by Helena Teede, director of the Monash Centre for Health Research Implementation.

Professor Teede says the condition's "very inaccurate" previous name did not do justice to the complex, lifelong condition and focused too much on the ovaries.

The new name emphasises the condition's hormonal and metabolic impacts. Professor Teede says this will mean fewer people being misdiagnosed and better treatment.

"(The new name) moves away from that inaccurate cyst implication

and the focus on the ovaries... it will get people to understand the broader nature of the condition, that it is an endocrine or hormonal imbalance condition," she explains.

"It will validate what a lot of women know and experience."

The link with type 2 diabetes

It is more common for women with PMOS to have insulin resistance. This increases the risk of type 2 diabetes, high blood pressure, heart attack and stroke.

Insulin resistance occurs when the muscles and liver do not respond effectively to the hormone. The body starts to produce more insulin to stabilise glucose levels, and keeps doing so until the pancreas is exhausted, resulting in too much glucose circulating in the blood.

The name change to PMOS shifts the focus from cysts and ovaries. With 'metabolic' right there in the name, it demands care that addresses insulin resistance and cardiovascular risk alongside reproductive concerns. If you have been diagnosed with PMOS (previously PCOS) and recognise these symptoms, speak to your healthcare professional.

Symptoms of insulin resistance can include:

- Low energy after a meal
- Feeling hungry again not long after eating a meal
- Finding it difficult to lose weight, especially around the stomach
- Forgetfulness or 'brain fog'
- Feeling irritable or anxious after eating

It is worth asking to test your fasting insulin, fasting glucose and HbA1c to understand how your metabolism is functioning.

The *Life!* program can be beneficial for women diagnosed with PMOS. It helps people to reduce their risk of type 2 diabetes, heart disease and stroke through evidence-based lifestyle changes.

If you are living with diabetes and PMOS and would like more information or personalised care, please contact the Diabetes Care Plus Clinic.

Applications for Kellion Medal now open

If you have been living with diabetes for 50 years or more, you are eligible to apply for a Kellion Victory Medal.

The Kellion Victory Medal acknowledges the great achievement of living with type 1 or type 2 diabetes for 50 years and beyond. The medal encourages others to continue living well with diabetes. Diabetes Victoria celebrates Kellion Victory Medallists at an annual award ceremony held in Melbourne.

Named after the late Claude Kellion AM, Kellion was a Sydney businessman who created a foundation to promote diabetes research after his son died from diabetes complications, aged 38.

Since 1984 more than 2,300 people have received Kellion Victory Medals in Australia. People who have lived with diabetes for 50 years or more are presented with a silver medal. A gold medal honours 60 years of lived experience. In recent years we have added additional medals for people who have lived with diabetes for 70, 75, 80 years and beyond.

We also acknowledge the involvement of support people and the effect they have on the health and wellbeing of people living with diabetes. These support

people should be equally proud of their contribution to improving and enhancing the life of someone with diabetes and are also eligible for recognition certificates.

The quickest and easiest way to apply is online via the Diabetes Victoria website: www.diabetesvic.org.au/kellion-victory-medal

For inclusion in the 2026 Kellion Victory Medal Award Ceremony, applications must be submitted no later than 31 July 2026.





The Hidden Cost of Dupes

The popularity of GLP-1 receptors like Ozempic and Wegovy are on the rise. Because of this we are seeing 'compounded dupes' and 'off-brand' alternatives enter the market.

These products promise the same results at a fraction of the cost, but health authorities have issued an urgent warning.

The Rise of the 'Compound Dupes'

Clinical trials are now showing that GLP-1 medications can lead to significant weight loss, helping people to reduce their appetite. Because of this, the demand has been outweighing supply.

Australians currently using products, particularly prescription medicines obtained from overseas or online, should refer to the multiple safety alerts and advisories issued by the TGA and speak with their health professional about the right option for their circumstance to ensure their safety.

This gap was initially filled by compounding pharmacies using an exemption to create replica versions. But from late 2024, the Australian Government moved to ban these replicas. Despite this, 'dupes' continue to flow through overseas websites and unregulated online clinics.

The Dangers: What's Really Inside?

The Therapeutic Goods Administration (TGA) recently sent a safety warning to the health community that showed shocking results.

Laboratory testing of several 'off-brand' GLP-1 products imported into Australia revealed that many contained no active GLP-1 ingredients at all.

According to recent TGA findings, products marketed under names like STDEI GLP-1 Weight Loss Oral Solution and various 'Herbal GLP-1' drops were found to be completely counterfeit.

"Australians currently using products, particularly prescription medicines obtained from overseas or online, should refer to the multiple safety alerts and advisories issued by the TGA and speak with their health professional about the right option for their circumstance to ensure their safety," the TGA warns.

The risks of using these off-brand medications include:

Contamination: Lack of sterile manufacturing conditions can lead to serious harm.

Inaccurate dosing: Getting too much or too little of an active ingredient can lead to dangerous blood glucose changes.

No Medical Supervision: Using these products without a health professional could mean ignoring potential side effects. Some side effects listed are: pancreatitis, gallstones and changes in mental health.

Why This Matters Now

The stakes are higher than just a failed diet. In Victoria, the number of people between 21 and 40 living with type 2 diabetes has increased by 49% over the last decade.

While weight loss is a critical tool in managing or delaying the onset of type 2 diabetes, the use of 'off brand' drugs undermine clinical care.

Diabetes Victoria CEO Glen Noonan recently welcomed the Federal Government's commitment to subsidising medications like Wegovy for eligible Australians.

"Making weight loss medicines more affordable is critical to reducing the impact of type 2 diabetes." However, he maintains that these medicines work best only when combined with professional medical support and healthy lifestyle changes.

Don't Risk It

The message from Melbourne's leading health authorities and experts is clear. If the price for weight loss medication seems too good to be true, it likely is. Using 'dupes' isn't just a cheap alternative; it's a risk to your long-term health.

If you are navigating the complexities of weight management or diabetes management, do not do it alone.

Get the latest evidence-based health information and personalised support from the experts.

Whether you're at risk of diabetes, looking for sustainable weight management or living with diabetes, our diabetes nurse educators and dietitians provide the clinical expertise you need to stay safe and healthy.

Contact Diabetes Care Plus

Book an appointment with the Diabetes Care Plus team to get advice on pre-diabetes and other diabetes management related matters. Call us on 1300 153 123 between 9am and 3:30pm Monday to Thursday.

Camps Big Day Out event supports parents of children with type 1 diabetes

Diabetes Victoria held a new event at Melbourne Zoo in May, bringing together around 100 parents and carers of children aged 5–11 living with type 1 diabetes. It offered something rarely available: a dedicated space for connection, education, and mental health support.

Parents of children with type 1 diabetes are on alert 24/7, managing a relentless condition with no cure. It can take a toll on their mental health, with many quietly experiencing burnout and anxiety.

The Camps Big Day Out event was an opportunity for kids living with type 1 to explore the zoo in the safe care of health professionals. Meanwhile, parents attended expert-led sessions that addressed the hidden challenges families face.

"We understand that when your child is diagnosed with type 1 diabetes, your life changes too," says Diabetes Victoria CEO Glen Noonan.

"The early weeks, months and years, can be overwhelming.

"Sixteen years ago, my son Lochie was diagnosed with type 1 diabetes at nine years old.

"I remember that day vividly – the shock, the endless questions, and the feeling of helplessness. As a parent, you just want to fix things for your child, and this was something I couldn't fix."

Caring for the carers

Many parents and carers of children with type 1 diabetes feel they can "never switch off," which can contribute to chronic stress.

However, support tailored to carers of younger children remains limited. The parent event aimed to change that by providing practical tools and a sense of community for families who are often navigating this journey alone.

"Parents were able to enjoy some respite, knowing their kids were in expert hands," Mr Noonan explains.

"Presentations included managing carer burnout – helping parents to support their own mental health – a Q and A with diabetes educators, and how to navigate sleepovers, school excursions and sport.

"It was fantastic to see people connect with other parents in the room and take advantage of the expertise of our guest speakers and clinicians.

"We wanted parents to know they are part of a community that not only understands but also stands with them."

Independence for kids, support for parents

Debbie Butcher says her 10-year-old son Caius has benefited enormously from the camps program. He attended his first camp in April after being diagnosed three years ago.

"We are quite new to the Diabetes Victoria community, but when we walked into the zoo for the Camps Big Day Out, everyone remembered Caius by name and it was such a warm welcome," she says.

"I have so much trust in the wonderful diabetes nurse educators and all the camp volunteers, they are all magnificent. It was ideal for Caius to explore the zoo while I attended the parent information sessions, knowing he was in safe hands."

Caius was in foster care as a baby, and Debbie and her husband became his permanent care guardians when he was only 16 months old.

"Every child is special, but he is extra special. He brings so much love and laughter into our house. He was meant to be with us," she says.



It was fantastic to see people connect with other parents in the room and take advantage of the expertise of our guest speakers and clinicians. We wanted parents to know they are part of a community that not only understands but also stands with them.

"The camp was the first time he has spent two nights away from us. It was daunting, but he had a ball and we were rapt that he enjoyed it. He is a social butterfly and loved being around other kids who understand living with type 1.

"Since the camp he has become more independent and is able to manage some of his own care now. It was an important stepping stone,

and it means he can attend a school camp later this year." Debbie says the Camps Big Day Out event was "extremely valuable" as a parent.

"Listening to the panel was excellent – hearing about what they have achieved while managing type 1 was inspiring." "I found all the information sessions extremely valuable. On top of that,

the Diabetes Victoria community is wonderful... just a lovely bunch of people.

"I encourage anyone caring for a child with type 1 to learn more about the camps program or attend the next Diabetes Victoria event."

Navigating the Victorian Patient Transport Assistance Scheme



For many Victorians living in regional and rural areas, accessing healthcare can mean traveling long distances.

Managing any health condition can be challenging. The added logistics of travel shouldn't be a barrier to receiving the best care possible, no matter where it is.

What is VPTAS?

VPTAS provides financial assistance to Victorians who need to travel more than 100 kilometres one way, or a total of 500 kilometres within a week, to see an approved medical specialist.

The Victorian Government has introduced some updates to make the process easier when claiming through VPTAS.

New online claim portal: You can now lodge your claims through a dedicated, online portal. This means less paperwork and real-time updates on your application status. For those who prefer traditional methods, paper forms are still available.

Expanded eligibility: VPTAS has expanded to include non-commercial clinical trials and specialised in-hospital dental treatments. This means more people participating in research or requiring complex dental care can now access travel support.

Shorter guidelines: People using this scheme will now be able to quickly identify which costs are claimable and what documentation is needed to support each claim.

Clarified travel options: There is now better guidance on flights and taxi use. This update helps people with specific medical needs or mobility challenges understand how to access these options when needed.

The claim process

VPTAS is an excellent resource. To make sure you are getting the most out of it, it is important to be aware of the process.

Check your distances: Make sure your one-way trip is at least 100km. If you travel frequently, remember the '500km in seven days' rule.

Keep your receipts: Reimbursements are paid after travel occurs. Keep organised records of your fuel, accommodation, and public transport tickets.

Talk to your specialist: Your medical specialist or their authorised representative will need to sign your claim to confirm your appointment.

Plan for delays: While the new portal aims to speed things up, some claims can still take weeks or even months, depending on the complexity of the claim.

A step in the right direction

The recent improvements to VPTAS are a positive step in the right direction on a more equitable Victorian healthcare system.

Whether you are managing a lifelong condition or attending a one-off specialist appointment, VPTAS will help bridge the gap between your home and the care you need.

Financial hardship

If you are experiencing financial hardship due to upfront costs, speak with a social worker at your health service to see if additional support is available.



Every breakthrough brings us closer

This Tax time, our goal is simple but urgent: to ensure breakthroughs in diabetes technology will allow more people to live free from the harmful impacts of diabetes complications.

Here, Professor David O'Neal shares the exciting research his team is focusing on to further reduce the mental, emotional, and physical challenges that people with diabetes and diabetes-related complications face.

Professor O'Neal is the lead researcher of the Diabetes Technology Research Group. He is also Deputy Director at the Australian Centre for Accelerating Diabetes Innovations (ACADI).

His team works across the full research spectrum – from project development, right up to the testing and real-world implementation of devices – including for people living with type 1 or type 2 diabetes using insulin.

He says progress over the past few decades has been remarkable.

"I have had the privilege of watching the evolution of diabetes care over the last 20 to 25 years," he explains.

"These devices have made a tremendous difference not only to glucose control, but to the quality of life of people living with diabetes and diabetes-related complications."

When Professor O'Neal began his career in 1987, diabetes management looked very different.

People relied on finger-prick testing and paper strips to monitor glucose levels, while insulin was delivered by injection. The options available at the time were far less sophisticated than today.

"Advising people on insulin doses often felt like trying to read the tea leaves – we simply didn't have the tools we needed."

Today, more advanced diabetes technology has transformed that experience.

AID systems now use real-time information to deliver rapid-acting insulin under the skin.

Automated Insulin Delivery (AID) systems now use real-time information from glucose sensors to guide insulin pumps and deliver rapid-acting insulin under the skin.

While this is not a cure for diabetes, it can significantly reduce overnight worry and lessen the daily burden of managing the condition.

Professor O'Neal says his team's current research is focused on further integrating insulin pumps and continuous glucose monitoring

systems, especially for people managing diabetes-related complications.

"We want to reduce the mental, emotional and physical challenges people with diabetes face every day, and improve outcomes compared to traditional care methods," he says.

"Our partnership with Diabetes Victoria has funded research which has gone on to change the way diabetes is managed for the better."



Donate today to help fund research like Professor O'Neal's that advances life-changing diabetes technology.



DONATE NOW

Young Carer Art Competition



Are you, or is someone you know, a young carer?
Share your artwork and go in the draw to win!

Theme: Your art, your voice

Painting, drawing, photography or other artwork – you choose!

Open to carers under 25 registered with Carer Gateway in Victoria.
Submit your entry by 31 July 2026

Eligible age groups:

- 12 and under
- 13-18
- 19-25

Prizes per age group:

- 1st: \$500 gift card
- 2nd: \$250 gift card
- 3rd: \$100 gift card

How to enter

- Register for free with Carer Gateway by calling **1800 422 737**
- Email your artwork to **CGCarerEngagement@holstephealth.org.au**





Diabetes Expo empowers Victorians living with diabetes

The Diabetes Expo returns on Sunday 29 November 2026 at the Melbourne Convention and Exhibition Centre.

If you've been a Diabetes Victoria member for many years, you will likely remember the Diabetes Expo.

Once the crown jewel of our events calendar, it attracted hundreds of people from across the state.

The Diabetes Expo will make a long-awaited comeback this November.

As a Diabetes Victoria member, you are eligible for two free tickets. To get your member exclusive code, login to the members hub on [our website](#), or call **1300 437 386** (terms and conditions apply).

The leading diabetes health event in Melbourne is designed specifically for people living with all types of diabetes, as well as carers, families, and people at-risk.

Discover tools that can improve daily life and meet people who understand your journey. You'll find expert advice, the latest diabetes-friendly products and services, and engaging live experiences – all under one roof.

- . **Learn from leading diabetes experts**
- . **Explore new health technologies and products**
- . **Attend live cooking demonstrations for diabetes-friendly meals**
- . **Connect with thousands of others on the same journey**

Everything diabetes, all under the one roof

The Expo is an opportunity to learn about what's new in diabetes technology. Speak directly to manufacturers about the devices you're interested in and try products before buying.

Chat with health experts and ask your questions face-to-face.

Watch demonstrations by chefs to discover healthy meal ideas.

The Expo brings together Victorians impacted by diabetes, so you can connect with the community and share experiences. Hearing real stories from panellists is inspiring and insightful.

For more info, visit: www.diabetesvic.org.au/support-services/events/diabetes-expo-coming-soon/

Getting to the Expo

Car: There is plenty of paid underground parking available, however pre-booking is required to ensure you are guaranteed a spot.

Book a spot here: <https://www.wilsonparking.com.au/parking-locations/victoria/southbank/melbourne-exhibition-centre-car-park/>



BOOK A SPOT NOW

There is also secure car parking available close to the venue, including the South Wharf Retail and Freeway car parks. Please note: Diabetes Expo will not cover parking costs.

Train: Catch any train that goes to Southern Cross Station. Get off at Southern Cross Station and take tram number 96, 109 or 112 as above.

For further train timetable information and trip planning, visit the [Victorian Public Transport website](#).

Tram: Hop on any of the below listed trams and get off at the stop opposite the Clarendon Street entrance of Melbourne Convention Centre:

Route 96 – St Kilda to East Brunswick
Route 109 – Port Melbourne to Box Hill
Route 12 – Victoria Gardens to St Kilda

Alternatively catch tram number 48 or 70 and get off at the Flinders Street stop. Then take a short walk towards the Yarra River, across the Seafarers Bridge. For further tram timetable information and trip planning, visit the [Victorian Public Transport website](#).

Bus: The SkyBus transports visitors directly from Melbourne Airport to Southern Cross train station. Bus route 238 operates to and from Southern Cross Station to Convention Place between the hours of 10am and 3pm, Monday to Friday.

The coach pick up/drop off point is in 'Bay 1', Convention Centre Place (closest to DFO South Wharf).



New treatment to delay progression of type 1 diabetes approved in Australia



The first new therapy for type 1 diabetes since the discovery of insulin more than 100 years ago has been approved in Australia.

The Therapeutic Goods Administration (TGA) has approved Tzield (teplizumab) to delay the onset of stage 3 type 1 diabetes for people aged 8 and above.

It is a significant step towards a brighter future for Australians impacted by type 1 diabetes and the beginning of a new era for type 1 treatment.

Tzield is now approved for people over the age of 8 years who are in stage 2 of type 1 diabetes progression.

In stage 2, the biological signs of type 1 are present in the blood and blood glucose levels have started to change, but there are no symptoms yet.

People with stage 2 will gradually progress to stage 3. This is when people begin to experience the symptoms – extreme thirst, fatigue, needing to urinate often, among others – and insulin treatment is required.

The progression from stage 2 to stage 3 can happen over months or years. Tzield is proven to slow this process by an average of

two years, giving people more time without the daily burden of managing type 1 with insulin therapy. Unlike insulin, which is used to manage blood glucose levels after diagnosis, Tzield targets the disease process to delay progression to stage 3.

This approval highlights the importance of antibody testing for relatives of people with type 1 diabetes, to determine if they are at risk of developing type 1. Type1Screen is a national program offering antibody testing. People eligible for **Type1Screen**:

- **Aged over 2 years, AND**
- **Live in Australia, AND**
- **Have a relative diagnosed with type 1 diabetes OR**
- **Have previously had a positive antibody test**

Being a Type1Screen participant gives you access to support and information from a team of diabetes experts.

“As someone living with type 1 diabetes and working closely within our community, I know

firsthand the intense daily effort and dedication required to manage the complexities of this condition,” says Joanne Walsh, Digital Communications Lead at Diabetes Victoria.

“While this breakthrough won't alter my own management and routine, its impact on the broader community, my own children included, is profound.

“Paired with the opportunity to screen early and potentially offer our kids an average of two extra years free from the daily management of type 1 diabetes is an extraordinary gift of time.

“It is an historic shift from simply navigating the daily challenges of diabetes to being able to actively intervene and protect the health of our next generation.”



Image credit: The New York Times

Paired with the opportunity to screen early and potentially offer our kids an average of two extra years free from the daily management of type 1 diabetes is an extraordinary gift of time.

It is an historic shift from simply navigating the daily challenges of diabetes to being able to actively intervene and protect the health of our next generation.

Messages that Matter

Ahead of National Diabetes Week (July 12 – 18) we've invited Diabetes Victoria members and the wider diabetes community to share what matters to them about diabetes, in their own words.

This campaign is designed to capture and amplify the voices of our diabetes community in a way that's positive, human-centred and hopeful. We believe personal stories are an effective tool for change and can break down stigma and build empathy for the diabetes community.

These messages inform Diabetes Victoria's advocacy work and have shaped our 2026 Victorian election priorities. Here, we share some of your messages.

Stigma thrives in silence, but it dies with education! As an ally and mum-to-be I want to create a world for people living with diabetes that is defined by awareness rather than assumptions! I want my child to have the understanding I lacked growing up! Every person with diabetes deserves a community that truly stands with them.

I wish people understood resilience is in-built in kids with diabetes. It is not a skill they need to learn. T1d life has already gifted this.

It's so overwhelming at first. If you think you need it, seek professional advice for your mental health. It takes time to get to know your body... Some days will be good and some days are not. But it's going to be ok.

As someone who loves someone with diabetes, I've seen all the hardships it causes, but brighter than that is the resilience, strength and determination (diabetes has) inspired. To all people with diabetes, keep going, you're amazing.

My advice? Participate in research trials; you never know what might be beneficial for you.

Participation in diabetes camps are a life changing experience for young people, I cannot more highly recommend them. Being given the opportunity to participate in clinical research trials needs to be provided to all people with diabetes. Without clinical research trials there will be no advancements in technology...

I'm 67 and have lived with type 2 diabetes for a long time. It's not easy... I just take it one day at a time. Some days are better than others, but I've had to learn to be kinder and more patient with myself.

I know that being at risk doesn't define me. It's a blessing and has given me the chance to take action – an opportunity my mum and uncles did not have. It's not just about me, but about supporting my husband and kids to live healthier lives too.

From one supporter to another. You don't need to fix everything. Being consistent, calm and kind is powerful. Learn with them. Celebrate with them. Stand beside them.

It's all about the support and the people around you; you're never alone.

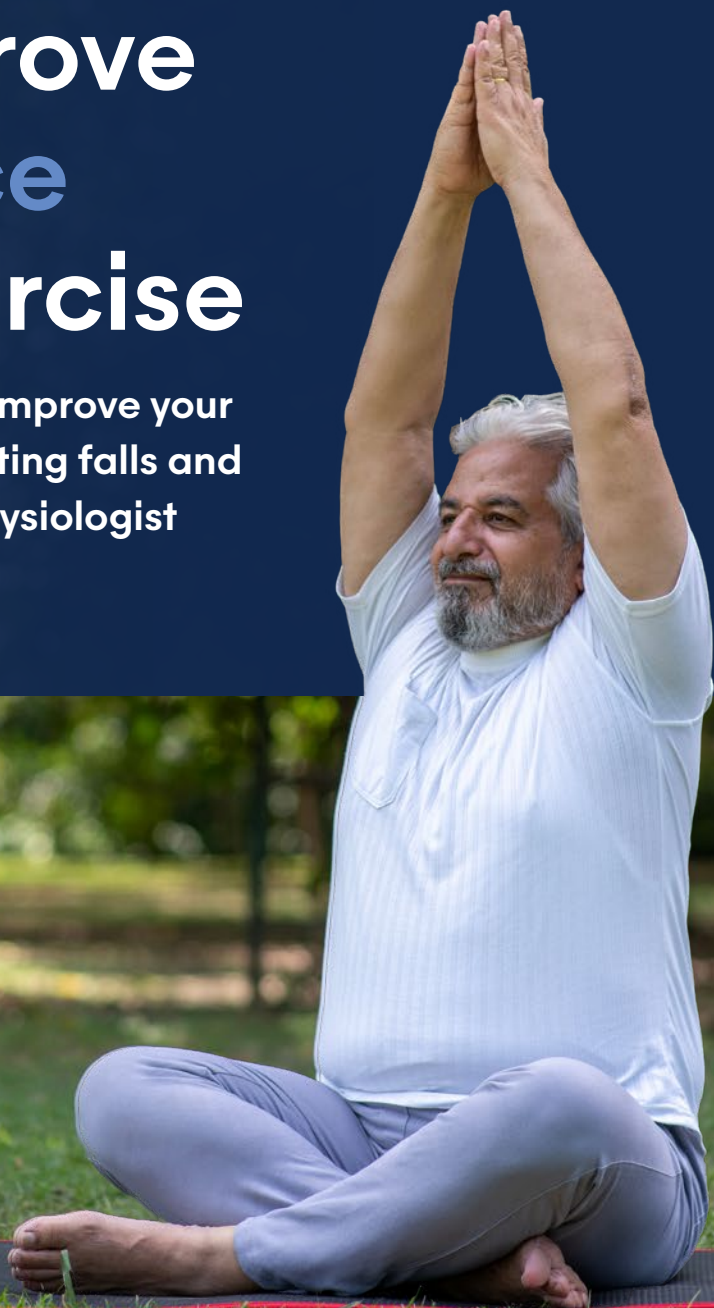
Find your people. Whether it's one friend, an online group or a local community, connection makes this lighter. You don't have to carry it alone.

One incremental, small and manageable change at a time. Don't let it all overwhelm you.

I would like children living with diabetes to lead a life where they are not constantly reminded that they have diabetes. More teacher education would be good as there is still many who don't know how to help kids with diabetes.

How to improve your **balance** through exercise

Exercise is an excellent way to improve your balance, which is key to preventing falls and staying active, says exercise physiologist **GEORGINA KEOGH-FISHER.**



If you've ever felt a bit unsteady on your feet, noticed your walking pattern has changed or found yourself worrying about falls, you're not alone.

Balance is one of those things we mostly take for granted, until it starts to feel different. A small change in stability can make tasks like stepping onto a curb or walking on uneven ground feel harder than they used to.

The good news is that exercise, particularly programs targeting balance and muscle strength, is one of the most effective strategies for improving balance, building your strength and preventing falls.

Regular physical activity significantly reduces the risk of falls, particularly in active older adults who do not have any barriers to physical activity.

However, balance is not just about reducing your falls risk. Balance is the ability to maintain the body's centre of mass within the base of support, whether standing, sitting, or moving. This means keeping your "centre of gravity" (roughly behind the belly button) positioned directly over your "base of support" (the area of contact with the ground, like your feet) to prevent falling. So it's also important for everyday activities that require balance, such as gardening or washing the car.

Diabetes and balance

Adults living with diabetes, particularly those with peripheral neuropathy, a condition affecting the feeling in the feet, have an increased risk of falls due to loss of sensation and reduced proprioception, which is the body's ability to sense where it is in space.

These diabetes complications can affect stability. However, a combination of balance and strength exercise can help to reduce falls risk by improving the strength and coordination of the leg muscles.

Falls can often be predicted by assessing a combination of risk factors. Talk to your health care team if you notice any of the following:

- Feeling unsteady on your feet, stumbling or bumping into things.
- Finding simple tasks such as walking confidently or turning quickly harder than they used to be.
- Reduced muscle strength, which can sometimes be noticed when standing up from a chair or trying to undo jars.
- Feeling slower on your feet and noticing changes in your walking pattern, such as shuffling.
- All these risk factors can be improved through targeted exercise.

Other falls risk factors, such as impaired vision, being on multiple medications and poor nutrition, require additional strategies.

Regular physical activity significantly reduces the risk of falls, particularly in active older adults who do not have any barriers to physical activity.

What type of exercise works best?

Effective balance training typically involves standing, movement, narrowing the base of support and minimising hand support. Exercises that mimic real-life or task-specific movements will enhance your balance.

Not all exercise is equally effective. Strength training alone is not enough to prevent falls, and research shows that functional balance and muscle strength training are the most effective approaches.

Increasing exercise intensity

Programs that are functional, progressively challenging and ongoing, particularly those combining balance and strength training, offer the greatest benefit.

You can increase the intensity of a balance exercise by:

- **Reducing the base of support** (for example, standing on one leg.)
- **Adding dynamic movements** (turning, stepping, reaching.)
- **Incorporating resistance** (such as bands or weights.)
- **Reducing sensory input** (eyes closed, unstable surfaces.)
- **Performing a memory or coordination task while doing a balance exercise.**

It's important to consider safety. Your exercise program needs to suit your abilities and current state of health and be supervised if necessary. It's also a good idea to have some support within reach, such as a wall or sturdy chair.

An exercise physiologist can design and supervise an exercise program for you.

Maintaining the benefits

The benefits of exercise are not permanent. When you stop an exercise program, any improvements in strength and balance, and the associated reduction in falls risk, are gradually lost. Therefore, ongoing participation is essential.

Exercise is a powerful, evidence-based tool for preventing falls in older adults and improving any balance-related activities you want to do, no matter your age.

Managing diabetes as the weather cools down

It can seem harder to stay on track with diabetes management and physical activity in the winter months, especially when it gets dark early and staying indoors is so warm and cosy. But with hot days behind us, now is a great time to get outside for some fresh air and exercise.





By rugging up, staying active, following the usual hygiene steps and getting your flu and Covid vaccines, you can stay well through winter.

Here are some things to keep in mind when it comes to your diabetes management in winter.

1 Stay active

Yes, even when it's cold outside! Get creative with staying active by finding indoor options at home, or activities where you don't mind a bit of bad weather if you are prepared with warm, waterproof clothes. A winter walk, a swim at your local heated pool, or a quick home workout will all make you feel great.

If you want some extra motivation, why not enrol in one of our free programs?

Beat It is an 8-week group exercise and lifestyle program to help you better manage your diabetes and improve your general health.

It involves moderate-intensity aerobic, strength and balance-based exercises, as well as education sessions on healthier living, and is suitable for people living with type 1 and type 2 diabetes.

2 Eat healthy foods

Choose warming comfort foods with variety including plenty of delicious non-starchy vegetables, a lean protein and healthy carbohydrate such as roasts, stews and soups.

Need some inspiration? The Members Hub on our website has an abundance of healthy recipes to choose from!

3 Stay hydrated

This is important for everyone but, when you are living with diabetes, even a little dehydration can affect your blood glucose levels. Staying hydrated also supports your kidneys to work effectively. Carry a water bottle with you or sip warm herbal teas to keep you both warm and hydrated.

4 Look after your feet

Foot health is very important all year round, and especially in the cold weather when the last thing you want to do is take off your socks.

- Wash, dry and moisturise your feet regularly.
- Check your socks and footwear for a good fit. Tight-fitting elastic in socks, and shoes that are too tight, loose or poorly fitting can restrict circulation or cause blisters or calluses.
- Watch out for cracks in the skin, blisters or calluses from footwear, or even burns from having feet too close to heaters.
- If you notice any changes or problems with your feet, make sure you discuss with your GP or podiatrist straight away.

5 Make sure your vaccinations are up to date

This is important for everyone but, when you are living with diabetes, even a little dehydration can affect your blood glucose levels. Staying hydrated also supports your kidneys to work effectively. Carry a water bottle with you or sip warm herbal teas to keep you both warm and hydrated.

6 Dress warmly

As the old saying goes, there's no such thing as bad weather – only the wrong clothes.

Choose clothes that will keep you warm and dry. Layering up is great, but make sure to remove socks daily to check for any foot problems.



Chorizo & Potato Frittata

PREP 5 mins | **COOK** 20 mins | **SERVES** 4 (as a main)



INGREDIENTS

2 tsp olive oil
225g chorizo or gluten-free chorizo, thinly sliced
150g (1 cup) frozen peas
400g Zerella Spud Lite Baby
Potatoes, steamed or boiled, drained, halved or quartered
150g baby spinach leaves
6 x 60g eggs

INSTRUCTIONS

1. Preheat grill to high. Heat the oil in a 20cm non-stick frying pan over medium heat. Add the chorizo and cook, stirring often, for 5-6 minutes or until it releases oil and is beginning to crisp at the edges.
2. Scatter the peas and potatoes into the pan, stirring to coat in the oil. Add the spinach a handful at a time, allowing the last handful to wilt before adding the next. Season well with freshly ground black pepper.
3. Put the eggs in a bowl. Season with freshly ground black pepper. Whisk to combine.

Pour the eggs into the pan, making sure all the ingredients are covered with egg. Cook over low heat for 6-7 minutes or until the edges are set, then carefully put under the grill for 4-5 minutes, or until cooked through, golden and slightly puffy on the top.

NUTRITIONAL INFO

PER SERVE 1570kJ (376Cal)

Protein 27g
Total fat 23g (sat. fat 7g)
Carbs 13g
Fibre 5g
Sodium 798mg

- Carb exchanges 1
- GI estimate medium
- Gluten-free option
- Lower carb



COOKS TIP

The frittata will keep in an airtight container in the fridge for up to 2 days.



For more great recipes and articles check out the latest issue of Diabetic Living.



Fish & Coconut Stew

PREP 10 mins (and marinating) | **COOK** 20 mins | **SERVES** 2 (as a main)

 **GLUTEN FREE**

INGREDIENTS

200g skinless and boneless fish fillets, cut into bite-sized pieces
Zest and juice ½ lime

2 tsp extra virgin olive oil

½ brown onion, finely chopped

1/2 red capsicum, sliced

½ yellow capsicum, sliced

1 clove garlic, crushed

1 tsp smoked paprika

1/2 tsp ground coriander

1/4 tsp chilli flakes

½ x 400g can no added salt chopped tomatoes

1 tbsp no added salt tomato paste

½ x 400ml light coconut milk

125ml (1/2 cup) salt-reduced vegetable stock or gluten-free stock

400g raw king prawns, peeled and deveined

60g (1/3 cup) basmati rice, cooked following pkt directions, to serve

Lime wedges, to serve

1 tbsp chopped flat-leaf parsley, to serve

INSTRUCTIONS

1. Put the fish in a bowl with half the lime zest and juice. Season with freshly ground black pepper. Toss to combine. Cover and set aside for 15 minutes to marinate.

2. Heat the oil in a medium saucepan over medium heat. Add the onion and capsicums and cook, stirring occasionally, for 5-6 minutes or until soft. Season with freshly ground black pepper.

3. Add the garlic, paprika, coriander and chilli flakes to the pan. Cook, stirring, for 1 minute. Add the tomatoes and tomato paste. Simmer for 6-8 minutes, stirring occasionally, until the mixture thickens. Add the coconut milk and

stock. Bring to the boil over high heat. Reduce heat to medium and add the fish and prawns. Simmer for 5 minutes or until cooked.

4. Stir in the remaining lime juice and zest into the curry. Divide the rice and curry between serving bowls. Sprinkle with the parsley and serve with the lime wedges, for squeezing over.

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal)

Protein 46g

Total fat 15g (sat. fat 9g)

Carbs 41g

Fibre 7g

Sodium 685mg

- Carb exchanges 2 ½
- GI estimate medium
- Gluten-free option



Tuscan Chicken

PREP 10 mins | COOK 30 mins | SERVES 4



GLUTEN FREE



LOW CARB

INGREDIENTS

2 tbsp plain flour or gluten-free plain flour

1 tbsp smoked paprika

2 tsp oregano

4 x 150g skin-on chicken breasts

80g sundried tomatoes, chopped, plus 2 tsp oil from the jar (or use olive oil)

4 cloves garlic, finely grated or crushed

125ml (1/2 cup) white wine

250ml (1 cup) salt-reduced chicken stock or gluten-free salt-reduced stock

200g baby spinach leaves

125ml (1/2 cup) light thickened cream

40g (1/3 cup) grated parmesan

90g (2/3 cup) low gi white rice, cooked following packet directions, to serve

Small handful chopped flat-leaf parsley

INSTRUCTIONS

1. Combine the flour, paprika and oregano in a medium bowl. Add the chicken breasts and toss to coat. Heat the sundried tomato oil in a large non-stick frying pan over a medium heat. Add the chicken breasts, skin-side down and cook for 4-5 minutes until the skin is golden brown. Turn over and cook for another 4-5 minutes until golden on both sides. Transfer to a plate and set aside.
2. Scatter the sundried tomatoes and garlic into the pan. Cook, stirring, for 1 minute. Add the wine and cook, stirring, for 2-3 minutes until the alcohol evaporates. Return the chicken to the pan. Pour in the stock and simmer for 5 minutes. Add the spinach and cook for a further 5-10 minutes or until the chicken has cooked all the way through and the spinach wilts. Pour in the cream, half the parmesan and cook for 1-2 minutes to heat through.
3. Serve the chicken over cooked rice. Sprinkle with the remaining parmesan and parsley.

NUTRITIONAL INFO

PER SERVE 2570kJ (615Cal)
Protein 42g
Total fat 27g (sat. fat 11g)
Carbs 41g
Fibre 7g
Sodium 435mg

- Carb exchanges 2 ½
- GI estimate low
- Gluten-free option

LOWER-CARB OPTION

Omit the rice and serve with a mixture of steamed greens – such as 1 bunch of broccolini and 2 cups of green beans.

PER SERVE 2180kJ (522Cal)
Protein 42g
Total fat 27g (sat. fat 11g)
Carbs 17g
Fibre 9g
Sodium 441mg

- Carb exchanges 1
- GI estimate low
- Gluten-free option
- Lower carb



Healthy Green Pea Soup

PREP 10 mins (and marinating) | COOK 20 mins | SERVES 2 (as a main)

INGREDIENTS

Spray olive or canola oil spray
 3 onions, roughly chopped
 2 cloves garlic, chopped
 3 cups salt-reduced chicken stock
 1 cup water
 500 g frozen peas
 1/2 cup mint leaves
 Pepper (to taste), to serve
 4 tbs low-fat natural or Greek yoghurt, to serve
 4 slices grainy bread or roll, to serve

INSTRUCTIONS

1. Heat a large pot and spray with oil. Add onion and cook for 5 minutes over medium-high heat, stirring often until softened but not browned.
2. Stir in garlic, cook for 1 minute then add stock and water and bring to the boil. Simmer for 2 minutes then add peas and mint.
3. Bring back to the boil and simmer, covered, for a further 2 minutes, ensuring peas remain bright green.
4. Remove from heat and puree with a stick mixer or in batches in a food processor or blender until smooth.
5. Ladle soup into bowls, season with pepper and serve immediately with a swirl of yoghurt, mint leaf garnish and bread.

NUTRITIONAL INFO

PER SERVE 1342 kJ (321 Cal)

Protein 18.4g
Total fat 4.7g (sat.fat 0.7g)
Carbs 43.6g
Sugars 10.5g
Sodium 976mg
Fibre 15.4g

PER 100 GRAMS 248 kJ (59 Cal)

Protein 3.4g
Total fat 0.9g (sat.fat 0.1g)
Carbs 8.1g
Sugars 1.9g
Sodium 180mg
Fibre 2.8g



Healthy Aromatic Red Dahl

PREP 10 mins (and marinating) | COOK 20 mins | SERVES 2 (as a main)

INGREDIENTS

1 1/4 cups brown rice (uncooked)
1 tsp oil
1 large brown onion, diced
2 tsp fresh ginger, finely chopped
2 tsp garam masala
2 tsp turmeric
Chilli flakes or powder, optional
1 1/4 cups dried red lentils
2 reduced-salt stock cubes
1 x 400 g can no-added-salt diced tomatoes
2 tsp sugar
3 1/2 cups water
4 cups baby spinach leaves
1/2 cup low-fat natural or Greek yoghurt

INSTRUCTIONS

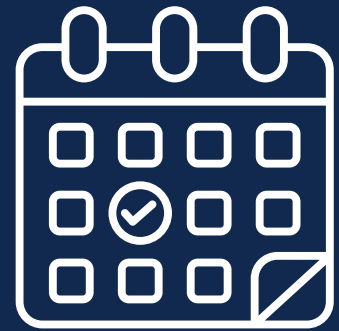
1. Cook rice according to package instructions.
2. Heat oil in a large pot over medium heat. Add onion and ginger and stir-fry until onion starts to brown.
3. Add spices to the pot and stir until fragrant.
4. Add lentils, stock, canned tomatoes, sugar and water. Bring to boil and then reduce heat to low to medium. Simmer with the lid half on for 30 minutes, stirring occasionally.
5. Turn off the heat and stir baby spinach through the dahl.
6. Divide rice and dahl between serving bowls. Top with yoghurt.

NUTRITIONAL INFO

PER SERVE 2176 kJ (520 Cal)
Protein 25g
Total fat 4.5g (sat.fat 0.9g)
Carbs 85.5g
Sugars 111.1 g
Sodium 410mg
Fibre 14.6g

PER 100 GRAMS 344 kJ (82 Cal)
Protein 4g
Total fat 0.7g (sat.fat 0.1g)
Carbs 13.1g
Sugars 1.8g
Sodium 65mg
Fibre 2.3g

Diabetes Victoria Events Calendar: Winter 2026



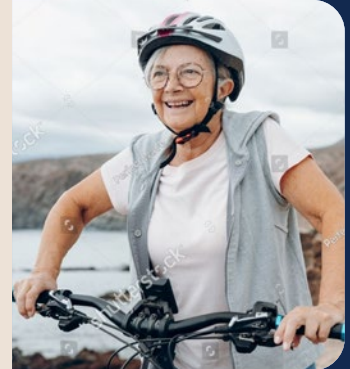
Beat It

MONDAY 22 JUNE – THURSDAY 13 AUGUST

LOCATION: WANGARATTA

SUITABLE FOR: TYPE 1 DIABETES, TYPE 2 DIABETES

Beat It is an 8-week group exercise and lifestyle program to help you better manage your diabetes and improve your general health. Build confidence and strength with our movement program.



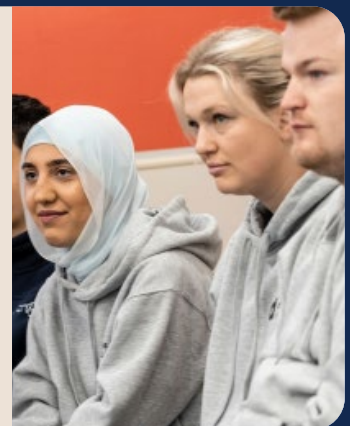
Living Well

SATURDAY 27 JUNE (PRESENTED IN HINDI)

LOCATION: ROWVILLE

SUITABLE FOR: TYPE 1 DIABETES, TYPE 2 DIABETES

This is a chance to connect with others who understand what it's like to live with diabetes, share experiences, and learn new tips and tricks together. Whether you're newly diagnosed or have been managing diabetes for years, this event will provide the tools, motivation, and support to help you live well with diabetes.



Community Matters

SATURDAY 11 JULY AND SATURDAY 4 AUGUST

LOCATION: EPPING (11 JULY) AND SHEPPARTON (4 AUGUST)

SUITABLE FOR: ALL TYPES OF DIABETES

A free mini-expo for people living with all types of diabetes. Enjoy a light afternoon tea, a Q and A with health professionals and a dietitian-led workshop.



Visit www.events.ndss.com.au to find
more upcoming events and to register.

Create a brighter future for people living with diabetes

Around 90 Victorians develop diabetes every day. This makes it the fastest-growing chronic condition in our state.

Diabetes Victoria is working towards a future where people with diabetes live well and longer, and where there is a cure for, or prevention of all types of diabetes.

A gift in your will helps us achieve this brighter future,, where people living with diabetes will have better access to healthcare, support, treatments and technologies. By nominating a percentage gift to Diabetes Victoria, you create a powerful, positive impact for future generations while ensuring your loved ones are cared for.

One thoughtful act, a lifetime of impact.



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information
pack.

Find out more

Please contact **Carla Northmore** on **0413 557 141**
or email cnorthmore@diabetesvic.org.au

Your details will be treated with the strictest confidence and without any obligation. Thank you for your kind consideration.



A woman with blonde hair, wearing a black top and black pants, is walking away from the camera through an airport terminal. She is pulling a black rolling suitcase and carrying a black bag over her shoulder. The terminal has a high ceiling with a grid of lights. There are several white self-service kiosks with red tops and screens. A large digital display shows flight information. A sign on the wall says "GATE 4". A sign on a pillar says "Weigh". A sign on a pillar says "Please weigh your Carry-on baggage Only 7kg maximum permitted per piece". A sign on a pillar says "Please weigh your Carry-on baggage Only 7kg maximum permitted per piece". A sign on a pillar says "Please weigh your Carry-on baggage Only 7kg maximum permitted per piece".

Airport travel with diabetes

Travelling with diabetes requires some extra preparation. By planning ahead, you can focus on enjoying your journey. Here are some tips for travelling safely and efficiently with diabetes.

Before you head to the airport

Seek advice from your healthcare team or the manufacturer of your devices about whether your equipment can safely pass through body scanners or x-ray machines. This is especially important for passengers using insulin pumps or continuous glucose monitors (CGMs).

At the security screening checkpoint

For safety and security reasons, all passengers departing from major Australian airports are required to undergo security screening.

The screening process at Melbourne Airport for passengers using insulin pumps and CGM devices has recently changed.

Alternative screening options will now be immediately provided for people using these devices, and passengers are no longer required to provide supporting documentation. This includes medical certificates or manufacturer specifications.

When you arrive at security screening, let the screening officer know about your devices and medication. Passengers who advise screening staff that they are wearing an insulin pump or CGM will automatically be offered alternative screening.

The alternative screening process includes:

- **Visual inspection of the device**
- **A full frisk search**
- **Explosive trace detection (ETD) of both the device and the passenger**

Passengers may still choose to undergo standard screening using the body scanner; however, ETD testing of the device will still be required.

This ETD requirement is consistent with procedures for any electronic device that cannot be screened using X-ray or CT technology.

If the insulin pump or CGM cannot be visually inspected or subjected to ETD at the screening point, passengers will be offered private screening for these procedures. Melbourne Airport is hopeful that removing the requirement for supporting documentation will streamline the screening process and help avoid unnecessary delays.

Please note that other diabetes supplies that cannot be screened using X-ray or CT technology will still require visual inspection and ETD testing, which will be conducted in the passenger's presence.

Travelling with insulin

For domestic flights, both prescription and non-prescription medications are allowed onboard. International flights have powder, liquid, aerosol and gel restrictions.

Keep in mind that passengers can bring no more than 100ml of liquid onto international flights. However, insulin is exempt from this rule if you provide a letter or other proof of your need for it.

Your GP can provide you with a letter detailing any prescription and non-prescription items (such as insulin, needles or gel packs), as well as your prescription showing your name, the name and type of medication, and your doctor's contact details. Make sure that the name on the prescription matches the name on your boarding pass.

You may also wish to carry a translated letter in the language of your destination, particularly if travelling to more remote areas. It's worth checking for any restrictions on prescription medication in your destination country. You may need to apply for a certificate if you are carrying more than a month's supply of prescription medication.

Consider splitting medication between two bags, so that you have a backup if a bag goes missing.



More Information

For more information about travelling with diabetes via Melbourne Airport, visit www.melbourneairport.com.au

You can also find more info about travelling by air on the NDSS website: www.ndss.com.au/living-with-diabetes/driving-and-travel/travel/travelling-by-air/

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Raising awareness for adult-onset type 1 diabetes



Below: Caitie with husband Jake.

Like many adults diagnosed with type 1 diabetes, Caitie Gladman had no idea it was possible to develop type 1 later in life.

When she started experiencing unquenchable thirst, rapid weight loss, fatigue and frequent urination in late 2024, she initially disregarded the symptoms. She figured it was stress-related and would sort itself out.

"Soon I started to wake up with severe muscle cramps and with such a dry mouth that my lips and tongue were ulcerated," she recalls.

"That's when I knew something was wrong, so I booked in to see my GP just before Christmas."

Unfortunately, as is also common for many adults diagnosed with type 1, Caitie was misdiagnosed when she presented with the typical symptoms.

"I was misdiagnosed with dry mouth – the doctor thought it was a side effect of a medication I was taking," she explains.

"I never thought to question this medical opinion or seek a second opinion and I became sicker. It felt like all my brain could focus on was water.

"I slept on and off through Christmas. Then my fiancé (now husband) Jake, my dad and I all came down with a stomach bug.

"I experienced the same nausea and vomiting initially, then chest pain and rapid, effortful breathing. My vision became blurry, I couldn't walk without support, and I began talking about things that didn't seem to make sense."

Always dispel misinformation and push for the best care and support.

A traumatic diagnosis

Caitie slept through New Year's Eve as her condition worsened, before she was taken to hospital on the first day of 2025.

"The nurse at the triage desk asked how long I had been diabetic for," she says.

"She could smell the ketones on my breath. We were all surprised by this comment!"

When she arrived at the emergency department, her blood glucose level was 29mmol/L, and she had ketones of 5.9. Her sodium, potassium, and blood pH were all dangerously deranged.

"I was conscious, but I don't remember much," she says.

"I was in severe diabetic ketoacidosis. I then experienced a fluid shift, and a CT scan revealed it had caused brain swelling.

"This was a smaller regional hospital, without the capacity to surgically place a shunt to relieve pressure on my brain if necessary."

Caitie was flown via helicopter to The Alfred in Melbourne, where she spent five days in the Intensive Care Unit.

"I spent several more days on the general ward," she says.

"Luckily, the brain swelling reduced quickly and I didn't require surgery. I quickly took to practicing administering insulin and checking my blood sugar with the guidance of the lovely nursing staff."

Riding the highs and lows

While it was daunting going home and learning to manage diabetes independently, Caitie says she feels lucky to have the support of her husband Jake and her family.

"I was very blessed to be engaged to a very knowledgeable chef, who has meal-prepped and carb-counted with me from the start! Jake helps me ride out the lows and grounds me during highs."

"My parents, Angela and Mark, have also been big supporters and I am also very lucky to have support and understanding from my in-laws and my work." Somewhere between eight and 10 months after diagnosis, Caitie started to experience what is clinically referred to as diabetes burnout. This is a state of mental and emotional exhaustion many people experience when it feels like managing diabetes becomes too much to cope with.

"I am a perfectionist and found myself exhausting all my energy on keeping my sugars perfectly in range by multiple daily injections," she says.

"Fortunately, I received an insulin pump in November 2025, and this has helped my management significantly. It's cleared up brain space to allow me to focus on life!"

Caitie felt compelled to share her story to raise awareness about adult-onset type 1, in hopes it will help other people avoid the harrowing diagnosis she experienced.

"I was under the incorrect impression that type 1 diabetes is only diagnosed in childhood," she explains. "When I began showing symptoms, type 1 diabetes wasn't on my radar. My diagnosis experience was very traumatic for myself and my family.

"I wonder if it would have been less traumatic if I knew that a type 1 diabetes diagnosis was possible. Perhaps I could have been diagnosed before developing DKA.

"I hope that more adults can be aware of adult-diagnosis so they can receive treatment as soon as possible. A diagnosis at any age is shocking and life-changing but, with more awareness – including for medical professionals – maybe we can reduce the frequency of a traumatic diagnosis experience and reduce the severity of illness at time of diagnosis." Her advice to other adults recently diagnosed with type 1 is to "advocate for yourself."

"Always dispel misinformation and push for the best care and support," she says.

"Be kind to yourself and celebrate the little wins. Acknowledge your hard work! It takes a strong person to be your own pancreas!"



Above: Caitie on her wedding day with her parents Angela and Mark.

Gael Mizzi is someone who always chooses to be happy and grateful, despite the challenges she's faced during her 76 years living with type 1.

Her art reflects her gratitude, and she hopes it can support other people living with diabetes.

Diagnosed in 1950, just before her 5th birthday, Gael has some beautiful words to say about the people who've helped her along the way.

She fondly remembers the late Dr John Court AM who was her paediatrician at the Royal Children's Hospital in Melbourne.

"He was my best buddy. I would listen to him, and he would listen to me," she says.

"I must have known him until I was 18, because they made it so that you could stay with the children's hospital a little bit longer than previously.

"I'm sure he used to take extra time to listen to me and discuss different teenage things that I was worried about."

Dr Court was a driving force behind diabetes camps, and Gael was delighted to be among the first generation of campers.

"I loved the diabetes camps, and they did help me a lot," she recalls.

"I was around seven or eight years old, and I used to look up to the people who would teach us.

"When we'd wake up in the morning, a physio would be teaching us how to move our ankles and our toes. Teaching us that it was very important to walk on our tippy toes and do all these different exercises, and I still do them today!"

Finding the upside of diabetes

Gael says the late Gwen Scott – the first Australian nurse employed as a specialist in diabetes education – was also an important influence in her life.



Finding the light through art



Above: One of Gael's paintings.

I have always turned to Diabetes Victoria for support over the years and I have deeply appreciated the help. I want to pay it forward.

"Gwen wanted the person with diabetes to feel they were independent and could manage and could be positive," Gael says.

"When I was 18, I was working at Myer in the city, and I went to visit her during my lunchbreak. I was feeling stressed about working and managing diabetes. 'She said to me, 'think of (managing diabetes) as self-help, not self-pitying.'"

"It was an attitude adjustment and those words stuck with me the rest of my life – the way she said it and the way she looked at me."

She adds that if she didn't grow up with diabetes, she wouldn't be the person she is today.

"I can attribute to diabetes my being able to truly listen to other people and recognise what they're saying."

"I feel that I've benefited from diabetes in a way, because I would not have had the chance to meet so many good people in my younger days. As a teenager, I had moments where I was very sorrowful and upset and these people helped me out of it.

"Now I only choose happiness. I don't choose sorrow."

Reflecting light

Gael discovered her love for art when she was a young girl spending time in her grandfather's strawberry patch. She now enjoys painting to help her manage the stress of living with diabetes.

"Every Sunday afternoon when I was young, I would be dropped off at my grandfather's place. We would spend time in the garden and tending to his strawberry patch. Whenever he had a birthday or at Christmas, I

would draw a strawberry or a little drawing on a card for him.

"When I was 13, he passed away. I was at his bedside and he said to me, 'whatever you do, don't give up your artwork.'"

Many years later, after Gael had married her late husband Charlie and welcomed her two children, she remembered those words and started painting.

"I don't believe I'm religious, but I do believe that there is something else in this universe. I watch nature, and I watch how flowers grow and the sky and the sun and I feel so grateful," she says.

"When I paint, it makes me feel I'm recognising what has been given to me. The nature I get to experience and the people in my life."

Gael is selling prints of her artworks to raise funds for Diabetes Victoria

"I have always turned to Diabetes Victoria for support over the years and I have deeply appreciated the help. I want to pay it forward."

If you're interested in purchasing one of Gael's prints or paintings, email us fundraising@diabetesvic.org.au

All proceeds from each sale will be donated to Diabetes Victoria.

Help Us Understand the Emotional Side of Diabetes



The MIND-MAP* Study

We are launching a national study to better understand how diabetes affects the emotional well-being of Australians living with diabetes—**and we want to hear from you.**

Why it matters

By sharing your experiences, you will help improve mental health support for people with diabetes across Australia.

What will be involved



4 short online surveys
over 3 years



Reflect on your diabetes journey
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We respect your privacy. Your data is confidential, securely stored, and never reported in a way that identifies you. Approved by Deakin University Human Research Ethics Committee (2024/HE000401).

** The Mental health IN Diabetes and Monitoring AND Pathways study is proudly led by the Australian Centre for Behavioural Research in Diabetes - A partnership between Deakin University and Diabetes Victoria – and supported by the National Health and Medical Research Council.*



Diabetes Victoria welcomes \$14.6million landmark investment in diabetes research



In May, Diabetes Victoria welcomed the announcement of \$14.6million in funding for The Australian Centre for Accelerating Diabetes Innovations (ACADI) – one of the biggest investments in diabetes research to date.

The funding, delivered through the Australian Government's Medical Research Future Fund and announced by Minister for Health Mark Butler, will support ACADI over four years.

Diabetes Victoria recently established a 10-year collaboration and funding agreement with ACADI.

Founded in 2022, ACADI quickly established itself as a critical force in diabetes research. The funding announcement is a clear signal that diabetes research is urgent, and this is being recognised at the highest levels.

Diabetes Victoria CEO Glen Noonan says the funding announcement was an affirmation.

"We established a 10-year partnership with ACADI because we saw the real-world impact of their research. Today's announcement validates that commitment, and we could not be prouder of this partnership," Mr Noonan says.

"For the 1.5 million Australians living with diabetes, research isn't theoretical, it's life changing. This investment brings us closer to the treatments and breakthroughs our community has been waiting for."

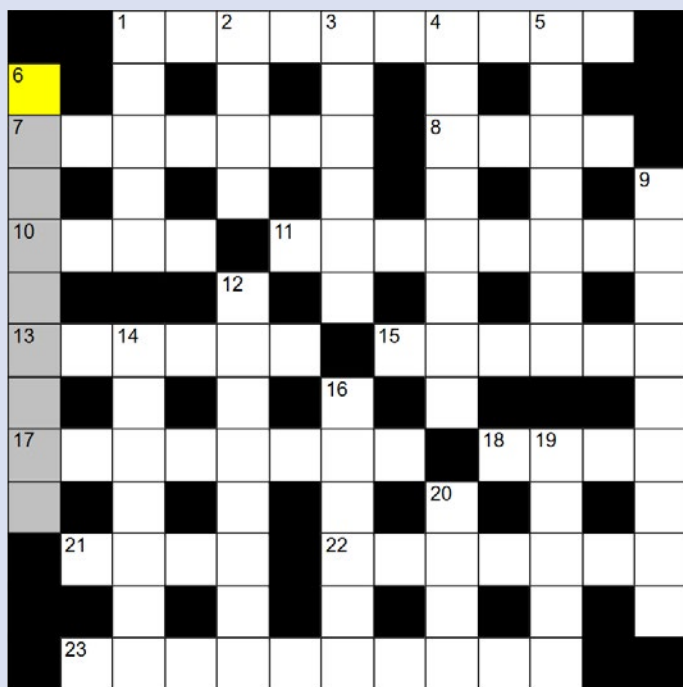
"At the end of the day, this is about people. People checking their blood glucose, managing their medication, reducing complications, wondering if things will change. This funding means researchers can keep working on the answers people deserve. That's what this partnership is about."

ACADI Director, Professor Elif Ekinci, also welcomed the announcement. "This significant re-investment into ACADI's future will help us to continue to build on our work to date and further translate our research into real-world outcomes and advancements for everyone living with diabetes, not just in Australia but globally."

Diabetes Victoria looks forward to continuing its partnership with ACADI and to seeing the impact of this research reach the people who need it most.

PUZZLES

Crossword



Across

- 1 Exultant (10)
- 7 Venetian canal boat (7)
- 8 Period before Easter (4)
- 10 Cruel fairytale giant (4)
- 11 Animal that preys on others (8)
- 13 Scotland's patron saint (6)
- 15 Nearsightedness (6)
- 17 Daddy-long-legs (8)
- 18 Notion (4)
- 21 Sea bird (4)
- 22 Eighth sign of the zodiac (7)
- 23 Nonsense (10)

Down

- 1 Male singing voice (5)
- 2 Press (4)
- 3 Skimpy (6)
- 4 Vacations (8)
- 5 Around-the-clock (7)
- 6 Lack of knowledge (9)
- 9 Great Bear (4,5)
- 12 Disclosed (8)
- 14 Fictional vampire (7)
- 16 Nearer (6)
- 19 Profundity (5)
- 20 Settee (4)

Word Find



Theme: Top...

- | | | |
|---------|--------|----------|
| BANANA | SECRET | KNOT |
| FLIGHT | COAT | SPIN |
| NOTCH | HEAVY | DRAWER |
| BOOT | SIDE | LEVEL |
| GALLANT | DOG | DRESSING |
| SAIL | HOLE | MAST |
| BRASS | SOIL | |
| HAT | DOLLAR | |



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