

Spring Newsletter

Department of Endocrinology and Diabetes



Government of Western Australia
Department of Health

September 2009

Eye Screening Now Available at PMH Diabetes Clinics!

PMH Diabetes Services can now offer eye photographs for diabetic eye disease screening using the Canon CR-1 camera at your next clinic visit. This camera can take extremely detailed, high-resolution images of the back of the eye to enable diagnosis of early diabetic eye disease.

The Canon CR-1 was kindly donated by Bosch, through their corporate program with PMH Foundation. Bosch raised this generous sponsorship through the sale of Bosch Hot Water Systems with temperature regulation, an added safety feature to prevent hot water burns in children.

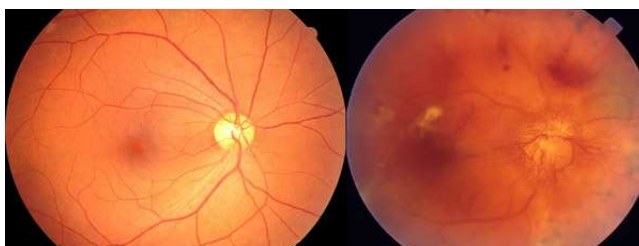
We are currently running an eye screening study with another camera, the EyeScan. This was developed at the Lion's Eye Institute and is a portable camera. We are comparing pictures from the EyeScan to the CR-1 to see if the images are as good as the CR-1.

Pictures are taken before and after eye drops are put in. The pictures will then be examined by a paediatric eye specialist to see if there is any evidence of eye disease.

This study is run by Dr. Trang Ly, who is a recipient of a DRF Fellowship, and is currently available for PMH clinics only. Children and adolescents with type 1 and type 2 diabetes who are due to have eye screening are invited to have their eye photographs taken. If you are interested in attending PMH just to have eye photographs taken, this can be arranged. For more information about this study, please contact Dr. Ly at Trang.Ly@health.wa.gov.au or on 9340 8680.



Canon CR-1



Normal Eye

Diabetic Retinopathy

Inside this issue:

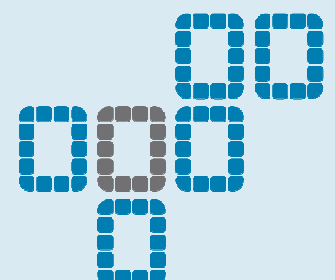
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Delivering a **Healthy WA**

Your Feedback from the Regional Satisfaction Survey

The PMH Diabetes and Endocrinology team recently surveyed families attending four of our regional diabetes clinics to evaluate the diabetes (type 1) outpatient service in regional centres. We wanted to identify ways to improve services to meet the needs of these families attending PMH regional clinics.

We are very grateful to those who participated and would like to share some of the results and suggestions we received and highlight the areas we are working on to improve service satisfaction.

Ninety-five percent of respondents were happy with PMH current service delivery. Less than 1% of respondents from each clinic were dissatisfied.

Suggestions to improve satisfaction with PMH services included:

- more time at appointments,
- more support between clinics,
- privacy during consultation,
- child only sessions,
- having more control over which team members you see at your appointments, and reducing the number of different people seen, unless requested or required.

In response to current appointment times and rescheduling, 93% of respondents were happy with appointment times.

Suggestions for improvement included:

- appointments later in the day, e.g. early evening,
- no appointments in the first week back at school, and
- more flexibility in appointment days and times.

A total of 65% of respondents had made contact with PMH between clinic visits. Some comments from those who had not made contact were:

- the need for longer contact hours,
- that it may be helpful for PMH to contact them and
- that phone contact is often rushed.

Ongoing education group sessions have also been run in each of the regional clinics surveyed. The majority of those who attended found it beneficial. Common themes from those who did not attend included:

- unaware that it took place
- could not make the time due to other commitments or
- were currently happy with the services already provided.

Suggestions for improvement of these group sessions included:

- holding them more frequently, holding them at different times/days,
- increased promotion of group services to increase attendance,
- inviting school staff to attend,
- gender specific groups and
- holding them out of the usual clinic building/setting.

We have taken all these valid suggestions on board and individual clinic teams will accommodate as many suggestions as possible.

To improve our service we will be making a conscious effort to minimise any discussion in open waiting areas, and will provide you with the opportunity to request specific areas of your diabetes care that you would like to focus on.

Your Feedback from the Regional Satisfaction Survey (cont.)

If you require a longer appointment time or feel that you may benefit from additional support between clinics, please talk with one of your team members to arrange the details.

Unfortunately due to flights and other work commitments we are not always able to accommodate all time/day requests for appointments and ongoing education group sessions, however you are more than welcome to ask your team and they will do what they can to accommodate.

PMH triage (nurse) contact has been extended to 5pm; we understand that during busy times, our phone service may be more rushed. If you require more assistance make it known to the nurse on the other end of the phone and a phone call at a later time can be arranged.

Common themes surrounding online help and easier ways to record blood glucose levels arose. The majority of blood glucose meters and insulin pumps allow for computer downloads which can be looked at as a family and emailed through to your PMH team. If you are interested in obtaining the software to download your meter or pump, call your blood glucose meter/pump representative, check out their website, or ask a member of your PMH diabetes team.

Thank you again to everyone who participated in the survey. Your clinic team strives to make your clinic visits as useful and efficient as possible. If you have any further suggestions on ways to improve our services, be sure to chat to a member of your diabetes team.

Cooking Demos at Diabetes WA!

Are you looking for some inspiration in the kitchen? Do you want to get some practical tips on cooking healthy meals for the whole family?

The PMH Diabetes Dietitians have been working with Diabetes WA to organise two interactive cooking sessions during the school holidays. We will be cooking healthy and tasty meals that are suitable for people with diabetes (all meals will also be gluten free) and you will get to taste your creations afterwards!

There will also be a tasting table for you to try new and exciting products that are available.

The sessions are available to all families whose children attend PMH Diabetes clinics. Children welcome!

**When: Tuesday 29th September OR
Friday 2nd October 2009
from 10.00 – 11.30am
Where: Diabetes WA, Level 3,
322 Hay St Subiaco
Cost: FREE!**

The session will be run by the PMH Diabetes Dietitians and places are limited so book early. To reserve your place contact **Kirilee Lennerts, Diabetes WA on 9436 6239 by Monday Sept 21st** with your preferred day and the number of people attending. Please also advise of any additional dietary requirements at the time of booking.



Do Energy Drinks Really Give You Wings?

Energy drinks have become increasingly popular in recent years, especially with children. A recent Australian study found that 27% of 8–12-year-old boys, 12% of 8–12-year-old girls, 24% of 12–18-year-old boys and 20% of 12–18-year-old girls had had at least one energy drink in the two weeks prior to the survey (CHOICE, 2005). In recent weeks energy drinks have made media headlines with the collapse of a teenage boy who drank an energy drink on an empty stomach. In addition, a number of schools around the country are working towards banning energy drinks at school due to subsequent unruly behaviours. The question then is do these drinks really give you wings or do they do more harm than good?

What are they?

Energy drinks are soft drinks containing carbohydrates, amino acids, vitamins, and so called 'energy enhancing' ingredients such as caffeine or guarana, a natural plant substance that is naturally high in caffeine. They are marketed to the general community to be "energy boosting, and to increase physical performance and stamina". Within Australia there is a range of energy drinks available on the market, they include: *Red Bull*, *V*, *Mother*, *Impulse* etc.

Do they do as they claim?

The producers of energy drinks claim that these drinks enhance mental and physical performance. The truth - not enough is known about the health risk of these drinks. We do know that one of their main ingredients is caffeine (in the form of Guarana), and in small amounts it can enhance mental and physical performance. However, large amounts of caffeine can cause dehydration, restlessness, nervousness, increased

blood pressure, alter mood and sleeping patterns, affect the growing brain and may cause a decline in the body's immune system. Currently, due to limited research surrounding energy drinks, it is recommended that caution is needed in certain groups in the population. The main concern is that consumers are drinking energy drinks as if they were soft drinks or water. Manufacturers recommend consumers don't have more than 2 -5 cans per day. However many consumers find the information on labels confusing and may feel they have to drink the maximum amount to get the full benefit of these drinks.

Below is the caffeine content of some popular drinks (per 250 ml):

Energy drink	Caffeine content
Impulse	88 mg
Red Bull	80 mg
"V"	78 mg
Coca-Cola	49 mg
Diet Coke	48 mg
Diet Coke Caffeine-Free	2 mg
Pepsi	40 mg
Diet Pepsi	44 mg
Pepsi Max	44 mg
Instant coffee (1 teaspoon)	60-80 mg
Percolated or drip coffee	60-120 mg
Tea	10-50 mg
Chocolate bar (30g bar)	20-60 mg

Source: Australian Drug Foundation's Druginfo Clearinghouse

Do Energy Drinks Really Give You Wings? (cont.)

The Regulations

The ANZFA (Australian and New Zealand Food Authority) standards for energy drinks require the product to carry a warning on the container stating that they are not recommended for children, pregnant or lactating women and caffeine sensitive individuals. In addition the caffeine level should be listed. The current caffeine level has a set minimum and maximum level of 145mg/L and 320mg/L respectively.

The Verdict

The effect of caffeine on children remains unclear. There is however a general consensus that energy drinks are not recommended for children. Energy drinks have double the caffeine content of soft drinks, are high in sugar and have limited nutritional value. Even a small amount of caffeine can make kids anxious and affect their sleeping patterns.

New and Improved Flexible Lifestyle Program! Carbohydrate counting and Insulin Adjustment Workshops

Do you have type 1 diabetes?

Do you want to:

- ✓ **Decide on your insulin dose**
- ✓ **Eat when you are hungry**
- ✓ **Learn about a correction bolus**
- ✓ **Adjust insulin to suit your lifestyle?**

You can learn all this and more at our Flexible Lifestyle Programme! In response to your feedback we are now offering shorter workshops held after school hours.

Next course dates:

October (Tues) 13th 20th 27th & Nov 3rd	OR	November (Mon) 16th 23rd 30th & Dec 7th
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Time: 3:30–5:30pm

We are able to offer the course to you and 2 other family members.

It is essential that you can attend each of the 4 x 2 hour sessions held once a week.

You must commit to

- completing a BGL monitoring diary
- completing a food diary and
- setting weekly goals.

The course will be intensive, however your effort will be rewarded by a more flexible lifestyle and a greater control of your diabetes.

Places are limited (5 families per course). To reserve your place please phone us on **9340 8090**.



Research Update - HypoMon

Do you ever have hypos?

Go low while you're sleeping?

Or maybe not???

The HypoMon research team is pleased to announce that the next stage of the HypoMon studies is on! HypoMon is a needle-free alarm system being developed by AiMedics. The alarm picks up changes in your heart rate, heart rhythm and changes in your skin responses when you go low.

We need to test the HypoMon on both people who may have a hypo at night and on those who don't. The HypoMon is worn on a belt that fits around your chest. The belt is now more comfortable and user-friendly.

For this 'Clinical Evaluation' stage, starting mid-September, we need people with type 1 diabetes who are aged **10 – 25 years old**, and are willing to come and stay for one night (Fri, Sat or Sun) in the Sleep Lab at PMH. This study will collect information which will be used to develop the HypoMon for home use.

For this study you will come to the Sleep Lab in the evening, and will be monitored continuously by the HypoMon overnight. You will also have your blood glucose tested regularly overnight. Then in the morning, we'll give you breakfast before you go home.

If you do go low, we will wake you for a hypo treatment. If you don't go low, that's fine too. Just think . . . it's something different to do on a weekend night!



There have been several stages of the HypoMon studies over the last four years: a big '**Thank you**' to all who have participated.

To find out more or if you think you might like to help us out, please call either Julie Dart (9340 7856) or Niru Paramalingam (9340 8671). We'd love to talk to you and tell you all about the study. ☺

Research Update (cont.)

Type 1 Diabetes Prevention Trial

This study is to determine whether intranasal insulin administration to children and young adults at risk for type 1 diabetes will reduce their rate of developing diabetes. It is a multi-site study that is being conducted in Australia and New Zealand.

You are eligible to have a test for the antibodies (free of charge) if you are aged between 4 and 30 years, and have a blood relative with type 1 diabetes. Screening for this study can be at Princess Margaret Hospital, or at a Pathology Centre.

At Princess Margaret Hospital there are 9 people participating in the study, who have all completed the 12 month treatment period. Across all sites there are 40 people who have completed the 12 month treatment period.

If you wish to have further information about this study, please contact Julie Kendall, Intranasal Insulin Study Co-ordinator on 9340 8486.

Microvascular Study

This is a study about to be undertaken by the Department of Endocrinology and Diabetes, and the School of Sports Science, Exercise and Health, UWA. The project is:

“Does ambient blood glucose influence skin blood flow and microvascular function in adolescents with type 1 diabetes?: A validation study”.

This study will provide important information about the reliability and relevance of a new technique to assess the health of small blood vessels. It may provide useful information on the potential for this technique to be used to assess the early stages of small vessel disease in type 1 diabetes.

The people who are eligible for this study are adolescents who have been diagnosed with type 1 diabetes for more than one year, aged between 13-18 years without established microvascular disease or peripheral vascular disease.

If you wish to hear more about this study, please contact Dr Louise Naylor on 6488 3887.

JDRF Diabetes Youth Ambassador Program

JDRF are looking for young people with type 1 diabetes to join their **Youth Ambassador** Program.

A Youth Ambassador can help increase diabetes awareness and funding by speaking at public events, organising fund raising activities, or writing to local businesses and Parliament.

If you would like to play a part in helping JDRF to continue their research to find a cure for diabetes, check out:

<http://www.jdrf.org.au/our-community/youth-ambassadors>

to find out more.

Recipe

Red Lentil Burgers with Zesty Yoghurt Topping

Preparation time: 1 hour

Serves 5

Ingredients:

- 2 tsp (chopped) almonds
- 2 slices (crumbled) bread
- 1 tsp ground coriander
- 1 tsp cumin
- 1 (beaten) egg
- 1 tbsp lemon rind
- 1 cup dry red lentils
- 1 tbsp Marsala
- 1 tbsp olive oil
- ½ medium onion finely chopped
- 1 tsp paprika
- 1 ⅓ cups of vegetable stock

Method:

1. In a saucepan heat stock and add lentils. Cook for 20 mins over medium heat, stirring to prevent lentils from sticking.
2. Meanwhile, prepare remaining ingredients. In a bowl combine burger ingredients. Mix well and refrigerate for 30 mins.
3. Shape into burgers and pan fry for a few minutes on each side.
4. Prepare Zesty Yoghurt Topping. In a bowl combine ingredients and mix.
5. Serve Red Lentil Burgers with a dollop of Zesty Yoghurt Topping and a mixed salad of tomato, lettuce, cucumber, capsicum and mushrooms with pita or turkish bread.

Zesty Yoghurt Topping

Serves 5

Ingredients:

- 1 cup Yoghurt
- 1/2 cup Mint
- 1 tablespoon lemon (juice and 2 teaspoon of rind)



Donated Pumps

The Diabetes Department has received some donated insulin pumps from the Variety Club which we need to find homes for. If you and your child have considered using an insulin pump but have not been able to arrange health funding, speak with your clinic team about whether a donated pump would be suitable for you. To ensure everyone is considered equally we ask you to be prepared to answer some questions with your team, and do some fact finding yourself about insulin pumps. Good luck - hoping to hear from you soon!