

diabetes matters

What's cooking this spring?

*Managing diabetes
when you live alone*

*Staying well on
GLP-1 medications*

*The link between
diabetes + stress*



diabetesWA
by your side

From the Editor



In this issue we share the latest news from Diabetes WA, including the welcome return of our SMARTs programs. When it comes to managing a health condition, it's often a mix of working things out for ourselves and being supported by others, who can include our health team, friends and family.

This is the thinking behind SMARTs sessions, which are designed to give participants the opportunity to share knowledge, set realistic goals and learn together.

On the subject of support, we have a great story from journalist Ara Jansen, who shares her experience of learning to manage type 2 diabetes with the help of her community. If you would like to tell us what you've learned about managing diabetes along the way, please get in touch at the email address below.

We also have stories on staying well on GLP-1s, supporting kids to use tech when they have diabetes, the link between stress and diabetes and a locally designed app to help you remember your medication.

Have a wonderful spring and thank you for reading,

Zoe Deleuil, Editor

diabetes matters spring 2026

Editor Zoe Deleuil

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A word from us

Welcome to the spring issue of Diabetes Matters

We had some wonderful news in August when three of our diabetes educators – Cate Mitchell, Nyaree Lawler and Christine Morton – were recognised in the national Australian Diabetes Educators Association awards.

Our diabetes educators come from a range of health backgrounds, from pharmacists and midwives to nurses and dietitians. What they share is an unwavering commitment to walking alongside people and families across Western Australia affected by diabetes. It is work that takes them to all corners of the state, and it is wonderful to see their dedication, expertise and hard work recognised.

We are also delighted to be welcoming people back to our updated SMART programs. These free programs are held in local community centres across the state and have been created to help you manage your diabetes in a way that works best for you.

With four programs on offer – CarbSMART, ShopSMART, FootSMART and MedSMART – this is a great opportunity to meet others in the community, share stories and refresh or learn the skills you need to manage your diabetes.

You can bring a support person, and you'll be learning alongside others

with a diabetes educator present to guide you through the session. Please visit our website or call our Helpline (1300 001 880) to learn more.

In this issue we hear from members of our community, including Ara Jansen, who shares tips about how she manages type 2 diabetes while living alone. We talk to scientist Dr Niraj Lal about how we can help kids find the right balance between technology and the offline world – including young people who use their phones as part of their diabetes management.

We look at the impact of stress on blood glucose levels and how to stay well on GLP-1 medications. We also talk to Perth medical student Rishi Yogesan about how he and his father developed a new app to help people manage their medication after seeing a family member's challenges.

As always, our work is shaped by what we hear from you on the Diabetes WA Helpline and in our programs, clinics and events. I encourage you to make the most of our services as we continue

to support all West Australians affected by diabetes.

Finally, an invitation: on October 22 we will be attending the Walk for Reconciliation in King's Park, starting at Forrest carpark at 1:20pm. Please join us if you like – we will be easy to spot in our teal-green Diabetes WA shirts.

Thank you for being a part of this community and we look forward to hearing from you, whenever you need us.

Warm regards,

Melanie Gates
Chief Executive Officer
Diabetes WA



WHAT'S * NEW IN DIABETES



Diabetes WA recognised at the ADEA Awards

We were delighted to see three of our diabetes educators recognised at the Australian Diabetes Educators Association (ADEA) awards in Melbourne on 20 August. Congratulations to Christine Morton, who was awarded CDE of the Year, Cate Mitchell, Early CDE of the Year, and WA CDE of the Year, Nyaree Lawler.

Diabetes WA CEO Melanie Gates says it is wonderful to see their dedication, expertise and hard work recognised.

"Not only are these women exceptional clinicians, but they are also fabulous team members who we are so privileged to have as part of the Diabetes WA team," Ms Gates says.



Our SMARTs programs are back

We are welcoming people back to our SMARTs programs around Western Australia. Guided by a diabetes educator, these small, friendly group sessions will increase your confidence in managing your diabetes, your way.

Read more about SMARTs on page 6, and visit diabeteswa.com.au/programs-and-education or called our free Helpline on 1300 001 880 to find out when a SMARTs program is happening near you.

Walk with us in King's Park this spring

On Thursday, 22 October we will be celebrating the launch of our Innovate Reconciliation Action Plan (RAP), which outlines our actions for achieving our vision for reconciliation. This launch coincides with the 2026 Walk for Reconciliation in King's Park (Kaarta Koomba), and we invite you to join and walk alongside us.

Where: We will meet at Forrest carpark in King's Park – we will be easy to spot in our green shirts.

When: We are registering for the 1:20pm wave of walkers.

Do I need to register? Yes – it's free, but you need to register at recwa.org.au.

Questions? Call our Helpline on 1300 001 880.



Diabetes Matters to be published three times a year

Due to the increasing cost of postage and paper, our print version of *Diabetes Matters* will now be published three times a year.

You can find more of our stories on our website – diabeteswa.com.au – where you can also sign up for the bi-monthly *Diabetes Matters* newsletter. Our next print issue will be out in January 2027.



Diabetes WA out and about

We were delighted to be part of Rural Health West's Aboriginal Health Conference 2026: *Healing Ourselves, Healing Country, Healing Community*.

It was a wonderful opportunity to connect with Aboriginal health workers and practitioners, health professionals and community leaders from across WA and to have some great conversations about improving access to diabetes support, education and the NDSS. Thank you to everyone who stopped by to chat with the Diabetes WA team.



Diabetes WA at the Back to Country Camp

In August, team members Sarah Kickett and Sheridan Simpson travelled to the Nyunnga Ku Back to Country Camp near Leonora in the Goldfields, an annual gathering that brings together families, community Elders and service providers such as Diabetes WA. You can read more about this year's camp and what they got up to on page 32.

Are you living with type 1 diabetes?

Join us at our next Type 1 Tech Night on 12 October in Ardross

Thinking about upgrading your diabetes tech or just curious about what's out there? Come along to our next Type 1 Tech Night.

You'll hear from our credentialled diabetes educators who will give you an overview of the current technology, and you'll have the opportunity to ask questions. Following this, you can see the tech for yourself, speak directly with company representatives and connect with the type 1 diabetes community. Light supper is provided.

This event is for anyone living with type 1 diabetes, along with their families, carers and diabetes educators wanting to learn more.

To find out more, call our free Diabetes WA Helpline on 1300 001 880 or email info@diabeteswa.com.au.

We hope to see you there!

Diabetes tech updates

A couple of tech updates that will affect some of our community have been announced recently.

From 30 Sep 2026, Dexcom G6 will no longer be available through the NDSS. If you're using G6, now is the time to plan your move to another CGM option, such as Dexcom G7.

From 1 October 2026, FreeStyle Libre 3 Plus (pictured left) will be available through the NDSS as a standalone continuous glucose monitoring sensor for eligible Australians living with type 1 diabetes.

About the size of a two-dollar coin, the sensor provides minute-by-minute glucose readings, improved Bluetooth connectivity and a 15-day wear time, without calibration.

For questions about diabetes tech, eligibility, NDSS subsidies or getting started, call the free Diabetes WA Helpline on 1300 001 880 or book an appointment at our clinic with one of our diabetes educators.



WHAT'S *NEW

RESEARCH

Staying well on GLP-1s

Our health team has some tips on how to stay active and well while on these medications.

GLP-1 medications such as Ozempic, Mounjaro and Wegovy have disrupted the weight loss industry and improved diabetes management in ways that have never been seen before. As well as helping with weight loss, they improve blood glucose levels, increase insulin sensitivity and have beneficial effects for the heart and kidneys.

This has been life-changing for people who have tried countless diets and exercise regimes with no success. Now, GLP-1 medications are part of many people's diabetes management plan.

But while we may see the numbers on the scales drop more quickly with these medications, being physically active is important.

The research is clear that long-term weight management is most effective when it is combined with regular physical activity.

Exercise isn't only about weight management

Many of us associate exercise with weight loss, but there are other reasons to get moving.

A number of studies have shown that when people lose a significant amount of weight, some of this can be lean muscle mass. As we

age, preserving or increasing our muscle mass is extremely important. The good news is that adding in or continuing to exercise can help to preserve our muscles.

Also, exercise feels good in the moment – a walk after dinner, a swim or taking the dog to the park. This has a positive impact on our energy levels and mood. It may even have a knock-on effect to our food choices, because when we are feeling good, we may be less likely to reach for unhealthy 'comfort foods.'

Diabetes WA Clinical Services manager Jess Weiss says that muscles also play a central role in blood glucose management, because they use a lot of glucose for fuel during exercise.

"Physical activity is a great way to help use up glucose from our blood and regulate glucose levels. It also reduces our body's resistance to insulin, an important element to type 2 diabetes," she says. "The more muscle we have and the more regularly we use it, the better equipped our body is to either prevent or manage type 2 diabetes."

For all these reasons, exercise

is important if you're on weight-loss medications. Ideally we want to be moving for around 30 minutes a day, most days, with some resistance training in there. Aiming for at least two to three sessions of resistance training per week can help reduce the amount of lean muscle mass that is lost.

It's also important to keep in mind that these medications suppress your appetite, so you may find yourself eating less protein, which you need for maintaining your muscles.

ESSA (Exercise and Sports Science Australia) acknowledges that, like all medications, GLP-1 weight-loss medications carry risks.

"Weight-loss medications are changing rapidly and it's essential that people who take them receive clear clinical guidance." They emphasise the need for coordinated care to avoid side effects such as loss of muscle mass.

Muscle mass is essential to our long-term health and wellbeing, so talk to your health team about what you need to consider when on GLP-1 medications.

Staying active and well on GLP-1s

Remember that consistency is important.

Try for 30 minutes a day, most days of the week. This might mean walking, aerobic exercise and some resistance training, which is important for muscle strength.

Including a variety of physical activity can be beneficial with at least 2-3 sessions focussed on building strength.

Strength training is important for preserving muscle. This can include lifting weights, using resistance bands or doing exercises that use your body weight, such as squats and lunges.

Pay attention to your diet and seek advice from your health team while on these medications to ensure you are receiving adequate protein.

Get enough good-quality sleep. This will give you energy for physical activity and is also essential for muscle repair.

Work with your GP and diabetes care team to develop an exercise routine and diet that works for you and your lifestyle.

Diabetes WA is here to support you. We have exercise physiologists available to help you put together a personalised program, and we have dietitians who can work with you to create a realistic eating plan. We also run free exercise programs for people living with diabetes. Call our Helpline on 1300 001 880 to find out more.



Getting SMART about diabetes

Would you like to feel more confident in managing your diabetes? Our SMARTs programs can help you build the skills you need, writes SHERYL MOORE.

Here at Diabetes WA, we've learned over more than sixty years of supporting people living with diabetes that simply telling you what to do when it comes to diabetes self-management can understandably lead to frustration and disengagement.

When we developed the SMARTs programs back in 2015, we wanted to create a friendly, non-judgemental space that would build people's confidence along with their ability to manage their diabetes themselves.

This is why, when we deliver a SMARTs program, we don't stand at the front of the room and give you a lecture. Instead, we take a 'guide on the side' approach, supporting you to work through the program.

The SMARTs philosophy

We believe that every person living with diabetes is the expert in their own life and will bring valuable knowledge and experience to the group.

Our key goal when we run a program is to build your own belief, or self-efficacy, in your ability to manage your diabetes. This is because we know that self-efficacy drives behaviour change, and behaviour change can lead to better health outcomes.

Self-efficacy determines whether you try, how you feel

when you are trying, how you respond to setbacks and whether you maintain a behaviour long term – whether that is healthy eating, footcare, taking your diabetes medications or getting regular exercise.

We know that people with strong self-efficacy have a better sense of wellbeing, while those with lower self-efficacy can feel less optimistic, which may have a negative impact on their diabetes management.

We want people to leave a SMARTs session with a stronger sense of their own abilities, so we encourage participants to get involved in the session rather than being 'educated.' With this approach, we see people feeling more confident in managing their diabetes.

Building self-efficacy

Ideally, people will carry this expanded self-belief from the program and into their daily life. Our programs strengthen self belief by working on four key areas:

Skills mastery involves having the opportunity to practise a task and experience success, often by breaking it down into smaller, achievable steps.

Role modelling comes from seeing people who are similar to you successfully complete a task. By keeping groups fairly small, we ensure there's a diverse mix of experiences and backgrounds, while not letting the group get so big that people aren't able to get involved.

Verbal persuasion, or encouragement, happens naturally in a small supportive group. This might come from getting positive feedback from others and having any unhelpful beliefs challenged, which can build your confidence to try new tasks and manage setbacks.

Finally, our **emotional and physical reactions** can either support or hinder diabetes self-management. Feelings such as stress, anxiety, frustration or confusion may act as barriers to looking after yourself. In our workshops, we actively encourage you to explore your feelings to help you recognise the impact your emotions might have on managing your diabetes.

Bringing the group together

As facilitators, we always work to create an environment in which participants feel supported, capable and confident. We do this by checking in, going at the right pace and encouraging people to share knowledge with each other.

We encourage you to identify what matters most to you so you leave with a practical action that you feel confident to try out, as well as thinking about any barriers that might get in the way of achieving it.

Our SMARTs programs go beyond sharing information about diabetes. By combining information with strategies that build self-efficacy, they help you move beyond knowing what to do to actually feeling capable of doing it.

What are the SMARTs programs?

These free programs complement individual diabetes education and are provided in local community centres. You can bring a support person if you like.

✧ **FootSMART** helps you care for your feet and reduce your risk of diabetes-related foot problems. Learn what to check, how to build a simple foot care routine, how to choose footwear and when to ask for help. *For people living with type 1 or type 2 diabetes.*

✧ **CarbSMART** will help you understand carbohydrates and how they affect blood glucose levels. Learn how to choose quality carbs, manage portions and enjoy food in a way that works for you. *Best for people living with type 2 or gestational diabetes.*

✧ **ShopSMART** will help you make more confident choices at the supermarket. Learn how to read food labels, compare products and choose foods that support your diabetes and overall health. *For people living with all types of diabetes.*

✧ **MedSMART** helps you feel more confident with type 2 diabetes medications. Learn how diabetes medicines work, how to take them safely, what side effects to look out for and how to talk with your health care team about any concerns you may be having. *For people living with type 2 diabetes.*

Visit diabeteswa.com.au/programs-and-education or call our free Helpline on 1300 001 880 to find out more.

Living alone with type 2 diabetes - how I make it work

Journalist ARA JANSEN shares some inspiring and practical tips on learning to manage type 2 diabetes, from building her support network to celebrating the small wins along the way.



As someone who lives alone, the work around having type 2 diabetes falls squarely on my shoulders. I'm in charge and all the choices are mine. This can be a double-edged sword. I can either keep eating the way I used to or do right by myself and my changing body.

After being diagnosed with type 2 diabetes late in 2025, I was forced to overhaul my life in short order. My answer to that was to create an eating plan that isn't complicated and uses the half green veg, quarter carbs and quarter protein plate method.

The local library is a great source of information, with books on diabetes and so many cookbooks. While they have been inspirational and given me good ideas, the truth is I'm not interested in following a recipe. Instead, I prefer to look at aspirational photos and pinch elements for my own meals – a salsa for chicken, a dressing that will go over vegetables, a sauce that will work on low-GI pasta or a cut of meat I've not tried before.

Colour in my meals is important – it makes food so much more visually appealing. I make sure each plate is packed with different veg, nuts, seeds and dressings. I'm particularly partial to tomatoes.

I find my life way less stressful if I make enough for two dinners at a time – tonight and leftovers. Maybe even a third for the freezer.

I have never been much of a cook. I've never been interested. Over the years I've fed myself well enough, but I cooked a handful of the same high-carb meals, ate out and bought pre-prepared meals. None of them included nearly enough vegetables. I also ate and drank way too much sugar.

My ongoing challenge is to make sure I have enough variety in my meals to continue to eat the way that's best for me. Because I'm responsible for all my own meals, I also ensure I have a couple of very low-effort meals either in the freezer or easy-to-make ideas for those nights when I just can't be bothered.

More cooking sticks me with more dishes. It's annoying, but I try and see it as quiet Zen time and part of being

organised. Dancing while cooking (safely of course) and doing dishes adds to my daily micro movement. I'm partial to the Best of Prince to help me dance my way through. Take all the small wins!

I have a strong team of professionals around me. They have been invaluable in answering the big and the small questions.

My friends have been awesome and cheer me on as I share my triumphs with them – and maybe drive them a little mad with all my food photos. Both have been hugely important to my success so far. When needed, I ask for help and advice. I also write in my journal when I'm frustrated, in pain or can't sort something.

One of the most helpful tools I created is my kitchen diary. It's an A4 day-to-a-page diary where I log everything. Food, finger pricks, blood pressure, gym sessions, medications or the additions of supplements. Rather than being slavish about it, I try and use it as data for longer term trends, though I don't always win.

The toughest part of living alone with diabetes is that no one is in the room with you to help calm the anxiety or when the blood glucose or blood pressure numbers wobble. No one is there for the quiet moments or to help calm my crazy monkey mind. How in the world did I get here and how much catastrophising will I do? Yes, I can message or call someone, ask someone to come over. But, there are times when the only person available is me and that's when I discover those reserves of courage.

Keeping on top of good health is vital and it's sometimes bloody hard because it's all up to me. I don't always feel like it, but I work hard to make sure my helpful habits are in place and support me during those times.

Somewhere beneath the worry and worst-case scenarios, I find the strength to steady myself and keep moving forward, one moment and one simple meal at a time. Plus, I remember to celebrate the wins – big and small – and dance a little.

Find out about our LISTEN program

If you're an adult and would like support with the emotional side of managing diabetes, LISTEN, a free Telehealth program, may help you.

If you would like to ask any questions about the program, you can call the Diabetes WA Helpline on 1300 001 880 or email us at LISTEN@diabeteswa.com.au.

Kids, screens & diabetes technology

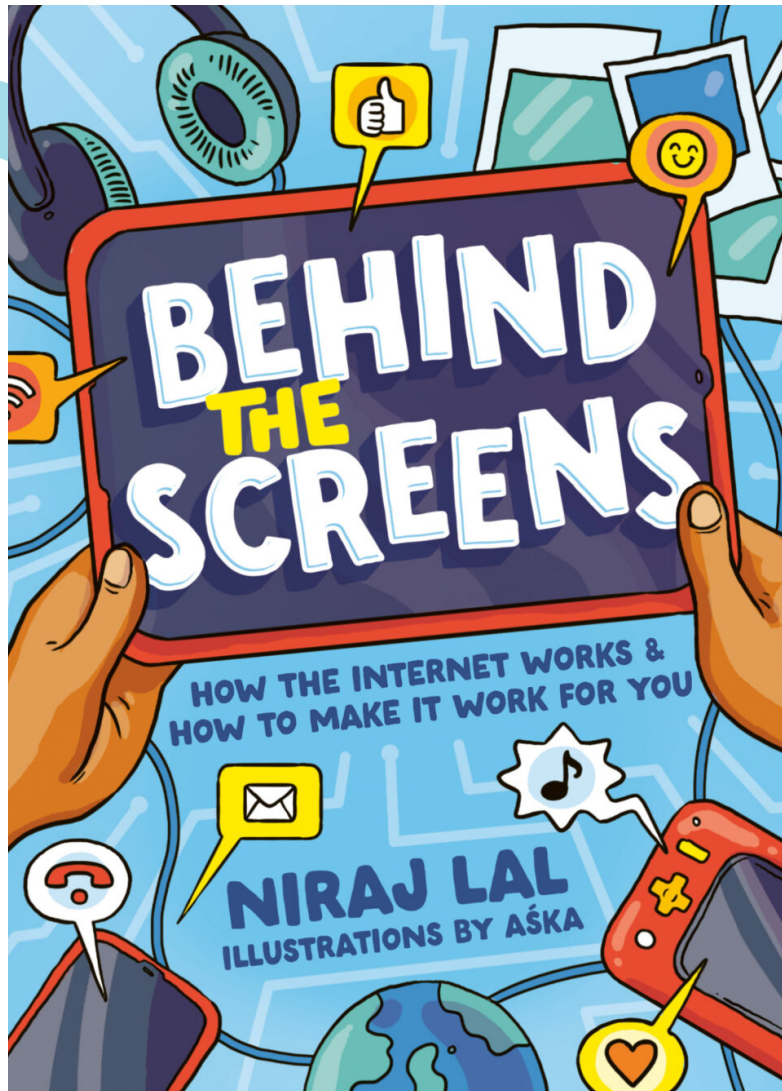
How do we keep kids physically active when the online world is so compelling? And what about children with type 1 diabetes, who may depend on their devices for medical reasons? A new children's book from scientist Niraj Lal offers some insights, writes ZOE DELEUIL.

Any parent who grew up in the pre-digital era has probably found themselves telling their child to put down their tablet and go draw a picture. Right before picking up their own smartphone to check a message and then getting diverted by cooking reels.

We're all increasingly aware of how much time we spend online, and how skilful Big Tech is at keeping us staring at our small glowing screens.

There's no doubt that technology has many positives – connectivity and community being two. The linking of smartphones with diabetes technology has been a game changer, and in a state as vast as Western Australia, both Telehealth and our Diabetes WA Connect service depend on a reliable internet connection.

All this being said, learning to manage screentime is



now a necessary skill for healthy children and teens. One reason for this is that when kids are gaming or scrolling, they are physically inactive, and sitting down for long periods is not good for anyone. Long-term health risks include type 2 diabetes, heart disease, depression and anxiety, and that's before we talk about the constant advertising for ultra-processed food that kids are bombarded with while online, along with other potentially harmful messages and communities.

Finding the balance

To get kids thinking about how screens can be one healthy part of a full life, scientist Dr Niraj Lal and comic artist Aśka have collaborated on a new graphic book – *Behind the Screens – how the internet works and how to make it work for you*, that can help both adults

and children navigate the online world with greater confidence and awareness.

Dr Lal suggests that rather than being frustrated with kids for being so attached to their devices, we focus on giving them tools to manage technology.

His approach is not anti-internet because, let's face it, there's no going back. But his book aims to give kids the information they need about social media use, staying safe online and finding the right balance between scrolling and being active – all around the time they get their first smartphone.

What about kids who need their phones to manage health conditions?

For children and teenagers living with a medical condition such as type 1 diabetes, digital monitoring technology can be incredibly empowering, helping them stay active and mobile while still receiving the information and alerts that keep them healthy, in ways that work best for them.

Dr Lal suggests not sweating over metrics, such as hours of screen time, because this doesn't take into account the time someone with diabetes might spend monitoring their blood glucose, for example. Their first priority, he says, is to be as safe and healthy as possible. He suggests that, as adults, we start by gaining a better understanding our own use of devices, so that we can support our kids to do the same.

'Observe your own engagement with tech – what you need to do, what you don't need to do, what you find yourself doing with tech and when. This can be tricky with smartphones because they do so many things. Often, we pick them up for one thing – like checking the time – and then find ourselves mindlessly scrolling or checking our feeds.'

Perth teenager Karina, who lives with type 1 diabetes, says that she has learned to manage her phone in her own way. 'I think it depends on the environment you've grown up in and how much access to technology you've been given. I use my phone when I need to, and my parents don't limit my time.'

She believes that, like many teenagers, she has learned to find the right balance in her own way. 'I will look at my phone for social reasons and then check my blood glucose levels while I'm there. I also have alarms on my phone, and I know they will alert me if I need them to. I do rely on my phone for that, but I can manage it.'

Her mother, Julie agrees. 'It's up to parents to model their use of technology appropriately, by not having phones at the dinner table and so on. We allow Karina to keep her phone in her room overnight, and we have to trust her. That's the only thing that's changed. With children with type 1 diabetes you need to build that trust and respect around diabetes management, and technology is now part of that.'

Behind the Screens, Niraj Lal and Aska, UQP (2026)

Dr Lal's tips for managing tech with a medical condition

- Keep your blood glucose monitoring information on your home screen or lock screen, so you can quickly see what you need to without getting distracted.
- See if you can set up alerts in a way that works best for you – your diabetes educator can help with this.
- 'Brick' apps, Apple Screen Time and Google Family link can all help with managing phone use.
- If your CGM and other diabetes tech aren't giving you the flexibility you want, let the providers know. They have a vested interest in making them work for you.
- If it's hard on your own, have a chat to people with similar experiences, or talk to your health team.

Do you have a question about diabetes technology?

Call the Diabetes WA Helpline on 1300 001 880 to speak to one of our friendly diabetes educators, or come along to one of our regular Type 1 Tech Nights, where you can learn about the latest devices. Visit diabeteswa.com.au to learn more.



How does stress affect my blood glucose levels?

We get a lot of calls about blood glucose levels on the Diabetes WA Helpline. Read on to learn more about the impact of stress and some strategies that can help.

Stress is a feeling that we experience when faced with a challenging situation. This can be physical, like an injury or illness. Or it can be mental, such as problems in our personal life or a fear of something.

When we are stressed, our body responds with the fight or flight mechanism. This is our body's way of preparing us either to fight the stressor or run away from it. During this response, the body releases stress hormones such as cortisol, glucagon and adrenalin.

These hormones increase our heart rate, blood pressure and breathing so that our body can pump blood to our muscles faster, providing them with more oxygen.

Stress hormones also stimulate the liver to release stored glucose. Additionally, they make our body less sensitive to insulin or, in other words, they increase insulin resistance. As a result, our blood glucose levels rise to give enough energy for the body to fight or flee.

This response made perfect sense for our ancestors, when most stress was physical. If an animal was chasing

them, they had to either run for their lives or fight back. However, in modern life most stress is mental, which can't be managed by fighting or running away.

The fight or flight response happens to everyone, but it does not cause significant problems with blood glucose levels for people without diabetes. In people with diabetes, the pancreas may not produce enough insulin to move this extra glucose to the cells effectively. This can lead to high blood glucose levels. So what can we do about it?

Managing stress

The first step in managing our stress levels is to identify the stressor, which is the event that leads to the stress. Managing diabetes itself can be stressful for many people, and there may be other stressors that are not related to diabetes. Sometimes, identifying the stressors can be more challenging than managing them.

Two key ways of dealing with stress are:

1. Change the situation when you can.
2. Change your response.

Here is an example.

Stressor: Managing diabetes medications, planning meals and following healthy eating guidelines, and achieving recommended physical activity goals.

Change the situation

Possible approaches include:

- Use medication aids like a Webster pack or app to organise medication.
- Speak with your healthcare team to simplify your medication regimen.
- Work with a dietitian to develop a realistic meal plan.
- Work with an exercise physiologist to create a safe and practical exercise plan.

Change your response.

Some suggestions include:

- Stay calm where you can and take diabetes management one step at a time.
- Focus on small and gradual dietary change.
- Start slowly and build up on your activities.
- Seeking support from your health care team if you are feeling overwhelmed.
- Believe in yourself and avoid negative self-talk such as "I can't manage my diabetes."

Some practical tips to reduce stress

- Exercise regularly.
- Make time for activities that you enjoy, such as gardening or knitting.
- Try to learn new activities.
- Talk about your worries with people who listen and support you.
- Get quality sleep.
- Practice relaxation techniques such as yoga, meditation and deep breathing.
- Seek help from a health professional when needed.

Do you need some support with managing stress?

Our free Telehealth LISTEN program is here to support you with the emotional side of managing diabetes. If you would like to find out more about this program, call the Diabetes WA Helpline on 1300 001 880 or email us at listen@diabeteswa.com.au



September to
December 2026

WORKSHOPS
+ EVENTS

Just been diagnosed? About to start a new medication? Need to get on track? Then come along to a free diabetes workshop. NDSS registration may be required for some programs.

SMARTs

Are you looking for a short, friendly group workshop that helps build your confidence to manage your diabetes in your own way? Diabetes WA can help. Our SMART programs cover helpful topics like medicines, foot care, reading food labels and understanding carbohydrates. The sessions are hands-on and interactive with fun activities and discussions so you can learn and share ideas with other people who also have diabetes.

SHOPSMART	
For people living with all types of diabetes.	
DATES	LOCATION
Tuesday 1 September	Heathridge
Wednesday 9 September	Belmont
Tuesday 15 September	Noranda
Friday 18 September	Mandurah
Wednesday 30 September	Boya
Wednesday 7 October	Mindarie
Wednesday 14 October	Leederville
Wednesday 20 October	Thornlie
Monday 9 November	Cockburn
Wednesday 18 November	Brookdale
Wednesday 25 November	Floreat
Monday 30 November	Baldivis
REGIONAL	
Tuesday 13 October	Bunbury

To book a program, call the Diabetes WA Helpline on 1300 001 880 or email info@diabeteswa.com.au

CARBSMART	
For people with type 2 or gestational diabetes, may be suitable for some people with type 1 diabetes.	
DATES	LOCATION
Tuesday 1 September	Heathridge
Wednesday 9 September	Belmont
Tuesday 15 September	Noranda
Friday 18 September	Mandurah
Wednesday 30 September	Boya
Wednesday 7 October	Mindarie
Wednesday 14 October	Leederville
Wednesday 20 October	Thornlie
Monday 9 November	Cockburn
Wednesday 18 November	Brookdale
Wednesday 25 November	Floreat
Monday 30 November	Baldivis
REGIONAL	
Tuesday 13 October	Bunbury
Wednesday 2 December	Northam
FOOTSMART	
For people living with type 1 or type 2 diabetes.	
DATES	LOCATION
Monday 12 October	Treeby
Tuesday 3 November	Burns Beach
Wednesday 9 December	Mandurah
MEDSMART	
For people living with type 2 diabetes.	
DATES	LOCATION
Monday 12 October	Treeby
Tuesday 3 November	Burns Beach
Wednesday 9 December	Mandurah

Living Well

For people living with type 2 diabetes. This free event will showcase the latest information on diabetes with a focus on living well with diabetes, delivered to you by experts in the field.

DATES	LOCATION
Tuesday 1 September	West Perth
Thursday 24 September	Mirrabooka
Monday 26 October	Ravenswood
Wednesday 4 November	North Beach
Thursday 12 November	Kwinana
Thursday 26 November	Butler

REGIONAL	
Monday 7 September	Busselton
Wednesday 23 September	Kalgoorlie
Wednesday 2 December	Northam

Beat It!

For people living with type 1 or 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.

DATES	LOCATION
Monday 21 September	O'Connor

Type 1 Tech Night

Thinking about upgrading your diabetes tech or just curious about what's out there? Once again, we're bringing together leading tech companies, credentialled diabetes educators and community members living with type 1 diabetes. You'll have the opportunity to ask questions and see the latest tech.

Type 1 Tech Night	
DATES	LOCATION
Monday 12 October	Ardross

Can't make any of these dates or locations? Diabetes WA also offers online programs and education. Scan the QR code to find a program that suits you

DESMOND

For people living with type 2 diabetes. The DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) program provides you with a welcoming and non-judgemental space where you can plan how you would like to manage your diabetes.

DATES	LOCATION
Tuesday 8 September	Dayton
Wednesday 16 September	Heathridge
Monday 21 September	Melville
Monday 5 October	Thornlie
Friday 9 October	Armadale
Tuesday 13 October	Belmont
Saturday 17 October	Mandurah
Wednesday 28 October	Leederville
Tuesday 3 November	Melville
Thursday 5 November	Padbury
Monday 9 November	Heathridge
Monday 23 November	Kwinana
Friday 27 November	Midland
Friday 4 December	Noranda
Tuesday 8 December	Burns Beach

REGIONAL	
Tuesday 8 September	Busselton
Wednesday 23 September	Northam
Wednesday 23 September	Geraldton
Thursday 24 September	Kalgoorlie
Wednesday 21 October	Geraldton
Tuesday 27 October	Bunbury
Wednesday 18 November	Northam

Do you want to learn more about diabetes, health and wellbeing?

Diabetes WA regularly attends health and wellbeing events and expos, as well as partnering with others to hold public community info sessions. Registration may be required. Contact community@diabeteswa.com.au for more information.

Community Info Session	
REGIONAL	
Tuesday 22 September	Kalgoorlie

Community Expo	
DATES	LOCATION
Tuesday 8 September	Cooloongup
Tuesday 22 September	Koongamia
Friday 23 September	Belmont



“ You can allow yourself to have more experiences with the right support ”

Would you like to try a Pod Experience Kit?

Visit omnipod.com to request a Pod Experience Kit. This is a non-functioning and needle free Demo Pod that allows you to experience what it's like to use a Pod before you commit. It can be worn almost anywhere you would give yourself an insulin injection for up to three days. It will not deliver insulin and it does not include a physical controller.

Geologist LEIGH SLOMP tells us about managing his type 1 diabetes and the challenge of climbing Mount Kilimanjaro.

I've never been an extreme adventurer, although I've done the Avon Descent five times. A friend was climbing Mount Kilimanjaro and asked if I was interested and I said yes, knowing it would give me the internal motivation to improve my type 1 diabetes management.

My diabetes educator and I talked a lot about preparation and what situations I might encounter, which was invaluable. I also got in touch with Insulet, the manufacturer of my insulin pump, about how I'd handle the journey. And I started going to the gym, focussing more on fitness than weights.

We were a group of eight friends and acquaintances, all similar ages. My biggest worry was keeping the controller charged. I had to change pods in a tiny tent every day, trying not to freeze. I also packed injectable insulin in a cooler bag, just in case. I use a Dexcom CGM and needed to power both a phone and a pod controller, so I had a couple of battery packs, including a solar-powered one I hung off my pack.

I went through what I was carrying with everyone and told them, 'Here are the things to do if I get a bit weird.'

Most days we were trekking for four to six hours at a fairly slow pace, but to reach the summit for sunrise we took off at 11pm and trekked all night through snow and ice. That was the night that I gave myself too much insulin and started to become hypoglycaemic.

My lolly snakes weren't doing anything and then, noticing I was flagging, one of the guys called over a guide. Out of nowhere, the guide whipped out a packet of glucose powder, opened it up, grabbed me by the chin and poured it down my throat. He pushed my jaw closed to make sure I swallowed it and then he went again. It was effective.

We rested for a few minutes and then he pulled out a bottle of full-strength Coke and made me drink it. Having not seen a shop for seven days, with the guides carrying everything, including all our water and tea, that was pretty surreal.

The guide stayed with me until my blood glucose came up and we kept going. It was an amazing feeling to get to the summit, knowing I'd done it with diabetes. While I probably won't do it again, I grew up in the Perth Hills and love walking, so I hope to do some longer walking trails in the future.

I was diagnosed with type 1 diabetes at 22. I'd just graduated from uni and was working as a geologist in the Pilbara. It came on suddenly, and I spent a week in

Newman Hospital. I sometimes contemplated starting on an insulin pump, but I was playing footy and didn't want to be attached to something, so persisted with insulin injections.

A couple of years ago my wife was talking to a colleague who used an insulin pump. She came home and said, 'Look, Leigh, you've got to get on board with this.'

After learning about how far the technology had come and where it was going, I went on the Omnipod Dash.

I like the wireless factor and not feeling like I'm connected to a tube. I wear the pod on my arm to build awareness. I was at a coffee shop and a lady asked about it as her granddaughter had just been diagnosed. I spent the next ten minutes chatting with her.

For me, combining the insulin pump with Mounjaro has worked well. My last HbA1Cs were under 7, which I've never had in 25 years of type 1 diabetes.

But the reality is that diabetes is a chronic disease. I do think that we're going to see the health gap narrowing with technology, but I want to have experiences before it gets too late.

Something that sits there with diabetes is this waxing and waning with your mental health. I suffer from depression, but I didn't realise it until I went to seek help, which was five or ten years later than I should have. With most things in life, you have highs and lows, but with type 1 diabetes it never goes away, you always have to manage it, and you never get a break. It does wear you down over time. We have to take care of ourselves. That's as big a challenge as managing our blood glucose.

The more this diabetes technology is available to everyone who needs it the better. I'm lucky in having a well-paid job and not being reliant on subsidies as my pump is fully covered by private health insurance.

For me, finding specialised diabetes care has been life changing. A lot of people working in diabetes care have lived experience, so they know what it's like. For so long I thought I was doing OK with my type 1 diabetes management. But it's not until you go to a diabetes educator that you realise there are other options. I can't talk enough about finding a support team. You can allow yourself to do more things and have more experiences with the right support.



How gardens and green spaces can reduce the risk of type 2 diabetes

A new study reveals that people with private gardens or parks and community gardens nearby have a lower chance of developing type 2 diabetes, writes ZOE DELEUIL.

With the longer days of spring now here, it's a great time to get outside for some gardening or a walk to your local park. If you need a little encouragement, a recent study from the University of Queensland highlights the importance of 'green time' for diabetes management.

Led by Dr Chinonso Odebeatu, the research found that having a private garden or a choice of parks within walking distance can reduce our risk of developing type 2 diabetes. For those living with diabetes, spending time in nature can improve mental wellbeing.

This study suggests that new residential developments that incorporate parklands, community gardens and private gardens don't just look good, they can also have a significant impact on people's risk of developing diabetes by encouraging people to get outside and be active.

While the study was based on UK data, Dr Odebeatu says that, with most of the world's population now living in urban areas, the research can be applied anywhere.

'Diabetes is currently increasing at alarming rates globally. We know that diet plays a part, but we wanted to find

“ Diabetes is currently increasing at alarming rates globally. We know that diet plays a part, but we wanted to find out what happens when you have an environment that encourages you to get outside. My interest was in seeing if there were things we could do from an environmental perspective to reduce the risk of type 2 diabetes. ”

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The link between 'green infrastructure' and community health is well known, but does the kind of green space make a difference?

"We know that parks and gardens matter, but we haven't looked as closely at the role of private gardens. And what we found was that that if you have a private garden, it gives you opportunities for regular physical activity that you don't get living in a high-rise apartment. You need to maintain it, maybe you're growing some veggies out there. Plus, there are other things that being outside gives you, such as vitamin D, movement and social interaction, that indirectly benefit your overall health.'

Not everyone can afford or wants to maintain a private garden, which is why public parks and green spaces are so valued in cities. The reduced risk of type 2 diabetes was greater in people who had a choice of parks within walking distance.

This may be because we all have different ways of using a park, whether that's a playground, a dog park, a running track, open spaces or shade. When we get to know a park well, it's easier for it to become part of our routine.

'The bigger the park, the more likely you are to use it,' says Dr Odebeatu. "And having a choice of parks is also important. The more choice you have, the more likely you are to have one that suits you.'

While physical activity is important in both preventing and managing diabetes, it's not just exercise, but the experience that can have a significant impact on our mental health. When we move our bodies, our thoughts tend to shift, too.

"Imagine going to a public park, listening to birds, spending some quiet time there," he says. "If you are highly stressed from work or family, this is an environment that gives you relief and allows you to think about how to move forward," says Dr Odebeatu.

Given that the health benefits of a private garden

stemmed in part from people actively gardening, the study is a strong argument for including more community gardens in urban areas, to allow people to grow food and benefit from social interaction.

"We keep advocating for this because we know that health is not about one person, it's about communities. Everyone has a role to play when it comes to supporting people to live more healthily and sustainably. There are so many benefits to green spaces, to the point now that health professionals are starting to prescribe structured time in green spaces in addition to conventional medicines' says Dr Odebeatu"

Engaging with nature has widespread health benefits and Diabetes WA welcomes research into the link between urban planning and public health, especially with the number of people living with diabetes worldwide expected to double by 2050.





Making medication easier

If you're on multiple medications, you'll know it can be easy to lose track of them all. A new app, designed here in Western Australia, hopes to change that, writes ZOE DELEUIL.

Do your diabetes medications sometimes feel overwhelming? From getting to the GP for blood tests and a new stack of prescriptions to staying on top of repeats, not to mention actually taking them on time, it can all get a bit much.

And many of us have visited the pharmacist only to discover that our prescription has expired – a situation that is not only frustrating but can be dangerous. This isn't necessarily a memory problem. It's simply that managing medications is not always

straightforward, particularly when you or a loved one are managing more than one health conditions.

While you can set reminders on your phone, a dedicated app is another option that can do everything in one place.

Father and son team Professor Yogesan and son Rishi, a third-year medical student at Curtin University, noticed how complicated prescriptions could be after seeing family members trying to keep track of them all and, if forgotten, end up in the emergency department. This was where the idea for MediRemind Scripts was born.

“ I made the app to help my mum and grandma manage their medications,” says Rishi, “They were using it and it was working well, so we decided to release it this year. ”

Teaching himself coding skills with some free online courses, 22-year-old Rishi designed the app with the help of his father, who is a professor at the School of Medicine and Chair of Digital Health and Telemedicine at Notre Dame University.

Together, they launched MediRemind Scripts, which you can download to your phone for a small monthly fee, along with a website with lots of useful, Australia-specific information.

Since they launched in June, it's proven extremely popular.

‘We saw that there was a need for an app from looking at family members managing their diabetic and epilepsy medication,’ says Rishi. “

They soon discovered that the challenges they were seeing up close were shared by many other people, perhaps due in part to scripts now being spread across digital and paper formats.

‘There is a lot more demand than we had realised. We saw this immediately, and the app has already been downloaded more than 1300 times.’

While free medication apps aren't new, there are questions for some people around where these apps store personal information, and if it's being shared or sold on.

With MediRemind Scripts, all your information is stored securely on your device, and no data is shared with other parties unless you send it to your pharmacist or allow a carer to access it.

And with its creators based right here in Western Australia, it's easy to contact them to give feedback.

‘We can't see your medications, and there's nothing to sell,’ adds Professor Yogesan. ‘Because we're a father-and-son team based in Perth, people using the app email us directly and we answer. That's not something an overseas app can offer.’

“People have given us genuinely good advice about how we can improve the app, which is really cool,” says Rishi.

How it works

You download the app to your phone. After this, you can import eScripts and photograph paper prescriptions, as well as record dosages, expiry dates and other information.

You can then show your pharmacist the QR code or it can send your script directly to your pharmacist.

Family profiles let you manage medications for children, a partner or a parent alongside your own, with each profile kept separate and private.

The MediRemind website has free calculators for PBS costs and the Medicare Safety Net, and the app warns you before your medication runs out or your script expires.

It can be set up to give you daily reminders to take your medication. It also handles weekly injections – the app reminds you on your injection day and keeps track of which dose you're on.

It can even remind you to pick up your medicine when you are walking past your pharmacy.

To download, search for “MediRemind” on the App Store or Google Play, or visit www.mediremind.com.

Do you need some support with your diabetes medication?

Speak with your doctor, pharmacist or diabetes educator, or call our free Helpline on 1300 001 880 to speak with one of our diabetes educators.

We also have resources on our website to help you understand your diabetes medication better – visit diabeteswa.com.au/easy-meds

Reformer Pilates: more than just a fitness trend

Whether you're looking to build strength, recover from an injury, improve your posture or simply move better, Reformer Pilates offers something for almost everyone, writes exercise physiologist GEORGINA KEOGH-FISHER.

Have you noticed a Reformer Pilates studio popping up near you? You're not alone. This popular form of exercise has taken the fitness world by storm, and for good reason.

What is Reformer Pilates?

Reformer Pilates is a form of resistance exercise that you do on a specialised machine called a reformer. The machine features a sliding carriage attached to adjustable springs, pulleys and ropes that create resistance as you move through a variety of controlled exercises.

Unlike traditional weight training, the resistance comes from the springs rather than heavy weights. This makes Reformer Pilates a low-load form of exercise – gentle on the joints while still providing an effective workout.

Why is it so popular?

One of the biggest advantages of Reformer Pilates is that it's suitable for people of all fitness levels. Because the exercises are low impact and the resistance can be adjusted, it's commonly used in rehabilitation programs for people who are recovering from injury or managing persistent pain.

It's also an excellent option for beginners who want to improve their strength and confidence before progressing to heavier resistance training.

What does Reformer Pilates improve?

Because Reformer Pilates typically uses lighter resistance for higher repetitions, it primarily develops your muscular endurance, which is your muscle's ability to keep working without becoming fatigued.

This helps make everyday activities, such as climbing stairs, carrying groceries, gardening or playing with children and grandchildren, easier. It also improves your muscles' ability to use oxygen efficiently, helping delay fatigue during physical activity.

Reformer Pilates also improves your balance, posture and coordination. It places a strong emphasis on controlled movement, trunk stability and body

awareness, which improves neuromuscular control, the communication between your brain, nerves and muscles, giving you greater efficiency and stability in your movements.

This is valuable for everyone, but particularly for older adults looking to maintain their independence and reduce their risk of falls.

You might not think of Pilates as cardiovascular exercise, but a faster-paced class that keeps your heart rate elevated can also improve your cardiovascular fitness.

What does the research say?

Research continues to demonstrate that Reformer Pilates offers a wide range of health benefits. Studies have shown improvements in body fat percentage and muscle mass in overweight and obese women, improved trunk and back muscle endurance and improved strength in middle-aged and older women, along with improved flexibility and reduced symptoms of anxiety and depression.

For people living with chronic low back or neck pain, Reformer Pilates has been shown to increase participation in physical activity, improve confidence in managing persistent pain, reduce fear of movement and decrease fatigue. These benefits can help people return to activities they enjoy while feeling more confident in their movement.

Can Reformer Pilates improve bone health?

The evidence is currently mixed. There isn't enough high-quality evidence to conclude that Reformer Pilates alone significantly improves bone mineral density or reduces falls.

To stimulate bone growth, bones require sufficient mechanical loading through higher resistance or impact activities. Because Reformer Pilates generally uses lower loads, it may not provide enough stimulus on its own.

However, research suggests that combining Reformer Pilates with other forms of exercise, including resistance training, weight-bearing aerobic exercise, balance

training and trunk stability exercises, can improve bone health and help reduce fracture risk.

What about diabetes and heart health?

Emerging research indicates promising benefits for metabolic health, with studies showing that Reformer Pilates may improve glucose uptake after exercise, improve HbA1c levels, reduce total cholesterol, lower triglycerides and reduce LDL or 'bad' cholesterol. These benefits make Reformer Pilates a valuable addition to an overall healthy lifestyle, particularly for people living with or at risk of chronic health conditions including diabetes.

Does Reformer Pilates meet the physical activity guidelines?

For beginners, people returning to exercise, or those managing pain or injury, reformer pilates can serve as an excellent strengthening activity.

Australian physical activity guidelines recommend that adults aim for at least 30 minutes of moderate to vigorous physical activity on most days and two or more strength-training sessions each week. It's also recommended to aim for balance, coordination and mobility activities on three or more days each week and several hours of light physical activity throughout the week.

However, for most healthy adults, Reformer Pilates alone does not meet the recommendations for strength training.

Traditional strength training uses heavier loads with fewer repetitions to maximise muscle strength and build muscle mass. While Reformer Pilates develops muscular endurance and movement quality, combining it with resistance training provides the greatest overall health benefits.

Think of them as the perfect team: Reformer Pilates builds stability, control, flexibility and endurance, while strength training develops muscle strength, bone health and power.

How do I get started?

If you're new to exercise, living with pain, managing diabetes or unsure which type of exercise is right for you, speaking with a qualified health professional is a great first step to building an exercise program.

An accredited exercise physiologist can design an exercise program tailored to your goals, medical conditions and fitness level while ensuring you exercise safely, particularly if you're managing blood glucose levels or diabetes-related complications.

Looking for expert guidance?

Here at Diabetes WA, accredited exercise physiologist and diabetes educator, Georgie, is trained in both mat and Reformer Pilates. Whether you're recovering from injury, managing a chronic condition or simply looking to move better and feel stronger, Georgie can help you find the right exercise program for your needs. Contact our clinic on 1300 001 880 to book an appointment.





Healthy shakshuka (pan-baked eggs)

Prep 15 minutes **Cook** 25 minutes **Serves** 6 (as a light breakfast)

Ingredients

Olive or canola oil spray
1 medium onion, peeled and chopped
2 garlic cloves, peeled and chopped
200g mushrooms, sliced
1 medium red capsicum, seeded and diced
440g can salt-reduced baked beans
800g can no-added; salt diced tomatoes
1 tsp ground cumin
1/2 tsp smoked paprika
Pepper
125g baby spinach leaves, chopped
1/2 punnet cherry tomatoes, halved
6 eggs
1/2 cup fresh Italian parsley, finely chopped, to serve

Method

- 1** **Spray** a barbecue, pan or griddle with oil, pre-heat to medium-high.
- 2** **Add** onion and cook for 3 minutes until softened.
- 3** **Add** garlic, mushrooms and capsicum and cook for 5 minutes.
- 4** **Mix** through baked beans, canned tomatoes, cumin, paprika and pepper.
- 5** **Increase** heat and to bring to the boil, then simmer for 5 minutes until slightly thickened.
- 6** **Add** spinach leaves and gently mix until they start to wilt; sprinkle over cherry tomatoes.
- 7** **Using** a spoon, create 6 little wells, then crack an egg into each well. Cover pan with lid and cook until whites are firm and yolks are just set, about 5 minutes.
- 8** **Remove** from heat, sprinkle with parsley and serve immediately.



Nutritional info

PER SERVE: 935 kJ (223 Cal), protein 14.2g, total fat 9.8g (sat fat 2.2g), carbs 15.9g, fibre 8.1g, sodium 213.9mg.

Smashed peas and eggs

Prep 15 minutes **Cook** 25 minutes **Serves** 6 (as light breakfast)

Ingredients

1/2 lemon
2 cups frozen peas, defrosted
1/4 cup reduced-fat feta cheese
2 tbsp fresh mint leaves, shredded
1 garlic clove, peeled and chopped
Pepper, to taste
4 slices grainy toast
4 eggs, cooked to your liking
chilli flakes or hot sauce, optional

Method

- 1 For **four** servings, get about 1/2 a teaspoon of zest and 2 teaspoons of juice from the lemon.
- 2 **Smash** together the peas, feta, mint, chopped garlic, lemon and pepper using a fork or food processor. Taste and add more pepper and lemon as needed.
- 3 **Serve** pea smash on toast, topped with a cooked egg and chilli flakes, if desired.



Nutritional info

PER SERVE: 1033 kJ (247 Cal), protein 17.9g, total fat 8.7g (sat fat 2.6g), carbs 19.8g, fibre 8.3g, sodium 389mg.



The Good Egg

We look at the health benefits of eggs and how to enjoy them as part of a balanced diet. By Leon Dougall and Candice Phillips

Eggs are a great way to feel satisfied and fuelled for the day. But there's still some confusion around whether eggs are good or bad for us. It doesn't help that the old myths are still holding strong, especially the one about eggs causing high cholesterol levels.

The good news is that eggs are great for you. The official word on eggs from the Heart Foundation is that for people living with type 2 diabetes, it's fine to enjoy up to seven eggs a week as part of a heart-healthy eating pattern.

This includes plenty of vegetables, fruit and wholegrains, a variety of healthy protein sources (such as fish, seafood, legumes, nuts and seeds), unflavoured dairy, healthy fats and herbs and spices to flavour food instead of salts.

Diabetes WA's dietitians are also in favour of eggs, as they are indeed low in saturated fat and provide a whole host of nutrients including top-quality protein.

What's more, they are affordable, easy to prepare and portable.

Beneath the shell

An egg is a powerhouse of nutrition.

Eggs contain a wide range of important vitamins and minerals including selenium, iodine, vitamin B5, vitamin B2, zinc, vitamin A and Vitamin E. Two eggs provide around 20-25 per cent of the day's requirements for protein, folate, iron and phosphorus.

Eggs are also nutritionally unique as they are one of the few food sources that contain vitamin D, an essential vitamin needed for a wide range of bodily functions, including bone health and disease prevention.

Many of these nutrients are commonly low in the diets of older Australians. Eggs, therefore, are highly valuable and nutritious inclusions to your diet.

But what about cholesterol?

Historically, there have been some misled concerns that the consumption of eggs can lead to high blood cholesterol levels, and in turn, heart disease. In actual fact, it is quite the opposite.

It has been proven that eggs have little effect on cholesterol levels for most healthy people. That's because although eggs contain cholesterol, it is now known that cholesterol from

food has a minimal effect on blood cholesterol levels.

Actually, high blood cholesterol levels arise when you eat too much saturated fat. Eggs are very low in saturated fat and mostly contain heart-healthy, unsaturated fats - including a good amount of omega 3 - which we need to include in a balanced diet.

Did you know?

Eggs have the highest nutritional quality protein of all food sources.

The protein in eggs has the highest biological value (this is a measure of how well the body absorbs protein from food) of any food, including chicken and beef.

So, feel free to enjoy eggs as part of a healthy diet.

Have a question about food and diabetes? Call us on 1300 001 880.

What's in an egg?

One large egg (50g) contains:

- 257 kJ (61 calories)
- 6.1g protein
- 4.2 g fat, 1.1 g saturated fat
- 0.3 g carbohydrate
- 0.5 g fibre
- 56 mg sodium

Roasted tomato soup with broccoli pesto

Gluten-free
option and
lower carb

Prep 20 minutes **Cook** 30 minutes **Serves** 4 (as a main)

Ingredients

1kg vine-ripened tomatoes, quartered
3 garlic cloves, unpeeled
3 thyme sprigs
1 brown onion, chopped
2 tbsp extra-virgin olive oil
750ml (3 cups) salt-reduced chicken stock or gluten-free stock

1 tbsp pine nuts, toasted

Baby or small basil leaves, to serve

Chopped tomato, extra, to serve (optional)

Broccoli pesto

100g broccoli, chopped
1 garlic clove, crushed
1½ tbsp pine nuts, toasted
1½ tbsp finely grated parmesan
1½ tbsp coarsely chopped basil leaves
2 tbsp olive oil



Nutritional info

PER SERVE: 1330 kJ (318Cal), protein 6g, total fat 26g (sat fat 4g), carbs 11g, fibre 6g, sodium 554mg • Carb exchanges ½ • GI estimate low

Method

- 1 Preheat oven** to 220°C. Line a baking dish with non-stick baking paper.
- 2 Place** the tomatoes, garlic, thyme and onion in the lined dish. Season with freshly ground black pepper. Drizzle with the oil and toss to coat the tomatoes. Roast for 30 minutes or until the tomatoes are very soft and coloured around the edges.
- 3 Make** the broccoli pesto. Add the broccoli to a small saucepan of boiling water. Simmer for 2 minutes. Drain and refresh in cold water. Drain well. Put the broccoli, garlic, pine nuts, parmesan and basil in a small food processor. Process until finely chopped. With the motor running, add the oil in a thin stream. Process until well combined. Season with freshly ground black pepper.
- 4 Transfer** the roasted tomato mixture to a medium saucepan. Squeeze the garlic out of the skins and add the garlic flesh to the tomato mixture. Remove the thyme stalks from the tomatoes and discard. Add the stock to pan and bring to the boil over high heat. Remove the pan from the heat. Set aside for 10 minutes to cool slightly.
- 5 Blend or process** the soup in a blender or food processor until smooth. Return the soup to the pan and cook, stirring, over low heat for 2–3 minutes or until hot. Season with freshly ground black pepper.
- 6 Ladle** the soup into serving bowls. Top with the broccoli pesto, pine nuts, basil and extra fresh tomato, if you like.



Cook's tip

You can pack the soup and pesto into separate airtight containers. Label, date and freeze for up to 3 months. Defrost and reheat to serve.



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

Gluten-free
option and
lower carb

Peanut butter pork skewers with crunchy zingy slaw

Prep 20 minutes **Cook** 15 minutes **Serves** 4 (as a main)

Ingredients

2 tbsp no added salt or sugar peanut butter
1 tbsp salt-reduced soy sauce or gluten-free soy sauce
1 tbsp honey
1 tsp sesame oil
Juice 2 limes, plus 1 extra lime, cut into wedges, to serve
400g pork fillet, trimmed of sinew and fat, thinly sliced
½ cup coriander leaves, to serve

Slaw

150g frozen edamame beans
300g red cabbage
1 carrot
1 tbsp extra-virgin olive oil
1 tsp honey



Nutritional info

PER SERVE: 1330 kJ (318Cal), protein 6g, total fat 26g (sat fat 4g), carbs 11g, fibre 6g, sodium 554mg • Carb exchanges ½ • GI estimate low

Method

- Whisk** the peanut butter, soy, honey, sesame oil and half the lime juice together in a bowl. Add a splash of cold water to loosen, if needed. Put the pork in the bowl and mix well until fully coated.
- Thread** the pork onto four metal skewers. Preheat grill to high.
- Make the slaw.** Boil the edamame in a small saucepan of boiling water for 3-4 minutes. Drain and run under cold water. Set aside.
- Shred** or finely slice the cabbage and tip into a large bowl. Use a julienne peeler to shred the carrot (or grate on a box grater) and add to the cabbage with the edamame, remaining lime juice, olive oil and honey. Season with freshly ground black pepper. Toss until well combined.
- Cook** the skewers under the hot grill for 4-5 minutes each side until cooked through and caramelised at the edges. Serve the skewers with the slaw, a scattering of coriander and a squeeze of lime.



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



Better
Times
AUSTRALIAN
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Learning together on Country

Team members SARAH KICKETT and SHERIDAN SIMPSON on the Back to Country Camp near Leonora.

In August, two of our team members joined the Nyunnga Ku Aboriginal Corporation camp in Leinster. This annual camp is the work of sisters and Tjiwarl Elders Colleen Berry and Vicky Abdullah.

Being away for a few nights with the community, from children to community Elders and health professionals, is a chance to celebrate culture, talk to colleagues from other services around the state and learn together through storytelling and learning activities.

Here, Sarah and Sheridan report back.

Tuesday

We flew to Bellevue, where the local bus driver picked us up and took us to the mine site, where we stayed in a donga for the night.

Wednesday

We got to camp and set up our tent. Joining us this year were around fifty people, including families from as far away as Kalgoorlie, other health professionals and, of course, Colleen and Vicky, who established the camp. We settled in and chatted to colleagues from the Telethon Kids' Institute about their research.

After morning tea, our first activity with the kids was learning about good bacteria with the Kids Research Institute Phages team, Liz, Amy and Dr Anthony.

The kids learned about hand hygiene and good and bad bacteria with the help of blue lights that showed them how hand sanitiser and washing can kill off the germs that make us sick.

We also foraged for herbs and turned them into bush medicine. The kids in particular, who had travelled from as far as Kalgoorlie, were very engaged in these hands-on learning activities. In the evening we cooked steaks and yarned by the fire, then got an early night.

Thursday

We started the day with hot showers which was great as we thought we'd be going without for three days.

We then hiked to Lake Miranda, which is known the Traditional Owners as Katawili. It's a site of cultural significance to the local Tjiwarl people, and we heard stories about its meaning. After this we visited a local cemetery and saw plaques for those lost their lives in mining accidents, mainly in the early 1900s.

Here we also saw a memorial to a family member from Colleen and Vicky's mob, who was a member of the Stolen Generation and removed from her family. Her remains were DNA-tested and traced back to her family, who were able to bring her home, which meant a lot to them.

In the evening we gathered firewood, cooked some roo tail and roasted marshmallows on the fire, which the kids loved.

Friday

On Friday we went hunting for the Karlkurla silky pears that give Kalgoorlie its name. They are a climbing vine and taste like little figs. We did some climbing and exploration and it was beautiful being out on Country and seeing the deep colours of the red dirt, the green of the palms and the vastness of the land. We also visited a special site, Palm Springs, which is a natural water spring. In the evening we had another barbecue, yarned and sang songs around the campfire.

Saturday

We packed up in the rain and then Sheridan and I drove to Kalgoorlie, where we hung out and saw the local sites, soaking up the history of the town.



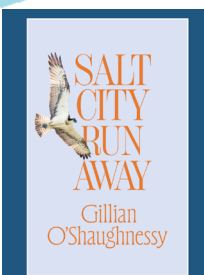
This year, the highlights of camp were definitely connecting and networking with the organisers and talking to people and learning more about the work they are doing across Western Australia, and what brought them to camp this year.

It's a good way to get to know people and share stories and ideas in a more relaxed environment, while also celebrating culture and stories. The Country there is beautiful and we are grateful to the organisers for the opportunity to spend time there together.



Summer reading guide

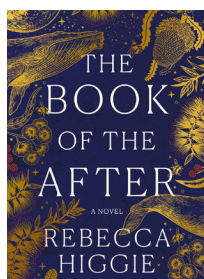
Heading to the beach or looking for a Christmas gift for the bookworm in your life? Here are some new Australian books to add to your pile.



Salt City Runaway

Gillian O'Shaughnessy (Night Parrot Press)

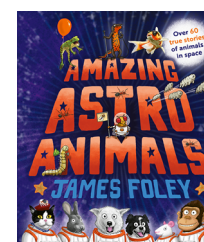
Former ABC journalist and broadcaster Gillian O'Shaughnessy brings her innate storytelling skill to flash fiction (stories of less than 1000 words) in *Salt City Runaway*. Letting her imagination roam from her beloved Fremantle to the Goldfields, the Southwest and beyond, she creates tiny fictions that are sometimes uncanny, often moving and always dazzling.



The Book of the After

Rebecca Higgie (Fremantle Press)

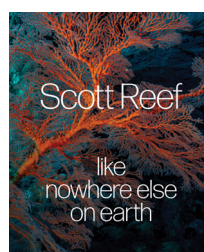
In her second novel, Perth author Rebecca Higgie imagines Australia in 2049, when the children striking for climate today have become our leaders. Crossing centuries and continents, time and space, *The Book of the After* is both an imaginative leap into the future and a beautiful love story, told with the same intelligence and artistry that fuelled Higgie's unforgettable debut, *A History of Mischief*.



Amazing Astro Animals

James Foley (Fremantle Press)

Fremantle children's author James Foley's first foray into non-fiction is here. As the title suggests, it honours the amazing animals that were sent into space long before humans left Planet Earth. Told with Foley's characteristic humour and featuring his wonderful illustrations and comics, this is an absolute treasure of a book for the space-obsessed animal lover on your Christmas list.



Scott Reef: Like Nowhere Else on Earth (Upswell Publishing)

Located almost 300 kilometres off the coast of north-west WA, Scott Reef is one of the last remains of an ancient reef that once spanned the entire coastline. This book, from Perth small publisher Upswell, features the work of Kimberley photographer Wendy Mitchell, who travelled to the reef on a rare expedition with Greenpeace. Accompanied by essays and poets from some of Australia's best-known voices, including Peter Garrett and Tim Winton, alongside scientists, artists and environmentalists, it's an invitation to learn more about this precious place.



Rewilding Suburbia – bring nature to your home, no matter how small your space

Mel Logozzo (Affirm Press)

Looking for inspiration to tackle your garden this spring? You might just find it in this practical guide from Perth gardener Mel Logozzo. A big believer in embracing plants that are adapted to our unique West Australian climate, she encourages us to see verges and patches of neglected land as opportunities, not eyesores. Whether you want to encourage more wildlife into your garden, create a play space for kids or grow some food, this guide is exactly the encouragement you need to get outside.



Common Places

Gillian Hagenus (University of Queensland Press)

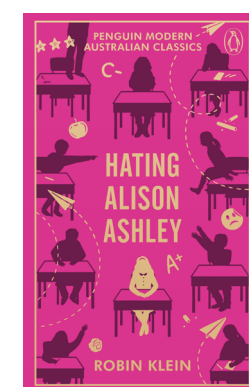
The coiled garden hose on the cover of *Common Places* is instantly recognisable if you grew up in Australian suburbia, but the stories within all work to make the familiar strange. If you like your fiction inventive and darkly funny, you'll be absorbed by these beautifully crafted short stories.



I Eat the Stars

Sarah Wilson (Penguin)

A truly original and sometimes divisive thinker, Sarah Wilson has a curious and roving intelligence that is reflected in her prolific writing career, where she's covered everything from quitting sugar to living with extreme anxiety to the joy of hiking. In *I Eat the Stars* she explores how to live fully in a world where nothing seems certain without succumbing to despair or anger.



Hating Alison Ashley

Robin Klein (Penguin)

This year Penguin released some of its best-loved Australian classics in colourful clothbound hardcovers. A standout is the hot-pink version of *Hating Alison Ashley*, Robin Klein's hilarious and endearing study of disgruntled schoolgirl, Erica Yurken, and her glamorous new classmate Alison, who fills Erica with an overwhelming mix of jealousy and longing. A brilliant study of friendship, class and girlhood.



In My Backyard I See

Jingalu (Magabala Books)

From Magabala Books up in the Kimberley comes this vibrant children's counting book for early readers by Bagawa woman Jingalu. Set on Country, it encourages numeracy while celebrating the unique animals and flowers found in the Australian bush, including the magpie as seen on its cover.



Celebrating the short story

This Australian Short Story Festival is held in Western Australia every two years, and this November it's at Notre Dame University in Fremantle on 27-29 November. Listen to authors talk about their work, buy some books for Christmas and celebrate the small wonders of short fiction. Visit australianshortstoryfestival.com for details and tickets.

Notice of Annual General Meeting

Notice is given that an Annual General Meeting of the members of Diabetes WA Ltd (Diabetes WA) will be held at Level 3, 322 Hay Street, Subiaco WA, 6008, on Thursday, 19 November 2026 at 5.30pm (AWST).

Agenda

1. Attendance & Apologies

2. Confirmation of Previous General Meeting Minutes

3. Financial Statements & Director’s Reports

To receive and consider the financial report, the directors’ report and the auditors’ report for the financial year ended 30 June 2026.

4. Re-election of Directors

- To consider and if thought fit, pass the following ordinary resolutions as separate ordinary resolutions:
- a. to re-elect Avril Fahey as a director of Diabetes WA
 - b. to re-elect Neil Cooke as a director of Diabetes WA
 - c. to elect Daniel Hunt as a director of Diabetes WA

5. Other Business

To register your attendance, call 1300 001 880, or email AGM@diabeteswa.com.au by 16 November 2026.

By order of the Board:



Nicola Clerk
Company Secretary
11 September 2026

Details Regarding Member Resolutions

Each of the directors standing for re-election will retire at the Annual General Meeting and stands for re-election in accordance with Diabetes WA’s constitution. These notes have been prepared to provide members with sufficient information to assess the merits of the resolutions contained in the accompanying notice of Annual General Meeting of Diabetes WA Ltd.

Avril Fahey

Avril Fahey joined the Diabetes WA Board in 2021. She is an experienced aged, community and hospital sector leader, originally trained as an Occupational Therapist.

Avril has held senior roles at Silver Chain and St John of God Midland Hospital, with a long-standing focus on older and vulnerable client populations. She also holds governance roles with sporting, rural health and university advisory bodies.

Avril represented Australia in women’s cricket, including the 1997 World Cup campaign, and remains involved in high-performance sport as a Cricket Australia National Selector. Avril also brings lived experience of type 1 diabetes to the Board.

The Board (other than Avril Fahey) recommends members vote in favour of the resolution to elect Avril Fahey. Avril Fahey does not make a recommendation due to her personal interest in this resolution.

Neil Cooke

Neil Cooke joined the Diabetes WA Board in 2024 and became Chair of Corporate Governance Committee in 2025.

Neil is a CPA and GAICD with extensive financial, commercial, governance, compliance, strategy and transformation experience. He holds governance roles with Venues West and Perth Surf Park.

He is currently CFO of Capricorn Society Ltd and previously held senior financial commercial roles with RACWA, Unisys and the mining sector.

The Board (other than Neil Cooke) recommends members vote in favour of the resolution to elect Neil Cooke. Neil Cooke does not make a recommendation due to his personal interest in this resolution.

Daniel Hunt

Daniel Hunt is a Jaru and Indjibarndi Vocational Registered General Practitioner with extensive experience in Aboriginal Community Controlled Health Organisations, including senior clinical and executive roles.

Dr Hunt is passionate about healthcare for priority populations and clinical governance. He is Deputy Chair of WA’s Blood Borne Viruses and Sexually Transmitted Infection Advisory Committee and an RACGP GP training supervisor.

His awards include WA GP in Training of the Year, 2024 Indigenous Doctor of the Year, 2025 AMA (WA) Advocate of the Year and 2025 NAIDOC Person of the Year.

The Board (other than Daniel Hunt) recommends members vote in favour of the resolution to elect Daniel Hunt. Daniel Hunt does not make a recommendation due to his personal interest in this resolution.

Proxy Form Instructions

Appoint a proxy

Indicate who you wish to appoint as your proxy. A proxy need not be a member of Diabetes WA.

If you wish to appoint the Chairperson, mark the box. If you wish to appoint another person as your proxy, write their full name. If you don’t write the name of a proxy, or your named proxy does not attend the meeting, the Chairperson will be your proxy.

If a person attends a meeting both as a member and as a proxy for another member, that person will only be counted once on a show of hands.

Voting directions

Mark only one of the boxes opposite each item of business to direct your proxy how to vote. If no directions are given, the proxy may vote as the proxy thinks fit or may abstain from voting. If you mark more than one box on an item your vote on that item of business will not be valid. If you mark the Abstain box for a particular Item, you are directing your proxy not to vote on your behalf on a show of hands or on a poll and your votes will not be counted in determining the required majority on a poll.

Signing instructions

To be valid this proxy form must be signed by the member. If signed by the member’s attorney, the Power of Attorney must have been previously provided to Diabetes WA or a certified copy attached to this form.

Lodgement of Proxy Form

This Proxy Form must be received by Diabetes WA at least 48 hours prior to the start of the meeting, or by 5.30pm (WST) on 17th November 2026.

Proxy Forms (and any Power of Attorney under which they are signed) may be lodged:

- By email AGM@diabeteswa.com.au
- By mail Attention: Company Secretary
Diabetes WA Ltd
PO Box 1699
Subiaco WA 6904

Proxy Form – Annual General Meeting

Appoint a proxy

Name of member: _____

Diabetes WA Member Number: _____

I, being a member of Diabetes WA Ltd (“Diabetes WA”) entitled to attend and vote at the general meeting to be held at Level 3, 322 Hay Street, Subiaco WA, 6008, on 19th November 2026 at 5.30 pm (AWST) (“Meeting”) appoint:

☐ the Chairperson of the Meeting
(Please mark the box to appoint the Chairperson as your proxy)

OR if you are NOT appointing the Chairperson as your proxy, please write the name of the person you are appointing here;

OR failing this person, or if no person is named, the Chairperson of the Meeting as my proxy to vote and act for me at the Meeting and any other day to which that Meeting is adjourned or postponed. Where I have appointed the Chairperson as my proxy, the Chairperson intends to vote undirected proxies in favour of each resolution.

Your voting directions

Tick **one** box only for each resolution.

Member Resolution	Against	Abstain	For
4a To re-elect Avril Fahey as a director of Diabetes WA			
4b To re-elect Neil Cooke as a director of Diabetes WA			
4c To elect Daniel Hunt as a director of Diabetes WA			

Signature of member: _____



The world's smallest sensor^{*}

For ALL Australians with type 1 diabetes, via the NDSS subsidy



- ✓ Glucose readings every minute
- ✓ Extended 15-day wear time
- ✓ Libre CGMs meet anzCGM standards,[^] providing accurate¹, reliable readings you can trust

Available as a standalone CGM:
(For use without an AID system)

From
1 October 2026

OR

Pair with automated insulin delivery (AID) systems:

myLoop
powered by CamAPS | FX

AVAILABLE NOW

omnipod 5
automated insulin delivery system

COMING SOON!

ALWAYS FOLLOW THE DIRECTIONS FOR USE. READ THE WARNINGS BEFORE PURCHASE.
Find out more at [FreeStyleLibre.com.au](https://www.FreeStyleLibre.com.au)

This product is indicated for measuring interstitial fluid glucose levels in people (aged 2+) with diabetes. Finger pricks are required if your glucose readings and alarms do not match symptoms or expectations.

^{*}Compared to other on-market CGMs. As of Jun 2026. [^]Current on-market Libre brand sensors in Australia and New Zealand. As of Jun 2026. anzCGM evidence for on-market Libre sensors: www.freestylelibre.com.au/anzcgm-libre-evidence. Accessed 20 Jul 2026. ¹. Alva S. et al. J Diabetes Sci Technol. 2025;0(0). doi:10.1177/19322968251329364

The CamAPS FX App is used to manage glucose levels in people with type 1 diabetes (including type 1 diabetes pregnancy), aged 1 year and older, using a hybrid closed-loop approach. Approved for people with type 1 diabetes aged two years and over when used in combination with FreeStyle Libre 3 Plus. The Omnipod 5 Automated Insulin Delivery System is indicated for use by individuals with Type 1 diabetes mellitus in persons 2 years of age and older. Libre, FreeStyle, the butterfly logo, the sensor shape and appearance, the colour yellow, and related marks and/or designs are the intellectual property of the Abbott group of companies in various territories. Other marks are the property of their respective owners. Information contained herein is for distribution outside of the USA only. Abbott Australasia Pty. Ltd., Abbott Diabetes Care, 666 Doncaster Road, Doncaster, Victoria 3108, Australia. ABN 95 000 180 389. ADC-2695652 V1.0

