

Diabetes Youth New Zealand and Diabetes Youth Nelson invite you to attend the

Diabetes Youth New Zealand 2009 Conference and AGM

August 21st to 23rd, 2009

Rutherford Hotel

Nelson



Conference Programme

FRIDAY 21ST AUGUST

7 pm Diabetes Youth NZ AGM

SATURDAY 22ND AUGUST

Visit Nelson's famous Market from 8am

9.45am Opening Ceremony

10.00am **Xenotransplantation progress**
Professor Bob Elliot, Living Cell Technologies

10.45am **The Role of Psychology in the management of diabetes**
Dr Kirsty Ross, Clinical Psychologist, Massey University

11.30am **Diabetes and Travel**
Jane Ayling, RN, Primary Health Care Contractor

12.15pm Question time

12.30pm Lunch and time to look around Diabetes Industry Group displays

1.30pm **Stop Diabetes and Trial Net research – can Type 1 diabetes be prevented?**
Dr Jinny Willis, Lipid and Diabetes Research, Christchurch

2.15pm **Latest technology and treatments**
Dr Craig Jefferies, Paediatric Endocrinologist, Starship Hospital,

3.00pm Afternoon Tea / DIG Displays

3.30pm **Transition to High School**
Grace Harris, Nurse Specialist, Starship Hospital, Auckland

4.15pm **Disordered Eating**
Maria Berrett, Coordinator of Massey Health Conditions Psychological Services

6.15pm Pre-dinner drinks

7pm Conference Family Dinner

Maitai Room, Rutherford Hotel

Speaker: Doug Burns, Mr Universe 2006 - 2007

Pumping Weights and Insulin

Conference Programme

SUNDAY 23RD AUGUST

9.00am **Diabetes in the family**
Elissa Renouf (*kindly sponsored by Medica Pacifica*)

9.45am **Diabetes in the Wop Wops**
Dr Carol Atmore, Greymouth General Practitioner

10.30am Morning Tea / Diabetes Industry Group displays

11.00am **Riding on Insulin**
Sean Busby, Champion Snowboarder

11.45am **The Challenges of Reaching for the Stars with Type 1 Diabetes:**
Panel discussion and interactive session

12.45pm **Close of Conference**

1.00pm Lunch and Farewells

Note:

Dress Code

This is a very informal conference so dress is tidy/casual.

Questions

We encourage questions and discussion from the floor.

Catering

All morning, afternoon teas, lunch on Saturday and Sunday along with dinner on Saturday night will be provided as part of your registration.

Gluten free options will be specially marked.

Please note any dietary needs on the registration form.

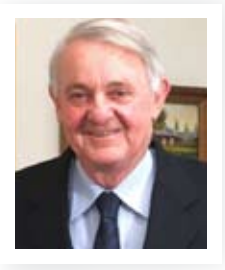
Child care

Child care will be available during conference lectures if pre arranged.

Some of our speakers



DR JINNY WILLIS joined the Christchurch Lipid & Diabetes Research Group in 1992. Her major research interests include the epidemiology and immunogenetic characterisation of type 1 diabetes and identification of individuals at risk for progression to type 1 diabetes. Jinny maintains the incidence register for type 1 diabetes presenting in Canterbury children and adolescents. This is a complete record of all new type 1 diabetes cases under 20 years in Canterbury since 1970. Data has been to the WHO DiaMond study, an international collaboration monitoring global rates of presentation of childhood diabetes. An extension of this work is the determination of these markers to identify first degree relatives at risk for developing type 1 diabetes. This work has resulted in participation in international collaborative studies aimed at and learning more about type 1. Dr Willis operates the New Zealand Data Centre for Type 1 Diabetes TrialNet, and is also a co-ordinator for Intranasal Insulin Study (INITII) which is underway in Christchurch and Auckland.



PROFESSOR ROBERT ELLIOTT MBBS, MD, FRACP trained as a Paediatrician at Adelaide University, and undertook research training in Denver, returning as a Senior Lecturer to Adelaide. He moved to New Zealand in 1970 to become the Foundation Professor, Dept of Paediatrics, University of Auckland, and in 1978 Professor of Child Health. There he discovered a new method of testing newborn children for Cystic Fibrosis that has been adopted internationally, a novel medical method of treating newborn babies with cyanotic heart disease, and some seminal research in the detection of predisposition to diabetes I, and averting its onset.

Prof Elliott is an Emeritus Professor of Child Health Research, is on the Board of the New Zealand Child Health Foundation (NZ) and the Wings Trust (a NZ trust for the treatment of alcohol and drug abuse) and is also patron of the NZ Cystic Fibrosis Foundation. In 1999 he was awarded a CNZM (a Companion of the New Zealand Order of Merit) for services to the community.

Prof Elliott co-founded Living Cell Technologies Ltd; a company listed on the Australian stock exchange that aimed at treating disease by live porcine cell transplantation. He is currently the Medical Director of LCT.

Professor Elliott has a publication list of more than 200 scientific reports, mainly and cystic fibrosis, and latterly xenotransplantation. He is also the inventor of 11 patents.

Speakers continued...



DR CRAIG JEFFERIES is a Paediatric Endocrinologist and Director of Diabetes at the Starship Children’s Health, Auckland. He has trained in Diabetes and Endocrinology at Starship, and at the Hospital for Sick Kids, Toronto, Canada. His interests are in the management of diabetes and are the PI for the Trialnet and INIT2 studies, He is an Honorary Lecturer at the Liggins institute, as well a being in part-time private practice.



DOUG BURNS is an internationally respected fitness consultant who holds numerous titles including Mr California, Mr US and Mr Universe. Doug has had Type 1 diabetes since he was 7 years old and advocates actively on behalf of all people who face obstacles such as diabetes. He serves on the board of directors for several non-profits and juvenile outreaches and has appeared as a keynote speaker in senate hearings, health conferences and assisted at several children’s camps. He is also a published author.



*Elissa and Steve
Renouf*

ELISSA RENOUF

Australian Rugby League identity Steve Renouf and wife Elissa founded Diabete-ezy to help 3 of their sons and Steve manage living with Type 1 diabetes.

“Because we are a family living daily with diabetes, we have developed practical products to help us and also you conveniently manage Type 1 and Type 2 diabetes.”

More about their story can be found here: www.diabete-ezy.com



SEAN BUSBY travels to the world’s most remote environments to find the deepest turns in order to educate and inspire others.

He is a professional snowboarder with type 1 diabetes. ‘Riding on Insulin’ brings kids with diabetes and adults up to the mountains to learn about managing blood sugars with altitude, humidity, climate, and winter sports.

www.seanbusby.com

What's to see and do in Nelson

Nelson is a region renowned for plenty of sunshine, blue seas, sandy beaches, vineyards and orchards. It is also a unique haven for art and culture. Our conference venue is the stunning Rutherford Hotel which is situated in the heart of the city. Time your arrival for Friday so that you can take in some of what this breathtaking city has to offer then join us for the Diabetes Youth NZ Annual General Meeting at 7pm on Friday night.

Places of interest if you're taking some extra time in Nelson include:

- World of Wearable Art and Collectable Cars
- Höglund Art Glass International Glass Centre and a short drive from the City,
- Happy Valley Adventures
- Enriching day spa

And of course, any number of wine trails.



The Rutherford Hotel, Nelson

Our Conference

On Saturday morning, we have a later start to allow visitors to experience the famous Nelson Saturday Market, just 2 minutes walk from the Hotel. Prowl the lanes between the hundreds of stalls stocked with Nelson's best: fresh veges, breads, fruit, cheeses, woodwork, gourmet foods, designer wear, crafts all in one place...but please come back in time for our opening ceremony at 9.45 am!!

Our very broad theme of this conference is – **Yesterday, Today and Tomorrow and the 3 big questions. Can we prevent Type 1 diabetes, how do we best treat it now and will there be a cure?**

We especially welcome attendance by adults with Type 1 diabetes who have been there, done that. You are the inspiration that our young people (and their parents) need.

DIABETES YOUTH NEW ZEALAND,

through the roles of advocacy, support, fundraising and provision of educational resources, is committed to promoting the principals of good health, well being and welfare of young people with diabetes and their families/whanau.

Advocacy: Recent projects have included submissions to PHARMAC for medication and meter supply and subsidies, involvement with the Ministry of Education establishing school health guidelines and with the Ministry of Health on Type 1 Paediatric Diabetes Service Specifications.

Resources include the parent's manual and School Flip Chart. These manuals are now included in all newly diagnosed packs that are distributed throughout the country but are also available to purchase at a very reasonable cost. Camping Guidelines have been recently revised, thanks to a lot of hard work by Karen Reed.

Supporting regional groups to further support their member families and to also support diabetes medical professionals and specialists.

DIABETES YOUTH NELSON is a group who have been going for 13 years, although we have only just become an incorporated Diabetes Youth Society. We started off by organising the local family camp and the activities for that weekend. Since then, we have put together starter kits for newly diagnosed children and families. This includes a Barnaby bee, cook books, information and a subscription for the first year to Diabetes Nelson plus other things through the diabetes specialist. We continue each year to do the camp and this year we had 51 people for the weekend plus more for the Saturday.

This years activities included bouncy castle, sumo suits and gladiator style bouncy castle. Plus lots of swimming, water slides and a top town type games. We have fun days out as well including paintballing; BBQ's, swimming days and rock climbing. For the parents, we do a night with a guest speaker and also discuss day to day issues. We are a great group of parents who want to do more for our kids and make life as easy as possible. We work closely with our local diabetes specialist and dietician; without them, our decisions would be that much harder

Enjoy your stay in Nelson

Matt Roberts

President of Diabetes Youth Nelson Inc