

inside *idi*

INTERNATIONAL
DIABETES
INSTITUTE 

An exciting new era begins...

Director's report Professor Paul Zimmet

Dear friends,

I am delighted to advise that the merger between the International Diabetes Institute and the Baker Heart Research Institute was officially signed off on 3 December 2007. This marks the beginning of a new and exciting era toward the establishment of Australia's first national heart and diabetes institute. From two internationally recognised research institutes, we now have formed one of the world's largest research and clinical organisations devoted to diabetes and cardiovascular diseases.

Through the combined strengths of each of our previously separate institutes, the merged entity will provide preventative strategies, informed by the latest research to ensure that the current epidemic of obesity, diabetes and their devastating cardiovascular complications is dramatically reduced in Australia.

"This merger has been made possible because of the wonderful support of our many donors."

Without the support of the Commonwealth and State



Professor Garry Jennings and Professor Paul Zimmet are looking forward to a dynamic and successful future.

Governments this merger would not have been possible. An additional \$15 million is still required to see the completion of the merger by 2010. A generous donation from the Victor Smorgon Group has seen us well on the way to reaching this target. Victor Smorgon has been an ongoing supporter of our work for many years and we are forever grateful to him for his enormous generosity.

Although we have now formalised our new partnership with the Baker, we should make it clear that IDI will continue to offer patient services in its present location in Caulfield until at least 2010 while our new premises are being constructed in Prahran.

The annual 2007 Beat Diabetes Research Fund Dinner was held in August at Crown. Once again we are indebted to those who attended this occasion at which we raised an outstanding \$100,000 to further our research efforts. I particularly wish to thank our sponsors Peerless Holdings Pty. Ltd, McDonalds Australia, Bib Stillwell BMW, Merck Sharp & Dohme (Australia) Pty. Ltd, Sanofi – Aventis Group, Servier Laboratories (Australia) Pty. Ltd and Australian Unity.

I would also like to thank the Volunteers Op Shop in Caulfield for their generous donation of \$10,000. We will use this money to buy accelerometers for our current sedentary behaviour research.

Continued overleaf...

An exciting new era begins... (continued...)

We were very sad to hear that after 52 years in operation the Volunteers Op Shop had to close their doors, they have made a wonderful contribution to the many charities, hospitals and community groups in the Caulfield area over the years, and have been particularly loyal supporters of the Institute, for this we say a very big thank you.

And of course, I must thank the many, many individual supporters who through their response to our appeals and raffles, or spontaneously, help us so much throughout the year.

“No matter how large or small, every donation to the Institute goes a long way towards improving the lives of the 275 Australian adults who develop diabetes every day. You make such a difference. Thank you all.”

We are making great progress with our research

Phase 1 of our human clinical trials for the first oral type 2 diabetes drug has been very successful. We are now commencing the second phase of clinical development. As co-inventor of the drug it is my fervent hope that one day this more convenient medicine will replace existing medications. Scientific progress to date suggests that my dream will become a reality one day.

The high calibre of our researchers never ceases to amaze me. It is inspiring to see their outstanding professional and personal commitment to our cause. I have great pleasure in congratulating Associate Professor David Dunstan on his 2007 Young Tall Poppy Award. It is fantastic to have his contribution recognised at this very high level.

Our significant research studies have also been recognised as vitally important and were granted new National Heart Foundation and

Diabetes Australia Research Trust funding during October last year.

And now for 2008

The merged entity, Australia's first national heart and diabetes institute is positioned beautifully to have a very exciting year in 2008. With IDI research and that of the Baker we hope to increase our contribution towards the understanding and treatments of diabetes and cardiovascular diseases.

We look forward to taking this new and exciting journey hand in hand with you, our supporters. Your faith, your confidence in us and your financial support make our work possible.

It is a matter of life and health.

Professor Paul Zimmet AO
MD PhD FRACP FTSE, Director

The Institute's very own Young Tall Poppy

On 27 September 2007, Associate Professor David Dunstan was recognised for his contribution to research on the role of physical activity in the prevention and management of type 2 diabetes. David was one of 10 young Victorian researchers to be presented the Young Tall Poppy Science award by Professor Ian Frazer, 2006 Australian of the Year and leader in the development of vaccines to prevent and treat cervical cancer.

The Young Tall Poppy Science awards recognise the achievements of outstanding young researchers in the sciences including physical, biomedical and applied sciences and biotechnology. The award not only acknowledges the recipients' achievements, but also provides them with an opportunity to demonstrate their value as role models



by promoting and encouraging an interest in science within the education sector.

The outstanding dedication and contribution David makes to the field of diabetes research offers

inspiration, vision and leadership to all of the committed researchers at the Institute working tirelessly to improve the lives of those living with diabetes. To these exceptional researchers we say thank you.

Australia's first national heart and diabetes institute



Readers of Inside IDI will be pleased to know that the merger between IDI and the Baker Heart Research Institute is well underway, with the signing late in 2007 of the Cooperation deed between the two organisations and some new members appointed to both institute's boards.

The signing of the Cooperation deed marks a significant step towards the establishment of Australia's first national heart and diabetes institute, which will draw on the expertise of both organisations to combat obesity, diabetes and their devastating cardiovascular complications.

In another development, some members of the Baker board have taken up positions on the board of IDI and vice-versa, further integrating

governance and management of the two institutes. IDI welcomes to its board Baker director Professor Garry Jennings; Baker board president Mr Rob Stewart; and Baker board vice-president Ms Paula Dwyer. From the IDI board, IDI director Professor Paul Zimmet; IDI board president Dr David Thurin and vice-president Mr David Gilmour now hold positions as directors on the Baker board.

Improving the cardiovascular health of all people with diabetes was the initial rationale behind plans to merge two world-renowned institutes and it remains at the forefront of our minds as we proceed with the details of coming together. Together, as Australia's first heart and diabetes research institute, we have an unparalleled opportunity to combat the global epidemic of diabetes and its most serious complication, cardiovascular disease.

This vision has been supported with a \$14 million commitment from the Australian Government, announced in last May's federal budget and \$5 million from the Victorian Government. Baker and IDI are in the process of raising another \$15 million to see plans to fruition by 2010. While some administrative staff from IDI are relocating to the Baker site in Prahran, IDI patients should note that clinical services will not change for at least two years, and we will continue to offer the same suite of services at our Caulfield site until then.

Are you getting a good night sleep?

It is well documented that a good night sleep, together with good nutrition and exercise, is essential in maintaining health and wellbeing. However, many people are not getting quality sleep due to a common condition called Obstructive Sleep Apnea (OSA).

OSA is a condition, where the upper airway undergoes certain changes: it may narrow or vibrate causing snoring, or it may collapse, causing breathing to cease. Most people with OSA are unaware that they have the condition.

OSA is common in people with diabetes, typically making it more difficult to control blood sugar levels. Some studies have now suggested that the treatment of OSA improves blood sugar levels. In a world first, researchers at the International Diabetes Institute are conducting the largest study in the world investigating the outcome of treating OSA on glucose control in people with type 2 diabetes.

Up to 60 percent of patients with diabetes have OSA, and the majority of these people are undiagnosed. The aim of this research is to understand more about the relationship between poor quality sleep and diabetes, and to find out what improvements in blood sugar control can be achieved by treating OSA.

The Institute is currently seeking participants for this clinical trial. To find out more information contact 9258-5050 and ask to speak with Elena Vulikh (Research Coordinator).



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IDI Education – Supporting and encouraging

Finding out you have diabetes can be an overwhelming experience. People often describe feelings of shock, fear, anger or denial when they are first given the news. With the correct guidance and support they can learn how to confidently manage their diabetes to significantly reduce their risk of developing serious complications.

The Institute's diabetes education team of qualified and experienced diabetes nurse educators, dietitians and a counsellor are dedicated to delivering specialised services and support to people with diabetes, their families, the community and health professionals. Because each person and their needs are different, the Institute has tailored its education programs and services to cater for such diversity.

For people wanting one on one, personalised care, the Institute offers individual appointments with a dietitian or diabetes nurse educator. These sessions are tailored to meet the individual's needs and can cover anything and everything from what diabetes is, to nutrition and exercise information. A referral is not required for this service.

Group seminar programs are an ideal way for individuals and their family to learn more about what it means to live with diabetes. The group programs Living with Diabetes (a type 2 diabetes program), INTIMATE (a type 1 diabetes program), and the diabetes prevention program are facilitated by the Institute's diabetes nurse educators and dietitians. The six week Living with Diabetes program is specifically tailored for people with type 2 diabetes or impaired glucose tolerance. This program will provide participants with effective diabetes self-management techniques while empowering and giving them the confidence they need to make informed decisions about their lifestyle.

In an interactive, supportive environment, individuals are encouraged to take part in group activities and feel comfortable to learn from, and share their thoughts, feelings

and experiences with other members of the group. Group seminars are held in the morning and evening to cater for individual requirements.

Feelings of isolation and loneliness are common among people with diabetes, particularly those that have recently been diagnosed. The Institute offers 3 separate professionally facilitated support groups including: motivational support, pregnancy support and insulin pump support. These groups offer participants unique education specific to the group, the opportunity to meet others living with diabetes, and sharing of experiences and support.

Understanding the nutritional management of diabetes can be quite overwhelming; the Institute has tried to make this easier by offering unique

supermarket tours with a dietitian. During the hour and a half tour, participants will learn about choosing healthy foods, reading nutrition labels and understanding nutritional claims.

Often people that have just been diagnosed with diabetes experience a range of emotions, feelings and possibly family issues which they need to work through in addition to adjusting to a new life with diabetes. Similar emotions are also common among those who have been living with diabetes for some time. The Institute's qualified counsellor is available to assist individuals in coping with feelings of fear, anxiety, stress, grief and also family and motivation issues. No referral is necessary for this service.

As one of the leaders in diabetes care, research and education in

Ask A Diabetes Nurse Educator



Brett Fenton

Brett Fenton has been a diabetes nurse educator at the Institute for four and a half years. Brett's role involves providing support and education to patients with diabetes as well as providing training for healthcare professionals. Brett is dedicated to providing his patients with the most up to date information about what's new in diabetes management and how this translates to more effective self-management.



Brett works closely with the clinicians at the Institute to provide the highest quality care for his patients.



Brett provides advice and support on diabetes management techniques tailored to his patients individual needs.

ng people with diabetes and their families

Australia, the Institute takes great pride in offering comprehensive training programs for health professionals. The intensive two day and five day training workshops offer participants the opportunity to further develop their specialised knowledge and skills in diabetes management and treatment, as well as an update on the latest advances in diabetes management. Upon completion of the workshop, participants graduate with the skills required to provide improved quality of care for their patients with diabetes.

For dates and further details on any of the education programs, or to make an appointment please visit our website www.diabetes.com.au or contact reception on (03) 9258 5000 and ask to speak to a member of the education team.



Brett uses the bodylink interactive to demonstrate to groups what happens in the body of a patient with type 1 and type 2 diabetes.

These are some of the most common questions Brett is asked by patients.

Am I at risk of developing diabetes?

Anyone can develop diabetes.

What are the risk factors for developing Type 2 diabetes?

- People over 55 years of age
- People with a family history of diabetes
- People who are overweight
- People with high blood pressure
- People with heart disease
- Women who had pregnancy-related diabetes
- People over 35 years of age who are of Aboriginal Torres Strait Island, Chinese, Indian,
- Maori or Pacific Island heritage.

How do I avoid complications if I have Diabetes?

Not everyone with diabetes will develop complications, and we are not entirely sure why some people develop more complications than others. However, the longer you have diabetes, consistently having elevated blood glucose levels, your genetic make-up, smoking, high cholesterol

and blood pressure are factors that can increase the likelihood of developing complications.

Complications of diabetes are usually preventable. People with diabetes should have regular medical assessment and review for complications. Early detection and treatment can help to prevent or slow down progression, and avoid problems such as lower limb amputation, blindness and kidney failure, which occur in extreme cases.

If blood glucose, cholesterol and blood pressure levels are kept within the normal range, the risk of damage to your body is reduced.

How often should I have a regular HbA1c test?

The HbA1c test measures the average blood glucose over the previous 2 months as a percentage (%). Together with your blood glucose tests, your HbA1c will show if changes to your treatment are required. This test should be ordered by your doctor from a pathology laboratory every 3-6 months.

Why does losing weight help my diabetes?

If you are overweight weight loss helps people with diabetes in two important ways. First, it lowers insulin resistance. This allows your natural insulin (in people with type 2 diabetes) to work more effectively at maintaining stable blood glucose levels. Subsequently people with type 2 diabetes may find they can reduce or in some cases cease diabetic medications. Weight loss can also improve cholesterol and blood pressure levels. Lowering blood cholesterol and blood pressure are two important ways to reduce your cardiovascular risk. (American Diabetes Association)

If I have Type 1 diabetes – can it turn into Type 2?

If you have type 1 diabetes it cannot develop into type 2. Type 1 diabetes is caused by an autoimmune reaction where the pancreas stops producing insulin. Therefore insulin is required immediately. In type 2 diabetes the pancreas produces insulin however the body doesn't respond properly to it.

Supporter's corner

Giving in celebration

Alex Lenko's family wanted his 60th birthday to be memorable and special in many ways, knowing Alex's passion for science and science fiction the family organised a surprise fancy dress party for him and 80 of his closest friends and family at the Planetarium at Scienceworks Museum.

Alex's family also knew it would mean so much to him if one day a cure for diabetes was found and asked guests to donate to the International Diabetes Institute in lieu of birthday gifts. Alex was diagnosed with adult onset diabetes 5 years ago. "The diagnosis changed my life, I cannot eat anything now without thinking about it first, with the support of the clinicians and dietitians at the International Diabetes Institute I was able to lower my blood glucose levels and learn to manage and live a healthy life despite my diabetes".

"My family couldn't have given me a more thoughtful gift than asking guests at my party to donate to the Institute, it is vital that we continue to support research in this area, each milestone of scientific progress increases the quality of life for a patient with diabetes".

A wonderful way of celebrating your next special occasion like a wedding, birthday, engagement or anniversary,



whilst also making a difference to the lives of others is by inviting your guests to make a donation to the International Diabetes Institute in lieu of gifts, just like Alex's family did. It is a gift that continues to give, contributing desperately needed funds to diabetes research and providing hope for more than one million Australians living with diabetes.

For more details on making a donation in lieu of gifts at your next celebration please call our Fundraising office on 1800 827 040.

Have the will to beat diabetes

Imagine a world where the rate of diabetes is decreasing and treatments for those with diabetes are more effective leading to longer, happier, healthier lives for Australians, young and old.

Diabetes touches most families. Over one million Australians have this serious chronic condition, with 275 new cases diagnosed daily. Diabetes remains a leading cause of blindness, heart disease, stroke, kidney failure and amputation. It kills one person every 10 seconds – a total of 3.8 million premature deaths each year. The combination of diabetes and obesity contributes to the largest epidemic the world has faced. It is a battle that we can and must win, with your help we can make a difference.

When one life ends it is always a sad time. With the gift of a bequest, however, the end of one special life can mean the continuation of many others. By leaving a bequest to the International Diabetes Institute, you are helping to create a healthier future.

If you have left a bequest in your will to the International Diabetes Institute, or are planning to in the future, we would love to speak to you. Not only to thank you personally but also to share with you our vision for the future and how important your legacy to diabetes research will be. For further information, please contact our Bequest Office at IDI on (03) 9258 5050.

Christmas comes early for raffle winner

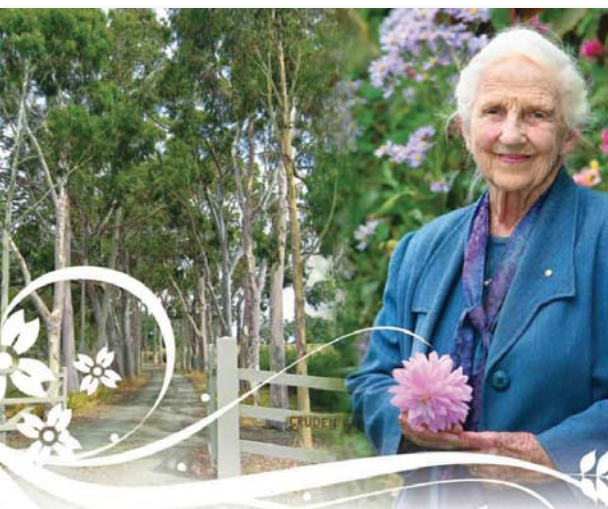
Cherie Peters never dreamed it was possible that she could be the winner of a BMW 120i Sports Tourer. "When I received the call from the Institute telling me I had won the car I thought it was my daughter playing a practical joke, when I realised that I had actually won I couldn't believe it, I have never won anything like this before, it was certainly the best Christmas present ever".

Cherie has been a regular supporter of the Institute's raffle program over the years, but says she was particularly inspired to purchase these tickets after

the recent diagnosis of her partner with type 2 diabetes. "Diabetes never takes a day, or an hour off, it's a 24/7 thing, and I thought by purchasing these tickets I could contribute in some small way toward assisting the Institute in their mission of helping people living with diabetes".

Go into the draw to win a BMW 118i Executive valued at \$50,411.79 in our next Raffle, drawn on Wednesday 16th April 2008. If you would like to purchase tickets please contact our Fundraising Office on 1800 827 040.





Never been to Cruden Farm?

Rare opportunity to step into the garden of Cruden farm

Designed by Edna Walling and nurtured over a lifetime by Dame Elisabeth Murdoch, the Baker Heart Research and International Diabetes Institutes are privileged to invite you to visit Cruden Farm on Sunday, March 2nd, 2008.

When: Sunday, 2nd March 2008
Time: 10.00am until 3.00pm
Where: Cruden Farm, Langwarrin (enter via Cranhaven Road, Melways Ref. 103 F6)

Bring a rug and picnic by the lake – have a sausage sizzle – pick up fresh produce, gourmet treats, sit back and listen to the wonderful Celebrity Garden presenters and soak up the peaceful rural atmosphere.

What's On...

Magnificent Victorian wine, Gourmet Treats, Fresh Produce, Sausage Sizzle, Children's Entertainers, Baby Farmyard Animals, Wes Fleming and his Team (Australia's Gold Medal winning exhibitors at the Chelsea Flower Show) Renowned Landscape Architect John Patrick.
 Great Prizes – raffle drawn at 2pm.

All proceeds will support urgent research into the prevention of cardiovascular disease and diabetes at these premier research facilities.



Beat Diabetes Research Fund dinner raises funds for diabetes research and patient support



David Helfgott amazed guests with his extraordinary performance.

The largest fundraising event of the year for the International Diabetes Institute was held at Crown Palladium last August. More than 300 guests were treated to a spectacular and memorable performance from David Helfgott, the Australian pianist whose life inspired the Oscar winning film Shine.

Thanks to all the supporters who attended this event over \$100,000 was raised for the Institute on the night, these funds will go a long way toward supporting the research initiatives of the

institute. A special thanks to the major sponsors of the event Peerless Holdings Pty Ltd, McDonalds Australia, Bib Stillwell BMW, Merck Sharp & Dohme (Australia) Pty Ltd, Sanofi-Aventis Group, Servier Laboratories (Australia) Pty Ltd, and Australian Unity whose generous support allows the International Diabetes Institute to continue its important research into investigating and understanding the causes and treatments for diabetes.

DIARY DATE: Please note that this year's dinner to celebrate our forthcoming merger with the Baker Heart Institute will be held on Thursday 21 August at Crown Palladium.



Please return this coupon to:

International Diabetes Institute
 Fundraising and Development
 Reply Paid 227 Caulfield South Victoria 3162
 T: (03) 9258 5050 F: (03) 9258 5090

Supporter's corner (continued...)

A generous community donation helps progress IDI's research efforts

The community spirit is certainly still alive and well in Caulfield. After 52 years of operation and over 2 million dollars in community donations, the volunteers op shop in Caulfield regrettably had to close it's doors at the end of 2007.

Coordinator of the volunteers op shop, Geoffrey Patience, was thrilled to donate \$10,000 to the Institute as part of the distribution of the final \$280,000 of funds. This donation will be used to purchase accelerometers used in the Institute's physical activity

research conducted by Associate Professor David Dunstan.

"I have been involved in a number of large community donations made to the Institute over the years, stemming right back to a donation of \$100,000 to the Institute by the Lions Club for it's establishment in 1985. It has given me great pleasure to see the progress this outstanding Institute has made over the years, I feel quite honoured to have been a part of this special journey".



Yes! I want to help the International Diabetes Institute beat diabetes.

All donations of \$2 or more are tax deductible. Please enclose this coupon with your cheque or money order in an envelope and post to: International Diabetes Institute, Fundraising and Development, Reply Paid 227, Caulfield South, Victoria 3162 – or call **1800 827 040** or fax 03 9258 5090.

Title: ☐ Dr ☐ Mr ☐ Mrs ☐ Ms ☐ Miss ☐ Other

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Address:

Suburb: Postcode:

Telephone No: ()




Email address:

Instead of an automatic deduction, I would like to make a single gift of:

☐ \$50 ☐ \$100 ☐ \$150 ☐ Other amount \$

Payment Details

☐ Cheque – Thank you, please make your cheque payable to International Diabetes Institute.

☐ Credit Card ☐  ☐  ☐ 

Card Number /

Expiry

Name on Card

Signature

I authorise the International Diabetes Institute to make automatic deductions from my credit card until further notice to the value of: \$

☐ monthly ☐ quarterly ☐ bi-annually ☐ annually

☐ I'm interested in receiving more information about diabetes and IDI
☐ I'm interested in including IDI in my will.



The world united for diabetes

On December 20 2006, the General Assembly of the United Nations passed a landmark resolution recognising diabetes as a chronic, debilitating and costly disease. The resolution designates World Diabetes Day as a United Nations Day to be observed every year starting in 2007.

14 November 2007 marked the first United Nations recognised World Diabetes Day. To celebrate this momentous occasion, over 100 of the world's iconic landmarks including the Sydney Opera House, London Eye, Empire State Building and Niagara Falls were lit up in blue, the colour of the diabetes symbol. The aim of the 2007 campaign was to raise awareness of the rising prevalence of both type 1 and type 2 diabetes in children and adolescents. IDI supports this very important

initiative by the world's leaders to raise awareness of the largest epidemic the world has faced. Diabetes now affects 246 million people worldwide, and remains a leading cause of blindness, heart disease, stroke, kidney failure and amputation. It kills on person every ten seconds- a total of 3.8 million premature deaths each year.

Acknowledgements

Our sincere appreciation to the following supporters and organisations that assist IDI to undertake diabetes research and to provide quality care and education programs for people with diabetes, their families and the community.

Abbott Australasia Pty Ltd
Alphapharm Pty Ltd
AstraZeneca
Australian Unity Foundation
Bell Charitable Fund
Benson Property Group
Besen Family Foundation
Bib Stillwell BMW
Bristol-Myer Squibb Pharmaceuticals (Australia) Pty Ltd
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Diabetes Support Association
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International Diabetes Institute ABN 16 007 342 412
250 Kooyong Rd Caulfield Victoria 3162 Australia T: (03) 9258 5050 F: (03) 9258 5090 www.diabetes.com.au
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