



Exploring the world is exciting, but it pays to be prepared, especially when you have diabetes. Here's a handy holiday checklist for those of you who love to travel... and for those who will be sorely tempted.

Pre-travel check-up

Avoid any unnecessary glitches at airports around the globe by having a medical check-up a few weeks before you leave. Also, request a doctor's letter detailing the type of diabetes you have; the type of insulin and medications you are taking (generic name, dosage, short-, intermediate- or long-acting insulin); the name of the insulin injection device; and the accessories you need, such as needles, lancets, blood glucose meter and pump. In emergencies, customs officials and medical professionals will thank you for it!

Managing a sick day plan

Overseas travel can sometimes lead to diarrhoea and/or gastroenteritis, and both can cause unstable blood glucose levels (BGLs). You may also need hospital treatment in a foreign hospital. For this reason, you'll need an individualised sick day plan from your doctor or diabetes educator that takes into account, for example, the different time zones you'll

be traversing. Pack a copy of the plan in a comprehensive travel kit along with rapid-acting insulin, insulin syringe and pen, food and fluids for sick days, glucose-containing food gel, Glucagon and ketone-testing strips (for those with type 1 diabetes), a blood glucose meter and strips, and a thermometer.

MedicAlert bracelet

This useful accessory alerts anyone, anywhere, of your condition, which is especially important if you're travelling alone. To back up this visual alert, learn to say, "I have diabetes", in the language of the country you are visiting. That way, in an emergency, everyone knows what they're dealing with.

Cool packs

Sizzling temperatures can leave you too frazzled to think clearly, making it too easy to forget your medication. For such occasions, carry a Frio travel cooling pack to keep insulin cool for up to 45 hours. It's a must-have!

Travel insurance

Travel insurance for those with diabetes may be more expensive, but it's vital. Make sure you fully disclose your condition, and allow enough time to get approval before you set off on your trip.

Online resources

Planning a holiday? These websites give you the information you need to enjoy a fuss-free holiday. Bon voyage!

- www.travellershelp.com.au Travellers Help takes a global look at healthcare and pinpoints what vaccinations are required in different travel destinations
- www.diabetesvic.org.au/living-with-diabetes/travel Diabetes Victoria offers comprehensive travel information for people with diabetes
- www.d1.org.au The Type 1 Diabetes Network is all about living better with type 1 diabetes and includes travel tips that could also apply to people with type 2 diabetes
- www.diabetesaustralia.com.au/en/Living-with-Diabetes/Everyday-Life/Travel-Diabetes Diabetes Australia offers valuable diabetes-focused travel information
- www.diabetes-act.com.au Download useful travel info – click on the Resources link, then Fact sheets and then No 41 Travel and diabetes

The information provided on these websites is not a substitute for your doctor's advice, and may not always comply with Australian regulations. Always discuss any website information with your doctor.

If you'd like to share your experiences with diabetes and your Lantus treatment, we'd love to hear from you. Email us at costars@sanofi.com

Barbecued beef burger and tabouli wraps



Serves 6 (as a light meal)
Preparation time: 10 mins
Cooking time: 5 mins

- 6 x 540g extra lean beef burgers
- 6 metal skewers
- olive oil cooking spray
- 6 (12cm round) reduced-salt, low-fat wraps
- 30g (2 cups) baby rocket leaves
- 125g (1 cup) tabouli
- 2 carrots, coarsely grated
- 140g (1/4 cup) low-fat tzatziki

1. Preheat a barbecue grill or plate to medium.
2. Divide each burger into 3 pieces. Shape each piece into a sausage shape.
3. Thread 3 pieces onto each metal skewer.
4. Spray with cooking spray. Add to the barbecue grill, and then flatten out slightly with a metal spatula.
5. Cook for 2–3 minutes on each side until cooked through. Transfer to a plate and keep warm.
6. Place the wraps on a clean surface. Divide the rocket between the wraps. Spread the tabouli over each. Top with carrot.
7. Push 1 skewer of burger pieces onto each wrap. Spoon 1 tablespoon of tzatziki over each.
8. Fold over the wraps to serve.

Recipe and image courtesy of Diabetic Living – www.diabeticliving.com.au

Diabetes CoSTARS

ISSUE 3



Diabetes hasn't stopped Liliana being active, travelling and having fun!



Liliana with her family on holiday in the United States

Fuss-free living

After having gestational diabetes through all three pregnancies, Liliana Fabiano wasn't surprised when she was diagnosed with type 2 diabetes in June last year. "I was suddenly losing weight and as thirsty as a camel," she recalls. "My GP tested my blood sugar, and it was around 20."

Fast-forward almost 12 months, and Liliana has her diabetes well under control. "Because I'd learned to inject myself during my pregnancies, it was no big deal to begin injecting myself daily," says the upbeat, pragmatic mother and housewife. "Every night, regular as clockwork at around 9pm, I inject myself with slow-release insulin. I monitor my blood sugar levels about once or twice a day, starting first thing in the morning, and I've now got them down to between 3.7 and 6. The highest it's ever been in the past couple of months is 10."*

Liliana admits it's easy for her to keep active, because she's one of those people who can't sit still.

"I don't have a cleaner, so I'm either vacuuming up and down the stairs, hanging up the washing, cleaning the

windows, cutting the hedges, weeding the garden, or whatever. It's constant!" she laughs.

Liliana says her lifestyle hasn't changed dramatically since her diagnosis. "I take my insulin, I watch my blood sugar, I keep active, and I avoid sugar, cakes and biscuits. That's it, pretty much. I've never enjoyed soft drinks, and I don't now. I eat a lot of home-cooked meals; my only weakness, really, is bread. Nowadays, I tend to use only wholemeal Lebanese bread. This satisfies my craving!"

Liliana and her three children went to the United States for a five-week holiday

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late in 2011, and she was surprised how easy it was to manage her diabetes while travelling. "I ordered a diabetic meal on the plane and I won't do that again," she says. "It was like cardboard! Next time I'll have the regular meal for some flavour, and I'll leave the muffins and custard desserts to one side."

Once in America, Liliana discovered hotel staff from New York to Las Vegas and San Francisco were diabetes-savvy. "Hotels ensured I had my own bar fridge to keep my insulin cold," she says. "And, after that, it was business as usual. We had a brilliant holiday!" Liliana's GP, Dr John Tsingos says, "Liliana is living proof that life doesn't stop just because you have diabetes."



*Treatment effects and experiences with diabetes can vary from person to person.

This publication is for people taking Lantus and is not a substitute for medical advice. Reference to any product or service does not imply endorsement by sanofi. Comments attributed to individuals express their own views.

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SANOFI DIABETES

TALK TO US

For help managing your diabetes, simply call 1800 LANTUS (1800 526 887) Mondays to Fridays between 7am and 10pm (AEST) to speak to our nurse consultants who can provide practical support.

Getting smart about food



What does it take to motivate people to lose weight? Samantha Trenoweth offers some clues.

There's a lot of confusing information about diet," says Melissa Armstrong, an Advanced Accredited Practising Dietitian (AdvAPD), Credentialed Diabetes Educator (CDE) and Senior Clinical Dietitian at St Vincent's Hospital Diabetes Centre in Sydney. "That's why it's important for people diagnosed with diabetes to make at least one appointment with a dietitian – preferably one who specialises in diabetes."

Melissa explains that her job is to not only provide nutritional information, but to also refute the fads. A prime example is that she's no fan of the current 'high-protein, no-carb' diet, because she believes it's unsustainable in the long term.

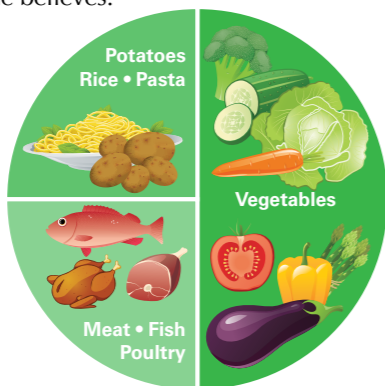
She does point out that scientific studies suggest a high-protein/low-carb diet in people with diabetes can lead to a beneficial effect on glycaemic control.

However, due to possible links between excessive protein intake and kidney problems, this way of eating may not be ideal for everyone with diabetes, because one of the complications of diabetes can be renal failure.

Caroline George, an Accredited Practising Dietitian at the Australian Diabetes Council, recommends that people with diabetes essentially follow the same sensible diet recommended for all Australians. "For people with type 1 diabetes, the focus is largely on adjusting insulin to carbohydrate intake," she says, "while weight management can often be more important for those who have type 2 diabetes."

Less is best

Caroline uses a plate model [see diagram] to illustrate the quantities and proportions of foods that should make up a meal. If people stick to this model, and limit foods and drinks with added sugar, as well as saturated fats, they can't go too far wrong, she believes.



She also advises talking to a dietitian and/or reading up on the glycaemic index (GI) and checking food labels to find healthier choices within different food categories. "It's important to understand that foods with a lower GI, such as wholegrain breads and cereals, deliver energy more slowly than their more processed counterparts and are a healthier option, not just for people with diabetes, but for everyone."

Melissa adds that it's easier to stick to dietary recommendations when we're buying fresh ingredients and cooking them at home. Processed foods add a whole new level of complication. A tomato is, after all, always a tomato, but what on earth is in that pre-prepared pizza in the frozen goods aisle?

Become smart at reading food labels

Label reading, says Melissa, is an essential survival skill for people with diabetes. Her first tip is that ingredients are always listed in order of quantity. "So, if sugar is near the top of the ingredients list, you know there's a lot of it in there and you should think twice before choosing that product. And if you do decide to have it, consume it in small quantities."

Once you've mastered the different food groups and found your way around label reading, says Caroline, it's really a matter of "motivation, determination and support from family and friends." Motivation, she insists, is just as important as having the right nutritional information.

Mother-of-three Lalita Fernandes has learned the hard way. When she was diagnosed with high blood pressure and borderline type 2 diabetes, her doctor read her the riot act.

"My father died in his thirties," Lalita remembers. "Overnight, his blood sugar and blood pressure went up and he had a massive heart attack. With that kind of family history, I knew I had to take my doctor's advice seriously."

Lalita's doctor made changes to her diet and lack of physical activity, as well as prescribing medication. But following doctor's orders wasn't at all easy for Lalita. She was living in Hong Kong and working long hours in a high-stress job as a high school English teacher. She loved the vast array of multicultural food available all around her, and found it hard to cut back on the foods she loved.

Add to that a hip that was causing her pain, and exercise became difficult. Lalita knew she needed to make lifestyle changes, but how?

Time to resist temptation

Caroline stresses the importance of a psychologist referral from a GP in care plans for people with diabetes who need this support. Psychologists can help patients manage their stress triggers and time, and assist with combating unhelpful thought patterns that can lead to unhealthy eating habits.

For Lalita, the motivation for change came during the lengthy rehabilitation process after major surgery. "I had a total hip replacement in 2010 after I returned to Australia from Hong Kong," she explains. I was disciplined about the physiotherapy and became more disciplined about my diet as well."

Lalita also joined the *Beat It* program through her local branch of the National Diabetes Council, where a team of exercise physiologists and dietitians helped her take her diet and exercise programs to the next level.

"My life has changed fundamentally," she says. "I now exercise regularly, eat smaller portions, don't buy saturated fats and never deep-fry foods. I eat lots of greens (I have half a plate of vegetables every night), I've reduced my alcohol intake and I've educated myself about food. I know which

foods are high in cholesterol, which are the saturated fats, and which foods are low GI.

"I can really feel the difference. I've come off the blood pressure pills and I've halved my dose of oral diabetes medication. My blood sugar results have improved – they're down around 4.4 – and I have a lot more energy."

Years ago, Lalita loved playing sport. Then her hip pain got in the way and she ran out of time and energy. "Now," she says, "I can't wait to get back on the badminton court."

- For more about the *Beat It* program, go to www.australiandiabetescouncil.com/Beat-It
- Visit www.australiandiabetescouncil.com/Living-With-Diabetes/Healthy-Eating.aspx for more information on diet and diabetes
- To find a dietitian in your area, talk to your GP, visit your local diabetes service or go to the Dietitians Association of Australia at <http://daa.asn.au>

Swap it!

Swap big for small, and swap 'often' for 'sometimes'

There are easy ways to lose weight. Try swapping fried food for fresh, takeaway for home-made, fizzy drinks for water, and instead of eating an entire dessert, share it with a friend or partner. Visit www.swapit.gov.au for loads more ideas. Here are some to inspire you...

Food type	Feel like...	Swap for this instead
 DAIRY	Hot toast and butter	Multigrain toast, thinly spread avocado
	Cheese platter	Fruit platter
	Ice cream and topping	Berries and low-fat yoghurt
	Creamy, cheesy pasta	Pasta with tomato or vegetable sauce
 FATS & OILS	A buttery croissant	Raisin toast or plain bagel
	A slab of chocolate	A small piece of licorice
	Buttery baked potato	Chilli or herb-drizzled potato
	Fried eggs	Poached or boiled eggs
 FRUIT & VEG	Apple pie	Baked apple
	Fruit juice	Glass of water and a piece of fruit
	A second sandwich	Salad
	Tempura vegetables	Grilled vegetables
 MEAT	Meat pizza	Vegetarian pizza
	Sausages	Lean mince
	Tuna in olive oil	Tuna in spring water
	Meat takeaway	Sushi roll or salad sandwich takeaway
 BREAD & CEREALS	Baking with white flour	Baking with wholemeal flour
	Toasted muesli	Untoasted muesli
	Bread and dips	Carrots, celery, cucumber with low-fat dips
 SNACK FOODS	Big coffee	Small coffee
	Any snack	A cup of tea
	Soft drink	Plain or soda water
	Biscuits	Fruit