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2008 - 2010**

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Presidents Report

The 2010 ADS Annual Scientific Meeting in Sydney from September 1-3 promises to be a highlight of the Australian diabetes year. As reported in the Newsletter an impressive series of plenary speakers have already been assembled and through the direction of the 2010 POC Chair, Dr Jenny Gunton, basic and clinical streams with much breadth and depth are well underway. An ongoing challenge is to ensure that all accepted abstracts including posters will be presented in a forum where they will receive optimal support from and exposure to the Meeting attendees and various options are being further considered for this year. The practically based ADS John R Turtle Diabetes Clinical Skills Training Course for Advanced Trainees in Endocrinology, now in its 8th year, will also feature in association with the 2010 Meeting.

Research into diabetes is more popular than ever, as evidenced by increased demand for diabetes based funding at preclinical and clinical levels. It is notable that the NHMRC now has three Grant Review Panels that have 'Diabetes' in their title as well as other additional Panels that review diabetes based applications. Over the last 12 months, funding sources have been under significant strain due to increased demand and also in some cases more limited supply than in previous years - for Diabetes Australia Research Trust (DART) and Juvenile Diabetes Research Foundation. In this context especially, ADS for the last three years has been pleased to provide funding for one DART Project and in 2010, ADS will run another series of Servier National Action Plan grants. ADS in 2010 has also commenced an initiative supported by Merck Sharp and Dohme, for competitive travel grants to ADS members who are PhD students and will present an abstract at a major overseas diabetes based Scientific Meeting and those who qualify as applicants are encouraged to apply.

Congratulations to the 2010 'ADS Skip Martin Early Career Fellowship' successful applicant, Dr Melinda Coughlan, as recently judged by ADS Council from amongst a highly competitive field. Her research will address diabetes complications focusing on 'Targeting mitochondrial permeability transition in diabetic nephropathy' and is to be carried out at the Baker IDI Heart and Diabetes Institute, Melbourne.

Congratulations also to Dr Alan Stocks as a past ADS President and who after administering

the Kellion Victory Medals Scheme for some decades on behalf of DA, received his own 50 years medal last November, 2009, at a DA Queensland awards ceremony in Brisbane. We understand that Alan has also very recently suffered a severe injury whilst on his property in New Zealand and we wish him a steady recovery.

The ADS has, overall, received very positive feedback from its membership and the broader medical profession regarding its position statement published in the Medical Journal of Australia in September 2009, addressing individualisation of HbA1c targets in people with diabetes. A more detailed text version is accessible to members on the ADS website. Thanks go in particular to Assoc. Prof. Wah Cheung for his leadership in this initiative. ADS is a member of a working party with the Australasian College of Clinical Biochemists (AACB), College of Pathologists, and ADEA, to help address issues of IFCC units for HbA1c reporting and also the utility of HbA1c in the diagnosis of diabetes. At present HbA1c testing is not HIC reimbursable in Australia for the diagnosis of diabetes, but for monitoring of glycaemic control in those with known diabetes. ADS members will be informed of progress on these fronts in a timely manner.

The last 12 and more months has continued to be a challenging time for the nationally federated body of Diabetes Australia and thus diabetes in Australia. As the national peak medical and scientific body delivering upon diabetes in Australia, ADS has major ongoing roles to support Diabetes Australia nationally including with nominated Directors to the DAL Board. This is complemented by the ADEA, as the peak patient educational health care body for diabetes in Australia. ADS and ADEA members chair the Medical, Education and Scientific Council (ADEA President Heather Hart for MESC), and also the Health Care and Education Committee of Diabetes Australia (ADS Council Member Dr Michael D'Emden). Executive Officer Ms Suzie Neylon holds a current role for ADS on the CEO Committee of DA. It is possible in 2010 that in addition to ADS and ADEA, two other health professional organisations focused on diabetes may join the DA movement to further value add to diabetes in Australia. We will keep ADS membership informed of major developments.

Presidents Report.....continued

ADS continues to work away at providing value to its members through its on-line web-site. This includes now memberships renewals being available on-line. One of the important sub-committees of the ADS is its Medical Affairs Subcommittee which covers a broad agenda. Thanks to Dr Jenny Gunton for her chairing of the Subcommittee. In this context, Members are advised that two recent position statements on: rosiglitazone; and insulin glargine and cancer, have been updated by ADS Council and are posted on the ADS Website.

Amongst other ongoing ADS initiatives are the NHMRC Type 1 Diabetes Clinical Care Guidelines with APEG, the ADS NDSS Diabetes and Driving Working Party and the ADS NDSS Australian Diabetes Foot Network. Thanks also to ADS members who are contributing to these. The related outputs from these processes for ADS members and people with diabetes will be addressed in subsequent reports in 2010.

Stephen Twigg
ADS President

VALE SIR DONALD BEVAN b 31 Aug 1924 d 4 Nov 2009



Don Beaven, a great figure in Australasian Diabetology, and a great friend and colleague of many senior Australian diabetologists, died tragically in a house fire late last year. He will be fondly remembered not only for his clinical and academic distinction but for his enormous energy and enthusiasm across many spheres. Don could enliven a meeting just as much with a brilliant lecture as an impromptu Haka delivered on a table top at the evening social function. Those who knew him will greatly miss him but will always remember his many talents.

- Don Chisholm

There follows an abbreviated obituary written by his long time colleague Prof Russell Scott of Christchurch:

Donald Ward Beaven was born in Christchurch New Zealand. He studied medicine at Otago University, graduated as MB, ChB in 1948 and worked initially at Christchurch Hospital, then as a rural general practitioner, and subsequently in other hospital positions in NZ. In 1952, he went to the UK and received MRCP (Edinburgh). He returned to Christchurch in 1955 but subsequently spent 1958 and 1959 at Peter Bent Bingham Hospital and Harvard University as a Fulbright and Lilly Fellow. Don returned to Christchurch in 1960 and established the research and teaching Medical Unit in

endocrinology and metabolism. During 1968 and 1969, he was visiting Professor at Institut de Biochemie Clinique, University of Geneva. In 1971 he became the Foundation Professor of Medicine at the Christchurch School of Medicine, University of Otago, positions he held until 1989. He was also Physician in charge Diabetes Services and Consultant Physician in Internal Medicine. He was made Emeritus Professor in 1990 at his retirement. Retirement saw little slowing in the pace of work and as Patron of Diabetes Christchurch and Diabetes New Zealand he was tireless in promoting improved clinical care for people with diabetes at a local and national level. During his time as Professor of Medicine, he served as Chairman for the Internal Medicine service (1972-78) for the Canterbury Hospital Group, and was on the RACP censors board 1968-1980. He was a frequent lecturer at national and international meetings and was politically active in trying to improve medical education and research in NZ, the Pacific Islands, and other countries in the Asia Pacific region. He was Professor in residence at various institutions in NZ, Australia, Indonesia, Fiji, Singapore, Athens, Zagreb, Madras and London during this time. He was elected member of the Canterbury Area Health Board (from 1974) and became chair of the Board.

Don received many awards, the most notable being CBE in 1989, the College medal for outstanding service (1989), Distinguished Companion of the New Zealand Order of Merit (2005) and accepting Knighthood in 2009. A bronze bust of Don is placed near the Christchurch Arts Centre commemorating Canterbury's 'Local Heroes'.

As well as his enormous contributions to medicine, and diabetes in particular, he was a wine and food enthusiast. He planted an experimental vineyard in the 1970's which helped establish that grapes could be successfully grown in the Canterbury region. In more recent years he established one of the early olive groves on Banks Peninsula. He was a senior wine judge and wrote for Cuisine and Epicurean magazines.

His refereed medical publications exceed 250. He undertook one of the first epidemiology studies on the prevalence of diabetes in New Zealand (N Z Med J. 1969;69: 271-5) and with colleagues Eric Espiner and Geoff Holland, conceived an *in vivo* model to more easily study pancreatic endocrine function (Nature. 1969;223:955)

Don is survived by his wife Gillian and daughters Sara and Lisa.

2010 ADS/ADEA ANNUAL SCIENTIFIC MEETING

The 2010 ADS / ADEA annual scientific meeting will be in Sydney from September 1st-3rd. The website is now open for registration and for abstract submission, please view details at <http://www.ads-adea.org.au/>

We have several outstanding speakers confirmed for this year and will have an exciting scientific and social program.

Ralph DeFronzo is the Deputy Director, Texas Diabetes Institute, University of Texas, San Antonio. His major interests focus on the pathogenesis and treatment of type 2 diabetes mellitus, the central role of insulin resistance in the metabolic-cardiovascular cluster of disorders-known collectively as the Insulin Resistance Syndrome, and the etiology and treatment of diabetic nephropathy.

Ann Albright is the director of the Division of Diabetes Translation at the Center for Disease Control (CDC) in Atlanta, Georgia (Jan 2007 – present), Division of Diabetes Translation www.cdc.gov/diabetes/about/ where the aim is to translate diabetes research into daily practice, define the diabetes burden, public health surveillance, conduct applied translational research and develop state based diabetes prevention and control programs.

Elizabeth Barrett-Connor Internationally recognized as an expert in epidemiology, she is currently the Chair of the Department of Community and Family Medicine at the University of California at San Diego. Her main research has been into the factors promoting a healthy old age.

Rayaz Malik is a Professor of Medicine & Consultant Physician in the Division of Cardiovascular Medicine, Manchester Royal Infirmary & University of Manchester, Manchester. He is an expert in neuropathy and will be talking about both peripheral and autonomic neuropathy, including a meet the professor session on Practical treatment of neuropathy.

Jerry Nadler is the Mansbach Professor of Medicine Chair of Internal Medicine and Director of the Strelitz Diabetes Center, Eastern Virginia Medical School, Norfolk, VA. His interests include mechanisms of insulin resistance and the role of cytokines in type 1 diabetes.

Bruce Verchere is a Professor in the Departments of Pathology & Laboratory Medicine and Surgery at the University of British Columbia (UBC) in Vancouver, head of the Diabetes Research Program at the Child & Family Research Institute at BC Children's Hospital, and holds the Irving K Barber Chair in Diabetes Research. His research aims to understand how pancreatic islet beta cells function and why they are killed or are dysfunctional in both type 1 and type 2 diabetes and in transplanted islets.

Jenny Gunton
POC Chair - 2010 ADS/ADEA ASM



2010 ADS/ADEA Annual Scientific Meeting
www.ads-adea.org.au

1st to 3rd September 2010
Sydney Convention & Exhibition Centre

Important ASM Dates to Remember:-

- Abstract submission closing date is **Friday 14th May 2010**
- Early Bird Registration closing date is **Friday 2nd July 2010**

ADS Awards available at Annual Scientific Meeting :-

Poster Awards –

ADS Poster Awards for both Basic Science and Clinical Research will be available during the Annual Scientific Meeting in September. Please indicate if you would like to be considered for an ADS Poster Award during the abstract submission process. You must be an ADS member to apply and must be standing by your poster at the time of the poster session. Each award is to the value of \$500.

ADS Pincus Taft Junior Investigator Award -

The ADS Pincus Taft Junior Investigator Award of \$2000 will be given to the best oral presentation by a junior ADS member at the Annual Scientific Meeting as judged by peer review and a committee appointed by the ADS Council. Please indicate during the abstract submission process if you would like to be considered for this award. Eligible candidates must be a financial member of the ADS by the time of application and not more than 2 years beyond the award of a doctoral degree (PhD, MD) or fellowship (FRACP). 6-8 applicants will be selected from abstracts to present in the Junior Investigators session. Please forward to the ADS office to Suzie Neylon by email or post including a supporting statement from the applicant, signed by his/her supervisor or department head, indicating that the work presented is substantially the candidate's own work

For further information on the 2010 ADS/ADEA ASM can be found at www.ads-adea.org.au or contact ASN Events on 03 5983 2400.

NOMINATIONS FOR HONORARY LIFE MEMBERSHIP

The Council of the Australian Diabetes Society wish to remind the members that Ordinary or Corresponding members of the Society may be nominated for admission as an Honorary Life Member of the Australian Diabetes Society.

The following is an extract from the ADS Constitution on the process.

Honorary life membership

An ordinary member or corresponding member may be nominated by a proposer and seconder (both of whom must be members) for admission as an honorary life member of the Society. Nominations must be delivered to the Society at its registered office for consideration by the National Council and must be supported by a curriculum vitae which evidences the member's pre-eminence in professional, scientific or societal aspects of diabetes.

The nomination will be considered by the National Council and if, in the opinion of the National Council (directors of the National Council having an interest in the nomination having declared that interest and abstained from voting) the nominee is distinguished by their contribution to the knowledge of diabetes or to the welfare of people with diabetes and worthy of the distinction, the member will be conferred with honorary life membership.

Honorary life members have the right to receive notices of and to attend and be heard at any general meeting and to vote at any general meeting.

The following members of the Australian Diabetes Society have been bestowed with Honorary Life Membership for their enormous contribution given to the society of their expertise and knowledge within the diabetes areas of research, medical practice and education.

Joe Bornstein	Edward Kraegen
Harold Briedahl	Frank Alford
Kempson Maddox - (deceased)	Tim Welborn
Pincus Taft - (deceased)	Len Harrison
Robin Burston - (deceased)	Martin Silink
F I R (Skip) Martin - (deceased)	Paul Bartley
Alan Stocks	John Carter
Brian Hirschfield	Alex Cohen
Paul Moffitt	Michael Suthers
Barry Young - (deceased)	Paul Williams
John Turtle	Pat Phillips
Don Chisholm	Joseph Proietto
Paul Zimmet	
George Jerums	

NATIONAL EVIDENCE BASED TYPE 2 DIABETES GUIDELINES

During 2009, five Diabetes Type 2 Guidelines were approved by the Chief Executive Officer (CEO) of NHMRC under Section 14A of the NHMRC Act, namely:

- National Evidence Based Guideline for Diagnosis, Prevention and Management of Chronic Kidney Disease in Type 2 Diabetes;
- National Evidence Based Guideline for Case Detection and Diagnosis of Type 2 Diabetes;
- National Evidence Based Guideline for Patient Education in Type 2 Diabetes, and
- National Evidence Based Guideline for Blood Glucose Control in Type 2 Diabetes, and
- National Evidence Based Guideline for the Primary Prevention of Type 2 Diabetes.

These Guidelines comprise a suite of Type 2 Diabetes Guidelines recently developed under a funding agreement between the Department of Health and Ageing and the Diabetes Australia Guideline Development Consortium. The most recently finalised Guideline the *National Evidence Based Guideline for the Primary Prevention of Type 2 Diabetes*, was approved by the NHMRC CEO on 10 December 2009.

The five Guidelines in the series, when combined, present a comprehensive set of evidence-based guidelines for the prevention, diagnosis and management of Type 2 Diabetes.

These guidelines can be viewed or downloaded at:-
<http://www.nhmrc.gov.au/publications/synopses/di16to19syn.htm>

ADS WEBSITE

All ADS members are encouraged to view the ADS website from time to time to access the latest information including details of available awards, grants and fellowships that are on offer, newsletters, current ADS projects and activities, position statements and guidelines.

Also in the password protected member's section on the ADS website you can update your contact details, view other member's details (those given consent only) and soon you will be able to pay for the ADS membership subscription online.

Please add the ADS website address
[www@diabetessociety.com.au](http://www.diabetessociety.com.au) to your favourites list now!

WINNERS OF THE 2009 ADS AWARDS, GRANTS & FELLOWSHIPS

Kellion Australian Diabetes Society Award

Provided by the Kellion Foundation and the Australian Diabetes Society for an Australian who has made an outstanding contribution in diabetes research, clinical or service areas in Australia. The recipient of the Award delivers the Kellion Plenary Lecture at the ADS Annual Scientific Meeting. This is a \$5,000 honorarium plus ASM expenses. We thank the Kellion Diabetes Foundation for their generous support of this award and congratulate Michael Horowitz who was the 2009 recipient of this prestigious award



Michael Horowitz - 2009 ADS Kellion Award Winner

Prof Michael Horowitz was appointed to a Personal Chair at the University of Adelaide in 1995, and has been the Director of the Endocrine and Metabolic Unit at the Royal Adelaide Hospital since 1997.

His research activities are almost exclusively clinically based and relate primarily to gastrointestinal motor, sensory, and hormonal function, particularly in the context of diabetes mellitus, glycaemic control, critical illness, aging and appetite regulation. Prof Horowitz leads the NHMRC Centre of Clinical Research Excellence (CCRE) in Nutritional Physiology, Interventions and Outcomes (2007-11). He is a co-author of 467 peer-reviewed papers and 32 book chapters and is co-editor (with Prof Melvin Samsom) of a multi-author book entitled *Gastrointestinal function in diabetes mellitus*, published in 2004, which represents the most comprehensive treatise on this subject. He has been the recipient of a number of awards, including the Elder Prize for Scholarship at the University of Adelaide in 1995, the Distinguished Research Prize of the Gastroenterological Society of Australia (1999), the Eric Susman Prize of the Royal Australasian College of Physicians (2000) and the Kellion Award of the Australian Diabetes Society (2009).

Pincus Taft Young Investigator Award

The Australian Diabetes Society Pincus Taft Young Investigator Award is given annually to a junior member who presents the best oral presentation at the ADS Annual Scientific Meeting. This award is to the value of \$2,000.

Mark McKenzie was the ADS Pincus Taft Young Investigator Award winner in 2009.

Basic Science & Clinical Poster Awards

In 2009 the Australian Diabetes Society poster awards were provided by Alphapharm and were awarded to ADS members for the best basic science and clinical posters in diabetes research presented at the ADS Annual Scientific Meeting. Each award was to the value of \$500 and we thank Alphapharm for their generosity.

**Basic Science: Fay Lin Khong & Sarah Turpin
Clinical Research: Shilpa Verma & Anna Lih**

Australian Diabetes Society

Skip Martin Early Career Fellowship

This project commenced in 2009:-

Project Title: 'Autoreactive cytotoxic T lymphocytes require target tissue stimulus to acquire cytotoxic effector capacity'



Kate L Graham,

St Vincent's Institute of Medical Research, Fitzroy, VIC

Type 1 diabetes (T1D) is an autoimmune disease in which the insulin-producing cells of the pancreas are destroyed by cells of the immune system called cytotoxic T lymphocytes (CTLs).

My research has focussed on understanding: CTL development in diabetes, where CTLs are activated and differentiate, and how CTLs recognise and kill beta cells. Using a transgenic mouse model of T1D, I identified that autoreactive CTLs initially proliferate and acquire limited expression of granzymeB and IFN γ , molecules associated with cytotoxicity, in the pancreatic lymph node (PLN). Once the CTLs were within the islets, I found they underwent further proliferation and acquired higher expression of granzymeB and IFN γ . This increased differentiation appeared to take place within the islet itself because CTLs in peripheral blood had expression similar to those in the PLN, and T cells prevented from migrating from the PLN did not have increased cytotoxic differentiation. Reducing beta cell antigen presentation by overexpressing SOCS1, that prevents increased expression of molecules in the antigen presenting pathway, resulted in decreased CTL proliferation but had little effect on differentiation. Increasing antigen on antigen presenting cells also had more effect on proliferation than differentiation. These data show that the islet itself is the critical location for CTL differentiation. I have also demonstrated that antigen presentation by the target tissue, the beta cell, is required to drive CTL proliferation but has little effect on CTL differentiation. This suggests another signal, independent of antigen presentation, is required for CTL differentiation and this stimulus is produced within the islet. My future studies will be focussed on defining and studying this additional stimulus. Overall these results provide novel insights in CTL activation and differentiation relevant to both autoimmunity and general immunology. By improving our understanding of CTL activation and differentiation, my work aims to increase the likelihood of developing effective preventative therapies for T1D.

WINNERS OF THE 2009 ADS AWARDS, GRANTS & FELLOWSHIPS continued**ADS-Servier National Diabetes Strategy Grants in Memory of Barry Young**

These grants have been made possible by the generosity of Servier Laboratories Australia who continue to strongly support the National Diabetes Strategy.

The following successful projects awarded in 2009 will commence in 2010:-

Project Title: 'Behavioural Management of Type I Diabetes in Young Adults: An investigation of adherence to medical and lifestyle regimens, metabolic control and psychological wellbeing.'

Melanie Burkhardt*, Bu B. Yeap, David J. Leach, Gerry Fegan, Pixie Barrie
Diabetes Education Unit, Department of Endocrinology & Diabetes, Fremantle Hospital, WA

Standard care for young adults with Type I diabetes typically involves regular appointments with the doctor, diabetes educator and dietician. However, better health outcomes also depend on the consistency with which patients manage everyday personal behaviours contributing to better metabolic control. For well over 50% of people with chronic health problems, long-term adherence to medical treatment and lifestyle regimens is poor. The central aim of this research project is to establish higher levels of adherence to conventional medical and lifestyle diabetes care regimens via an innovative functional behaviour analytic approach. The approach is packaged as our Back for Action Program (BAP) which has already proven successful in changing patterns of everyday behaviours and routines of older people. By improving adherence levels we aim to improve glycaemic control and thus reduce the risk of acute and chronic diabetes-related health complications in this population. This study will experimentally evaluate the BAP as applied to young adults with Type I diabetes who are already receiving conventional multidisciplinary care. If successful, the package will provide a foundation for future research by extending the behaviour analytic approach to optimize diabetes care for a wider population of adults with Type I and Type 2 diabetes.

Project Title: 'A randomized control trial of continuous subcutaneous insulin infusion (CSII) therapy and its impact upon cognition and behaviour in children and adolescents with type I diabetes'

Fergus Cameron*, Elisabeth Northam, Geoffrey Ambler, Alicia Jenkins, Susan Donath
Murdoch Children's Research Institute, Department of Endocrinology & Diabetes, Melbourne, VIC

Type I diabetes in childhood is associated with impaired cognition and externalizing behaviour during childhood and adolescence, which in turn is predictive of poor mental health and functional outcomes in young adulthood (1,2).

Thus, cognition and externalizing behaviour in childhood and adolescence are important clinical determinants of subsequent long-term diabetes outcomes.

We previously conducted a non-controlled, pilot study investigating consistent parental reports of improved cognition and behaviour of youth with type I diabetes following commencement of continuous subcutaneous insulin infusion (CSII) (3). This study documented significantly better performance on perceptual reasoning, selective attention, divided attention, cognitive flexibility and working memory after the commencement of CSII. In addition CSII resulted in fewer mood-related symptoms (internalising problems) and fewer behavioural problems (externalising problems).

These data are consistent with parent perception; however their wider interpretation is limited by the absence of a control group. The aim of this current study therefore, is to further examine the impact of CSII on cognition and behaviour in the robust setting of a randomized controlled trial. If CSII impacts positively upon these determinants, then its benefits are potentially greater than direct glycaemic effects. Such a finding would have significant implications for diabetes management during childhood and adolescence.

- 1) Northam EA, et al. *Diabetes Care* 2009; 32:445-50.
- 2) Northam EA, et al. *Diabet Med* 2005; 22:152-7.
- 3) Knight S, et al. *Diabetologia* 2009; 52:193-8.

Project Title: 'Dietetic Intervention to Minimize Excessive Weight Gain in Early Pregnancy.'

Jeff Flack*, Robyn Barnes, Jane Hardman
Diabetes Centre, Bankstown-Lidcombe Hospital, Bankstown, NSW

Gestational Diabetes Mellitus identifies an at-risk pregnancy, as well as an increased long-term risk of Type 2 diabetes in the mother. Excessive weight gain in pregnancy is a known independent predictor of fetal macrosomia and contributes to maternal obesity. Aim: To establish an early intervention to achieve optimal weight gain in pregnancy in all women presenting to the antenatal clinic [ANC]. Methods: Introduce and evaluate a dietetic service involving the following components: development of a written resource for all women booked into the antenatal clinic [translated and printed in 3 languages]; distribution of this resource at the first ANC appointment; and provision of group dietetic education. This service will be trialed for a 6 months period, with all women receiving the intervention being followed up until delivery. Evaluation will involve assessing the following: attendance at group education sessions; pre and post knowledge; weight gain in pregnancy; number who develop GDM; delivery method; infant birth weight.

WINNERS OF THE 2009 ADS AWARDS, GRANTS & FELLOWSHIPS continued**Project Title: 'Stepping Up Insulin Initiation in GP study.'**

John Furler*, Irene Blackberry
Department of General Practice,
The University of Melbourne, VIC

Most patients with T2D will require insulin yet this is often delayed in general practice. This project aims to pilot and evaluate the implementation of the "Stepping Up" program in general practice (see below) to help patients with poorly controlled type 2 diabetes (T2D) for whom insulin is indicated move onto insulin in a timely, evidence-based manner. The "Stepping Up" program involves supportive education for GP and practice nurse and a reorientation of the way GP and PN work together in working with patients towards starting insulin. This model of care is sustainable and potentially has wide application for improving patient diabetes outcomes in General Practice.

GPs and Practice Nurses from three participating General Practices will attend a 2 hour evening training session about initiating insulin, identify 2-3 patients who are eligible to start insulin in their practice and develop their own "in-practice" system for linking those patients with the practice nurse to discuss intensifying their diabetes treatment. GP and PN will attend a final two hour evening session two months later to discuss their experience of the project and patients will attend a focus group.

Australian Diabetes Society Skip Martin Early Career Fellowship

This is a one year 'bridging' fellowship sponsored by the Australian Diabetes Society and is awarded to an ADS member who is not more than 5 years beyond their post doctoral studies. This award is in honorary of the late Skip Martin and the recipient must present their work at the ADS Annual Scientific Meeting. This is a \$70,000 grant for one year plus a travel allowance of up to \$5,000.

We congratulate Melinda Coughlan who was awarded in 2009 and her project will commence in 2010 at the Baker IDI Heart & Diabetes Institute, Melbourne.

Project Title: 'Targeting mitochondrial permeability transition in diabetic nephropathy'

Melinda Coughlan
Diabetes Complications,
Baker IDI Heart & Diabetes
Institute, Melbourne, VIC

Mitochondrial dysfunction is thought to be a key player in the development of diabetic complications. My project postulates a central role for the mitochondrial permeability transition (mPT) pore in promoting renal injury in diabetes. In this project, I will investigate in detail the effects of experimental diabetes on the induction and regulation of the mPT pore in the kidney and its effects on mitochondrial function, including the promotion of enhanced reactive oxygen species (ROS) generation and the recruitment of cell death pathways.

I will use pharmacological and gene knockout strategies to directly interrupt mPT pore function, with the aim to ameliorate ROS generation leading to decreased renal injury in diabetes. This project will utilize several animal models including streptozotocin-induced diabetic rats treated with a novel inhibitor of mPT, Debio-025, and mice deficient in a functional component of the mPT pore, cyclophilin D (the *Ppif*^{-/-} mouse). It is anticipated that the mPT pore will be identified as a novel target for the treatment of diabetic nephropathy.

ADS-DART Award

This grant was funded by the Australian Diabetes Society and provided to the Diabetes Australia Research Trust for the 2010 ADS-DART Award.

We congratulate Matthew Watt who was the recipient of the ADS DART Award in 2009 for his project that will commence in 2010 at Monash University, Melbourne.

Project Title: 'Liver secretory factors link fatty liver to inflammation and insulin resistance'

Matthew Watt
Monash University,
Department of Physiology,
Clayton, VIC

The liver is a central organ for systemic glucose and lipid metabolism. A pathologic abnormality that characterises obesity and type 2 diabetes is an accumulation of lipid in the liver, which is clinically known as

hepatic steatosis. Hepatic steatosis is often accompanied by inflammation, insulin resistance, hyperglycemia and dyslipidemia; however, the factors linking these disorders remain unresolved. It is also unclear how steatosis in the liver might induce "cross-talk" with other body systems and influence inflammatory cells and metabolic function.

The concept that the liver stores excessive lipid and becomes dysfunctional with obesity is now well accepted. The overriding aim of this proposal is to understand how liver steatosis contributes to inflammation and insulin resistance in other tissues by assessing the secreted lipid and protein profile.

CALL FOR ADS AWARDS & GRANTS FOR 2010

Kellion Australian Diabetes Society Award

The Kellion Foundation and the Australian Diabetes Society invite applications for the Award for an Australian who has made an outstanding contribution in diabetes research, clinical or service areas in Australia. This is an annual award and commenced in the year 2000.

Nominations are now called for this Award which will be considered by a review committee consisting of prominent Australian diabetes researchers with the power to co-opt international referees. Nominations may be self-initiated, initiated by colleagues or by organisations.

The recipient of the Award will be required to deliver the Kellion Plenary Lecture at the Australian Diabetes Society / Australian Diabetes Educators Association Annual Scientific Meeting to be held at the Sydney Convention & Exhibition Centre, Darling Harbour, 1st – 3rd September 2010. The Award will include a return business class airfare to the meeting, accommodation for the duration of the meeting, registration, and a commemorative plaque. There is also a \$5,000 honorarium.

Nominations should include a letter (not exceeding 2 pages) clearly stating the basis of the nomination and a full curriculum vitae. Nominations made in previous years have been retained and will be considered also.

Nominations for the 2010 Kellion Award will close on Friday 30 April 2010 and should be sent to:-

Ms Suzie Neylon, Executive Officer,
Australian Diabetes Society
145 Macquarie Street
SYDNEY NSW 2000
Fax: 02-9251 8174
Email: suzie@diabetessociety.com.au

ADS Travel Grants to Sydney ASM in 2010

A number of Travel Grants will be awarded to junior investigators who have an abstract accepted for presentation at the ADS Annual Scientific Meeting in September 2010 in Sydney. The number and size of grants will be determined according to the number and suitability of applications and the funds available. Applications will be prioritised using abstract review scores. It is anticipated that the awards will represent a substantial contribution to the individual's travel costs to the meeting.

Application should be made in writing to the Honorary Treasurer, Australian Diabetes Society, 145 Macquarie Street, Sydney, NSW, 2000 by **Friday 18th June 2010**. The successful applicants will be advised in writing about one month prior to the meeting. Applications may be emailed to suzie@diabetessociety.com.au.

Eligibility is as follows:

1. A financial member of the ADS for 12 months at the time of application
2. In training for a higher degree eg. PhD, MD, fellowship or medical specialty.
3. Supported by a statement from the candidate's supervisor or department head indicating the nature of their present position and the availability of other sources of financial support for their travel to the Meeting.

Please Note: Applicants must not be in receipt of a travel grant from any other body to attend the ADS meeting or a meeting in association with the ADS Annual Scientific Meeting.

THE 8TH JOHN R. TURTLE DIABETES CLINICAL SKILLS TRAINING COURSE FOR ADVANCED TRAINEES IN ENDOCRINOLOGY, 2010

The 2010 Diabetes Clinical Skills Training Course will be held on the afternoon of Friday, September 3rd, in conjunction with the ADS Annual Scientific Meeting at the Sydney Darling Harbour Convention Centre. The Course is designed for advanced trainees in endocrinology and aims to teach practical aspects of diabetes care in an interactive format. It will be co-ordinated by Dr Jennifer Conn, A/Prof. Ashim Sinha and A/Prof. Stephen Twigg and experts in relevant fields will be invited to be on Faculty. Topics to be addressed in 2010 will include practical aspects of intensive management in type 1 diabetes, and managing diabetic nephropathy.

The ADS and Course organisers recognise the generous support of the following two sponsors, each of them for the 8th year running: Servier and Alphapharm. Endocrinology Advanced trainees should receive e-mail communications over the succeeding weeks in April, 2010 to the Course. Any enquiries regarding the Course should be directed in the first instance to Ms Suzie Neylon at the ADS Secretariat.

Report by Stephen Twigg

DIABETES AUSTRALIA RESEARCH GRANTS FOR 2011/12

Applications are invited for 2011 diabetes research projects. Along with basic scientific and clinical research, applications relating to research into diabetes within remote and rural, culturally diverse and Indigenous communities are also invited.

In 2011 Donation funding will be allocated for peer review research into diabetes and one-year general Diabetes Australia Research Trust (DART) grants will be awarded to the highest ranked applicants.

Application for 2011/12 grants and awards close by Friday 30 April 2010.

To request an application form or for further information, go to diabetesaustralia.com.au or email dart@diabetesaustralia.com.au or call 02 6232 3825.

2011/12 Millennium Awards

\$150,000 Millennium Awards are also being offered for 2011/12. Type 1 Millennium Award and Type 2 Underworks Millennium Award.

2011/12 Viertel Postdoctoral Fellowships in Diabetes

\$300,000 Viertel Postdoctoral Fellowship is again being offered for 2011/12. Research into diabetes that will benefit an ageing population.

AUSTRALIAN DIABETES SOCIETY – MERCK SHARP & DOHME EDUCATIONAL TRAVEL GRANT FOR MEDICAL PHD SCHOLARS

The ADS and MSD invite applications for the ADS – MSD 2010 Educational Travel Grant for Medical PhD Scholars. This is an award that recognises excellence in the field of medical research. This offer is intended as an educational grant to provide sponsorship of a PhD student to attend the ADA conference. The MSD sponsorship consist of a payment for meeting registration and reasonable travel costs in the amount of up to \$3000 (Grant) for allocation through the ADS to the successful applicant.

Selection Criteria and Application Process:

1) Selection Criteria

- A medical graduate undertaking or having recently undertaken Advanced Physician Training in endocrinology and undertaking a PhD program in diabetes or less than 2 years post doctoral.
- Applicants need to have an abstract at least initially submitted at the time of application and subsequently accepted for presentation at the meeting. The abstract should be submitted with the application and in addition to the applicant the abstract quality will be taken into account.
- Selection of the PhD student(s) is at the sole discretion of the ADS Council, who will make the decision, as able, in a timely manner.
- Applicant must be a current financial ADS member

2) Application Process

- Deadline for submission is **Friday 14 May 2010**
- Applicant must provide a current CV
- Letter of support from current supervisor or mentor (maximum one A4 page).
- A brief comment of < 200 words on the nature of the meeting and the benefit expected to be gained in attending.
- A brief comment of < 200 words on the applicant's self-assessed importance of the work to be presented and the applicant's role in the work.
- A copy of the submitted abstract and category (oral/poster) if known.
- An indication of other travel funds applied for to support the applicant's attendance at the meeting.
- The successful applicant will subsequently need to provide a brief written report about the knowledge gained from attendance at the meeting for inclusion in the ADS Newsletter which is provided to ADS members.

Grants are to be submitted via the ADS website under the Grants and Awards section at <http://www.diabetessociety.com.au/grants-awards.asp>

DEADLINE FOR GRANT SUBMISSION IS FRIDAY 14 MAY 2010

FUNDING FOR THIS GRANT IS PROUDLY PROVIDED BY MSD

ADS-SERVIER NATIONAL DIABETES STRATEGY GRANTS IN MEMORY OF BARRY YOUNG

The ADS Council is pleased to again call for applications for the ADS-Servier National Diabetes Strategy Grants in Memory of Barry Young. These grants have been made possible by the generosity of Servier Laboratories Australia which has strongly supported the National Diabetes Strategies for many years.

Consistent with the focus of ADS and Servier, the grants will be for clinical projects that involve improvement of patient care consistent with the aims of the National Service Improvement Framework for Diabetes as paraphrased below:

1. Prevent and limit the progression of diabetes
2. Slow the onset of complications
3. Reduce preventable hospital admissions
4. Reduce variations in care between clinicians and health services, across metropolitan, rural and remote settings and in care provided to disadvantaged groups
5. One investigator must be a current financial ADS member

Preference will be given to projects with potential applicability to diabetes care throughout Australia.

The value of the grants will vary depending on need but it is anticipated that the average grant will be for \$20,000. Three to five grants will be awarded in this round.

The committee established to review and choose the successful grants will include:

- The President (Chair) and Treasurer of ADS
- A nominee of Servier
- Two ADS members with experience in clinical projects
- A nominee of ADEA
- A nominee of Diabetes Australia

Grants may be sent out for expert review if necessary.

Grants are to be submitted via the ADS website under the Grants and Awards section at <http://www.diabetessociety.com.au/grants-awards.asp>

DEADLINE FOR GRANT SUBMISSION IS FRIDAY 4 JUNE 2010

Grants are to be submitted in a simple format but must include: Background; Aims; Methods; Contribution to improved patient care expected; Assessment plan for project; Ethics approvals (if relevant); Detailed Budget

Grants must be NO longer than four A4 pages with a minimal font size of 12

A brief report on the outcome of the work (which may be posted on ADS website) must be submitted to ADS and awardees are expected to present their work at the annual ADS or ADEA scientific meetings.

The successful applicants will be announced at the ADS /ADEA Annual Scientific Meeting in Sydney.

KELLION MEDAL AWARDED TO DR ALLAN STOCKS AM IN 2009



Alan Stocks (left) receiving his Kellion Victory Medal from Martin Silink (right)

After fifty years of living with diabetes and as many years devoted to the specialist treatment and research into this chronic illness, Dr Alan Stocks is a highly respected member of the diabetes community who has brought a unique perspective to diabetes in Australia. Alan was joined by his family and close colleagues at a celebration to award him his 50 year Kellion Victory Medal in Brisbane in November 2009.

Since its inception, Alan has had a distinguished track record of involvement with the Kellion Victory Medal Scheme. In 1984, Diabetes Australia responded to a proposal by Alan to recognise and commemorate Australians for having survived with diabetes for 50, 60 and 70 years or more.

As the Administrator of the Kellion Victory Medals Scheme now for more than 25 years, Alan has awarded over 1,000 medals. He has attended and presided over countless Kellion Award ceremonies both large and small ensuring that even the most frail and infirm who could not attend major functions were respectfully congratulated on their great achievements. That he has now received his own Kellion Victory Medal is certainly to be celebrated!

Alan continues as a Governor of the Kellion Diabetes Foundation Ltd, promoting research into diabetes and as a Board member of Diabetes Australia Ltd.

He was a founding member of the Australian Diabetes Society, a councillor for ten years and President from 1980 to 1982.

Alan was also an active committee member of the PAH Society, serving as treasurer while a registrar and as Chairman 1982 – 1984.

More recently, he has been actively involved in the study on dogs as a management tool for diabetes. Through his research and surveys, Alan has reported that dogs are able to give their owners warning well in advance of an impending hypoglycaemic episode, allowing for prompt treatment to avert the episode from happening. Alan will attest that these dogs can be real life-savers!

Alan was made a Member of the Order of Australia (AM) in 1998.

The ADS take this opportunity to congratulate Dr Alan Stocks and thank him for his dedicated contribution towards the diabetes community.

Sof Andrikopoulos and Stephen Twigg, adapted with permission from the Diabetes Australia QLD newsletter.

CALL FOR COUNCIL NOMINATIONS 2010 - 2012

Nominations are called for two ADS National Council positions as outlined by items 26 to 29 of the Constitution (see enclosed extract) to hold office from September 2010.

Nominations must be signed by the proposer, seconder and nominee who must all be current financial members of the Australian Diabetes Society.

Nominations must reach The Secretary, Australian Diabetes Society, 145 Macquarie Street, Sydney, NSW, 2000 by **5.00pm on Friday 4 June 2010**.

Please complete details in the enclosed 'ADS Nominations for National Council' form and return to the ADS Secretariat by the due date.

AUSTRALIAN DIABETES SOCIETY MEMBERSHIP

The Society currently has around 720 members.

The membership fee for the ADS is **A\$110.00** (includes \$10.00 GST) for membership from **1 July 2010 to 30 June 2011**.

A subscription fee of **A\$55.00** (includes \$5.00 GST) is available to scholars with an income limit of A\$23,000 pa.

To apply for membership to the ADS, please contact the ADS Secretariat at 145 Macquarie Street, Sydney, NSW, 2000, Tel: 02-9256 5462, Fax 02-9251 8174 or email: admin@diabetessociety.com.au for a membership form. Details of the ADS, membership form and privacy policy notice can also be found on the ADS Website in the members section at: <http://www.diabetessociety.com.au>

The ADS Secretariat hours are 9.00am to 5.00pm on Monday to Friday or email anytime to: admin@diabetessociety.com.au

NEW MEMBERS

The ADS welcomes the following new members who have joined the Society since our last newsletter:

Patricia Anderson (NSW),

Miriam Bartlett (VIC),

Yati Boutcher (NSW),

Fiona Britten (QLD),

David Chen (NSW),

Vanessa Carslake (WA),

Viral Chikani (QLD),

Judy De Haan (VIC),

Natasha Deters (NSW),

Evan Hayes (NSW),

Erin Hill (VIC),

George Kalogerakis (VIC),

Sue Lyn Goh (VIC),

Syndia Lazarus (QLD),

Itamar Levinger (VIC),

Naswrin Moin (NSW),

Rashmi Narayanan (NSW),

Mark Pace (VIC),

Praseetha Shanmugalingam (NSW),

Jimmy Shen (VIC),

Anita Singh (VIC),

Karly Sourris (VIC),

Parind Vora (SA),

Mor Aik Wee (VIC),

Jane Zhang (NSW).

2010 Dates for the Diary

25 - 29 June, 2010

ADA 70th Scientific Sessions –
orange County Convention Center (West Building),
Orlando, Florida, USA.
Website: <http://www.diabetes.org>

28 - 29 August, 2010

ESA Clinical Weekend –
Crowne Plaza Terrigal Resort, NSW.
Contact: ASN Events -
Tel: 03-5983 2400
Fax: 03-5983 2223
Website: <http://www.esaclinicalweekend.org.au>

29 August - 1 September, 2010

ESA/SRB Annual Scientific Meeting –
Sydney Convention & Exhibition Centre,
Darling Harbour, NSW.
Contact: ASN Events -
Tel: 03-5983 2400
Fax: 03-5983 2223
Website: <http://www.esa-srb.org.au>

1 - 3 September, 2010

ADS/ADEA Annual Scientific Meeting –
Sydney Convention & Exhibition Centre,
Darling Harbour, NSW.
Contact: ASN Events -
Tel: 03-5983 2400
Fax: 03-5983 2223.
Website: <http://www.ads-adea.org.au>

3 - 4 September, 2010

Australasian Diabetes in Pregnancy Society (ADIPS)
Annual Scientific Meeting –
Sydney Convention & Exhibition Centre,
Darling Harbour, NSW.
Contact: ASN Events -
Tel: 03-5983 2400
Fax: 03-5983 2223
Website: <http://www.adips.org>

5 - 8 September, 2010

ANZBMS 20th Annual Scientific Meeting –
Adelaide Hilton, SA.
Website: <http://www.anzbms.org.au>

20 - 24 September, 2010

46th EASD Annual Meeting
(European Association for the Study of Diabetes),
Stockholm, Sweden.
Website: <http://www.easd.org>.

23 - 24 September, 2010

Metabolic Efficiency Symposium –
Melbourne, Victoria. Registration and further
information available soon at
<http://www.csiro.au/events/Metabolic-Efficiency.html>.
Or by contacting
Dr Lance Macaulay
(lance.macaulay@csiro.au; phone: 02 9662 7335).

21 - 23 October, 2010

1st International Diabetes and Obesity Forum,
Hilton, Athens, Greece.
Website: <http://www.idof2010.com>

22 October, 2010

3rd Australian Islet Study Group –
Canberra, ACT. For further details please contact
A/Prof Chris Nolan (christopher.nolan@anu.edu.au).

14 November, 2010

World Diabetes Day.
Website: <http://www.worlddiabetesday.org/>

18 - 20 November, 2010

3rd International Conference on Fixed Combination
in the treatment of Hypertension, Dyslipidemia &
Diabetes Mellitus,
Brisbane Convention & Exhibition Centre, QLD.
Website: <http://www.fixedcombination.com>