

Support & Care

Grab your \$2 tickets for a chance to win a new Hyundai Accent and help Australians living with diabetes



1ST PRIZE
valued at
\$20,630

Red Hyundai Accent Active Auto (CVT) 1.4L Petrol Hatch

- **SECOND PRIZE VALUED AT \$5,299**
65-inch Premium Flat Screen High Definition TV with Internet Connectivity
- **THIRD PRIZE VALUED AT \$2,398**
120,000 Qantas points

Proceeds from the raffle will aid the Australian Diabetes Educators Association to:

- Fund practical research that supports 1.7 million Australians with diabetes as they work hard to live well every day.
- Promote best-practice diabetes education to ensure optimal health and wellbeing for all people affected by, and at risk of, diabetes.
- Support Credentialed Diabetes Educators to deliver quality diabetes education and care to people with, or at risk of, diabetes, their carers and families.

TO PURCHASE TICKETS GO TO
www.rafflelink.com.au/adea



WWW.ADEA.COM.AU/FIND-A-CDE

A CAUSE OF IRREGULAR PERIODS?



Do you or your daughter have type 2 and have irregular periods? You're not alone. A new study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism* found more than 20 per cent of girls (aged 10-19) in the Treatment Options for

Type 2 Diabetes in Youth study had irregular periods, many of whom also showed high testosterone levels – which point towards polycystic ovary syndrome as an underlying cause. However, those that did not show elevated testosterone suggests the necessity for more studies.

629 MILLION

The number of people expected to be living with diabetes by 2045.



At-home detection made easy



Australia's first approved, comprehensive at-home urine test, created by Sydney mum of two, Sophie Castleman, and eminent kidney specialist Associate Professor David Gracey, can detect a myriad of markers. Similar to a pregnancy test, one quick wee on a We Test strip can detect your glucose levels, pH levels, vitamin C levels, white blood cell count and ketones, to name a few. "Early detection means early intervention and that can lead to better health outcomes," explains Castleman. We Test strips are available at selected pharmacies and online, for \$19.99. For more information, visit wetestonline.com. ■