

## Contents

Editorial	1
South East Region	2
From the caves to the coast	2
Diabetes in Naracoorte	3
Podiatry Services in the South East	4
Dose Adjustment for Normal Eating (DAFNE)	4
Abboott Case Study Winners	5
Evaluating a Diabetes Information Program	7
Literature review	7
Results (interviews & focus groups)	7
Discussion	8
Where to from here	8
Acknowledgements	8
References	8
The SANE Guide to Good Mental Health	8
ADS/ADEA Annual Scientific Meeting 2008	9
Self management and behaviour change	9
Anxiety and depression	9
Joint ADS/ADEA Symposium	10
South Australian abstracts	10
RHCGP Medicines	18
Diabetes Self Care - the 7 Steps to Success	18
Videophones	19
Diary Dates	20

## Editorial

Dear Readers

Yes, it's that time of year again! We've worked hard all through the year and done our bit to improve diabetes treatment for South Australians. We wish you all a happy and relaxing festive season, and will look forward to 2009 with renewed vigour and vitality.

Many thanks to the South East Region for their great contributions.

Congratulations to the many South Australians who presented orally or by poster at the ADS & ADEA Annual Scientific Meeting in Melbourne and whose abstracts are featured in this issue.

Yours sincerely



Cecile Storrie  
Editor



**Season's Greetings and all the best for 2009**

© Diabetes Outreach 2008

Diabetes Network News is published by:

Diabetes Outreach  
8 Woodville Road  
Woodville SA 5011  
Ph: (08) 8222 6771  
Fax: (08) 8222 6044  
www.outreach.org.au

