

[EDITORIAL]



# Who looks after the children?

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Children with diabetes outside Dublin have either no access, or only very limited services for diabetes care in their own region. Yet we are seeing a big increase in children developing type 1 diabetes. For our cover story in this issue we talk to parents in each of the regions to find out their experiences and what they would like to see happening in the future, 'Who looks after the children', page 16.

For many young people and their parents, nighttime hypos are perhaps the most feared short-term complication of diabetes. 'No more nightmares', page 20, explains why this can happen and what you can do to make it happen as little as possible.

For adults who have diabetes, smoking increases the risk of long-term complications. If you stop, not only will you reduce the risk of diabetes complications such as heart disease, you will also reduce the risk of lung disease, cancer and stroke. Smoking affects how the body produces insulin and can contribute to making the body 'insulin resistant'. 'Smoking cast a long shadow', page 26.

On a lighter note, this year the Diabetes Federation of Ireland celebrates its 40th Anniversary and is having a celebratory dinner in Dublin on September 22. It will coincide with the International Diabetes Federation Annual European Meeting, which this year is being held in Dublin. So why not come along, have a great night out. 'IDF comes to Dublin on 40th Anniversary', page 8.

The Federation could not have kept going for all those years if it wasn't for the help of the army of volunteers who make its huge

workload possible. And every year the Federation recognises that with its 'Volunteer of the year award', which last year went to Donal Gilroy. Donal chose to use his prize money to help people with disabilities who have diabetes. Now is the time to nominate someone for the 2007 award and you can see the details of how to do so and how Donal has been putting his money to work in 'Having fun with fund-raising', page 25.

For everyone, this time of year is when we can have a bit of fun and Sally Ann McLaughlin has great tips for revamping barbecues and picnics for more flavour and nutrition. There are great ideas on how to break old habits and start new ones by healthy eating. Barbecuing is a low-fat way to cook and you can pack your picnic basket with delicious healthy options too. 'The taste of the summer', page 30.

If you're heading off for the summer, Eamonn Griffin warns you to check out the small print on your travel insurance – all policies are not the same. For anyone who has a chronic condition such as diabetes, it is really important that the cover is checked out and there may be standard exclusions that can affect a claim. 'Travel insurance – check it out', page 39.

As you know, the Diabetes Federation of Ireland has been reorganised and expanded into four regions that correspond with the HSE. This issue of Diabetes Ireland has launched a Branch News section (pages 32-35) so that everyone can see what is going on around the country and get ideas from other branches. So keep those contributions coming.

**Have a great summer!**

