ADIPS

President’s Report

The concourse between the Royal Melbourne and Royal Women’s is short. Thinking time is limited. Once I successfully get past the temptations of the Chocolate Box, I’m usually feeling a sense of positive anticipation about the clinic. I know it will be overbooked. I know some of the women I see will be fabricating their results. Some will be feeling frustrated because their diabetes control isn’t as good as they want, despite what must feel like a million tests a day.

But most of the women will be positive and happy, and working incredibly hard to keep their diabetes optimally controlled for the sake of their baby. And our amazing team will be working just as hard to try and achieve exactly this goal. In no other area of medicine have I experienced this sense of everyone trying so hard, and working so well together (patients and health professionals alike), to achieve something that is always a miracle.

This is what our society is about. To help make this miracle achievable for all women with diabetes. Some of us have large, reasonably well resourced teams. Some of us struggle alone, against the odds, or work under extraordinarily difficult circumstances. Remember Cindy Porter’s inspirational talk about her work with Aboriginal women at the last AGM? All of us work with passion and commitment.

My hope is that our society will continue to grow. We bring together many specialties, and represent most geographical areas across Australia and New Zealand. By sharing our experiences and expertise, we enrich our practice. My hope is also that we can lobby government to provide better resources; that we can produce guidelines that will assist us all in developing policies and practices; that we can attract more research funding and we can work closely with other special societies to make our voice resonate more effectively. And that every member of our ADIPS will feel that they can contribute, and that their contribution will be valuable and valued.
So much for the philosophising; now some facts. The new council is broadly representative, but we would really like to have a New Zealander, and a paediatrician on board. If this is you, and you’re willing, please contact myself or Bill Jeffries.

Current council members are:
- Chris Boorman, Diabetes Educator, Adelaide (Treasurer)
- Leonie Callaway, Endocrinologist, Brisbane
- Brad de Vries, Obstetrician, Sydney
- Bill Jeffries, Physician, Adelaide (Secretary)
- David McIntyre, Endocrinologist, Brisbane
- Bob Moses, Endocrinologist, Wollongong
- Alison Nankervis, Endocrinologist, Melbourne (President)
- Cindy Porter, Dietitian/Educator, remote Western Australia
- Peter Scott, Obstetrician, Canberra

Our agenda for the next 2 years includes finalising the new constitution, producing NH&MRC endorsed guidelines for diabetes and pregnancy, making recommendations regarding new diagnostic criteria for GDM, and consolidating a new consortium of diabetes health professional organisations. Of course it also includes running splendid Annual Scientific meetings. The next meeting is in Brisbane Friday 4th to Sunday 7th November in conjunction with SOMANZ. Leonie Callaway is chair of the local organising committee, and we’re grateful to Jenny Conn for heading up the Programme Organising committee. Alison Barry and Helen Barrett have taken over from Janet Rowan as newsletter editor, and we’re very pleased that Harry Georgiou is prepared to continue as webmaster.

As a society, we are in excellent shape both organisationally and financially. This is due largely to the hard and effective work of the last executive and council. Glynis Ross and Aidan McElduff formed an amazing partnership as President and Secretary, and worked incredibly hard to maintain the business of our society, and to forge new ground. Chris Boorman is such an efficient treasurer, and we are pleased (grateful and relieved) that she is continuing in this role. Janet Rowan informed and entertained as newsletter editor. And Suzie Neylon and Linda Valenzisi have done a marvellous job in taking over the reins of the running of ADIPS, being not only unfailingly efficient, but also a delight to work with. Thank you all, and to all retiring council members, for your contribution.

And last but not least, a call to arms. New members, new ideas, new initiatives. Articles for newsletters. We want a society where everyone is prepared to engage and to share. Any of our council members will be more than happy to follow up any suggestions.

Alison Nankervis
ADIPS President
Editor’s Comments

Hello everyone,

We would like to welcome you to the first edition of the ADIPS newsletter for 2011. 2010 was a busy and exciting year, with a very successful and enlightening meeting and a new ADIPS president and council have been elected. This is also Alison and my first newsletter as editors and we thought we should introduce ourselves:

Alison: I am currently a Clinical Nurse Consultant – Midwifery/Diabetes Educator for Women’s and Newborn Services at the Royal Brisbane and Women’s Hospital. I initially trained as a Registered Nurse and Midwife then diabetes education, I have been working in the specialty area of diabetes and pregnancy for 20 years and have witnessed the growth in the diagnosis of gestational diabetes, changing management and impact on our clinical workload. I recently spent three years as a research midwife, involved in the Metformin in Gestational Diabetes study, followed by two years as a manager for the Statewide Diabetes in Pregnancy Innovation Project (QLD). In July 2009 I returned to clinical practice.

Helen: I have just completed my endocrine training, previously at RNSH and St Vincent’s in Sydney, I moved to RBWH in 2010 as the obstetric medicine fellow. My interest in obstetric medicine and diabetes in pregnancy is longstanding and has greatly influenced my career choices. I have commenced my PhD studies this year, examining aspects of maternal lipid metabolism, through the University of Queensland.

We greatly look forward to managing the newsletter for the next two years and would welcome contributions from members – on research projects, conferences attended or other news to share.

Please send your newsletter contributions by email to either Alison at Alison_Barry@health.qld.gov.au or Helen at Helen_Barrett@health.qld.gov.au

New Members to the Australasian Diabetes In Pregnancy Society

ADIPS welcomes the following new members who have joined the Society in 2011:

Fiona Benton (SA), Michelle Gribble (VIC), Vernon Heazlewood (QLD), Shanne Kast (VIC), Mei-Li Man (VIC), Jo Nimmo (SA), Deborah Sullivan (NSW)
Heather Charteris, Clinical Nurse Specialist (Diabetes) from Hawkes Bay in New Zealand has provided a comprehensive report about last year's annual ADIPS conference which was held from the 3rd to 4th September 2010 at the Sydney Convention & Exhibition Centre in Darling Harbour.

Below are summaries of some of the highlights of the conference including summaries of presentations from guest speaker Professor Ute Schaefer-Graf from Berlin.

Professor Ute. Schaefer-Graf demonstrated remarkable stamina and presented twice, to a packed crowd with standing room only. She discussed the long term outcomes of newborns from diabetic pregnancies and the influences of the intrauterine vs postnatal environment, discussing data showing that by the age of 8 years, children born to a diabetic pregnancy are more obese, hypertensive and have worse lipid profiles compared to their peers. This is complicated by an association with parental BMI (both maternal and paternal). Professor Schaefer-Graf also discussed intrauterine growth, and the titrating of glycaemic control to fetal growth, relaxing levels for the growth restricted fetus and using tighter glucose targets with a fetus with abdominal circumference > 75th centile.

Another highlight of the conference was the presentation by Professor Susan Clarke from the Garvan Institute. She explored the research area of epigenetics and all of us came away with a much greater comprehension of this increasingly important field.

Dr Glynis Ross and A/Prof Jeff Flack both elaborated on the new IADPSG criteria for the diagnosis of diabetes in pregnancy, detailing the new definitions including a category of ‘Overt Diabetes in pregnancy’ (fasting PG ≥ 7.0 mmol/L or Hba1c level ≥ 6.5% or random PG ≥ 11.1 mmol/l). The new criteria also strongly suggest testing women at the first prenatal visit for fasting PG, random PG or Hba1c with this being a universal or selective measure depending on the local population. Jeff then examined the local work load implications if the IADPSG recommendations are adopted. It is anticipated that clinical load would increase by 20-30%. For a full discussion see ANZJOG 2010 Oct;50(5):439-43.

There were many other quality presentations making our annual conference very successful. Delegates departed on a high note looking forward to the 2011 conference in Brisbane.

Our thanks to Heather for sharing her summary of the conference.
2010 ADIPS Grants & Awards

The ADIPS council congratulate the following recipients in receiving a number of grants and awards offered by the Society. The winners were announced at the 2010 ADIPS Annual Scientific Meeting in Sydney:-

**ADIPS-Novo Nordisk Research Grants ($6,000 each)**

Scientific/Clinical Research Grant category:
Dr Helen Barrett
Project titled: ‘Maternal Lipids in Pregnancy’

Education Research Grant category:
Ms Cynthia Porter & colleagues
Project titled: ‘The MACAW Study: Models of Antenatal Care for Australian Aboriginal Women (with diabetes in pregnancy)’

**Graz Clock Award - best overall presentation ($600)**

Ms Cynthia Porter
Abstract titled: ‘Potential exists to decrease the stillbirth rate for infants born to Aboriginal women with diabetes an pregnancy using a systematic approach’

**Emerging Investigator Award ($600)**

Dr Flora Ip
Abstract Titled: ‘The effect of degrees of obesity on treatment and outcome of gestational diabetes’

**Outstanding Posters ($400 each)**

A/Prof Jeff Flack
Poster Titled: ‘Newly Proposed GDM Diagnostic Criteria: review of Outcomes and Determination of Risk’

Dr Anuradha Sakthivel
Poster Titled: ‘The changing face of gestational diabetes over two decades’

**Allied Health Presentation Awards ($400 each)**

Ms Jessie George
Abstract Titled: ‘Postnatal management of gestational diabetes: Barriers and Bridges’

Ms Zoe Stewart
Abstract Titled: ‘A comparison of weight gain in late pregnancy in women with and without GDM’

**Travel Grants ($400 each)**

Flora Ip, Anna Lih, Cynthia Porter, Anuradha Sakthivel and Zoe Stewart

**2010 ADIPS Corporate Sponsors**

The ADIPS council gratefully acknowledges and appreciates the following sponsors for their generous support given to the Society for the 2010 ASM:-

**Principal Sponsor**
Novo-Nordisk Pharmaceuticals Pty Ltd

**Session Sponsor**
Eli Lilly Australia

**Sponsor**
Abbott Australasian Pty Ltd, Australasian Medical & Scientific Ltd, Medtronic, Roche Diagnostics & sanofi-aventis
Applications are invited for 2012 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, diabetes self-management education and support, translation into practice and behavioural research are also invited.

In 2012, 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.

- **2012/13 Millennium Awards:**
  - $150,000 Millennium Awards are also being offered for 2012/13:
    - Type 1 Millennium Awards and Type 2 Underworks Millennium Award.
- **2012/13 Viertel Postdoctoral Fellowships in Diabetes:**
  - $300,000 Viertel Postdoctoral Fellowship is again being offered for 2012/13: Research into diabetes that will benefit an ageing population.
- **Three General Research Grants of up to $60,000 (over 1 yr) will be offered in the categories of:**
  - Diabetes self management education and support
  - Translation into practice
  - Behavioural research
  - The 2012 /13 Dart Applications close on Friday 29 April 2011
  - Applications forms and further information are available at www.diabetesaustralia.com.au or via email: dart@diabetesaustralia.com.au

**IMPORTANT ASM DATES TO REMEMBER:**
* Final date for Abstract submissions is Saturday 24 September 2011
* Final date for Early Bird Registration is Friday 30 September 2011
* Annual General Meeting is on Saturday 5 November 2011

**ADIPS grants and awards available at the 2011 Annual Scientific Meeting in Brisbane include:**
- **Graz Clock Award**
- **The Emerging Investigator Award**
- **Allied Health Presentation Awards**
- **Travel Grants**

Further details regarding the eligibility criteria and value of the grants and awards can be found on the ADIPS website at http://www.adips.org and also on the ASM website at http://adips-somanz.org

**ASM details regarding abstract submissions, registration, programme, meeting venue, trade and sponsorship, please visit the joint ADIPS/SOMANZ meeting website at http://adips-somanz.org or contact the Conference Organisers: ASN Events, PO Box 200, Balnarring, VIC, 3926, T: 03 5983 2400, F: 03 5983 2223**
The 2011 ADIPS Subscription renewals have been sent out already in January. If you have not yet paid, please forward payment to the ADIPS Secretariat as soon as possible.

The Society currently has around 260 members. The membership fee for ADIPS is A$66.00 (includes $6.00 GST) for membership from 1 January 2011 to 31 December 2011.

To apply for membership to the Australasian Diabetes In Pregnancy Society, please contact the ADIPS Secretariat at 145 Macquarie Street, Sydney, NSW, 2000, Tel: 02-9256 5462, Fax 02-9251 8174 or email: adips@racp.edu.au for a membership form. Details of the ADIPS, membership form and privacy policy notice can also be found on the ADIPS Website at: http://www.adips.org

The ADIPS Secretariat hours are 9.00am to 5.00pm on Monday to Friday.