

# ALL THINGS CARBS: WE'VE GOT IT COVERED!

At the T1FC, carbs are firmly on the agenda. We explored therapeutic carbohydrate reduction at the Australasian Diabetes Congress, launched our new Carb Conscious Cookbook, and continue to offer Cyber Carbs, our online course helping health professionals and people with type 1 master carb counting.

With our Senior Clinician Amy Rush back in clinic three days a week, we're here to support you and your patients, whether it's eating carbs, counting them, or reducing them to support better glucose management.



## ➤➤➤ AMY RUSH RETURNS TO FULL CLINICAL CAPACITY

After a short break from full clinic load to focus on strategic program development, Amy Rush is back to three full clinic days/week. Amy consults at the T1FC in Perth and via telehealth for regional and interstate clients. She continues as Clinical Programs Director on non-clinic days.

As an APD CDE with over a decade of experience in T1D care, Amy specialises in insulin pump therapy, and the food–insulin relationship, with particular expertise in reduced-carbohydrate approaches.

Amy welcomes referrals for personalised support.

Refer to Amy: [clinic@type1familycentre.org.au](mailto:clinic@type1familycentre.org.au)

Discuss a patient directly:

[amy@type1familycentre.org.au](mailto:amy@type1familycentre.org.au)



## ➤➤➤ ADVANCING T1D CARE AT ADC

Our session, "Exploring Therapeutic Carbohydrate Reduction in T1D," drew over 180 attendees, reflecting strong interest in the topic. The highly interactive session featured polls, practical role-play, and plenty of audience questions, keeping engagement high throughout. Feedback was overwhelmingly positive and we look forward to returning next year to continue advancing type 1 diabetes care.



## ➤➤➤ CARB CONSCIOUS COOKING 2.0

Off the back of the success of our first Carb Conscious Cookbook, we've created Carb Conscious Cooking 2.0. With family favourites reimaged as lower-carbohydrate, blood glucose–friendly dishes, it provides a simple and realistic way to explore reducing carbohydrate intake across the day. For patients who are interested in lowering carbs to support blood glucose management, this cookbook is an excellent introduction, no fuss, no obscure substitutes, just meals that work in everyday life.

Available in hard copy and as an ebook:

[www.type1familycentre.org.au/shop](http://www.type1familycentre.org.au/shop)



## ➤➤➤ CYBER CARBS: LEARN TO COUNT CARBS ONLINE

Accurate carb counting is a cornerstone of type 1 management, for patients and practitioners alike. Our online course, Cyber Carbs, lets you master this skill at your own pace, on your own schedule. Whether you're a beginner or looking to sharpen your skills, Cyber Carbs is designed for everyone.

Learn more or refer your clients:

[www.type1familycentre.org.au/cybercarbs](http://www.type1familycentre.org.au/cybercarbs)

We invite you to try before referring. Please email [amy@type1diabetesfamilycentre.org.au](mailto:amy@type1diabetesfamilycentre.org.au) for a special discount code.