



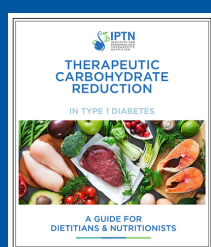
## Gear up for 2025

Type 1 diabetes is synonymous with carbohydrates, and this month is a carb-heavy update!

From cooking them to counting them, to knowing how to safely reduce them in the diet, we have you and your type 1 patients covered. Better yet, 2025 will see the launch of two exciting new 'carbohydrate focused' additions to the Type 1 Diabetes Family Centre's education offerings.

Take some time over the Christmas break to take a look at our current offerings and sign up to be the first to access whats new in 2025.

Merry Chrstmas and Happy New Year from our team to yours.



### Therapeutic Carbohydrate Reduction in T1D International Guidelines

Written by five international experts, including our very own Amy Rush, this ground-breaking, resource offers dietitians actional strategies to support individuals with T1D in reducing carbohydrate to achieve more stable blood glucose control. Download the guide and share it with your allied healthcare team.

<https://www.therapeuticnutrition.org/tcr-type-1-diabetes-guide>



### Therapeutic Carbohydrate Reduction Online HCP Education

Off the back of our succesful ADC Masterclass; Safe and Effective Carbohydrate Modification in Type 1 Diabetes, the T1FC is taking HCP education one step further and developing an international online training course for Endocrinologists, Diabetes Educators and GPs in guiding their patients to safely implement the approach. The course will include evidence based information from international experts in the area. Be the first to find out more in 2025 by registering your interest here:

<https://telethonjdfc.wufoo.com/forms/therapeutic-carbohydrate-reduction-online-course/>



### Carb Concious Cooking 2nd Edition

The second edition of the T1FC Carb Concious Cookbook hits the shelves early 2025. With over 30 tantalising recipes developed by dietitian and low-carb cooking extraordinaire, Amy Rush, this edition is a for anyone interested in lowering carb to improve metabolic health.

If you have patients interested in reducing carb intake but not sure where to start, refer them to the first edition and get them excited about our next cookbook launch in early 2025.

Register your interest here:  
<https://telethonjdfc.wufoo.com/forms/carb-conscious-cookbook-second-edition/>

### Upskill your practice team

Your entire team make an impression of your practice, from the practice nurse to the office manager. Too often a person with T1D is left raging after an unintentional offhand comment or lack of understanding from practice staff. So, make sure they know what your T1D patients want and need from you and why your patient may request an urgent appointment.

Our online education program Type 1 Essentials can give them the basics; What is type 1, how does insulin work, what is a sick day management plan, what are insulin pumps? Upskill your team with the Type 1 Essentials Practice Pass: \$70 per staff member (saving of \$79 per person)  
Visit <https://t1learning.com/type-1-essentials/> and use the discount code: T1E Practice Pass