



Bang for their buck!

Managing type 1 diabetes is tough, on the person, their family and the hip pocket! As cost of living grows, patients are finding the regular cost of care harder and harder to afford.

At the Type 1 Diabetes Family Centre our clinicians provide exceptional value for money. Our clinicians are type 1 specialists and dual qualified across diabetes education, dietetics, nursing, midwifery and pharmacy.

You can refer to all our clinicians online: www.type1familycentre.org.au/new-referral

Patients can avoid costly time off work and travel costs through our telehealth services, available right across Australia.

Find out more here: www.type1familycentre.org.au/telehealth



Perinatal Diabetes Education

The pressure to have the perfect blood glucose during the pre- and peri-natal periods is overwhelming for a woman with type 1.

At this important time, mums to be need understanding and a trusted healthcare practitioner familiar with the unique challenges of type 1 diabetes.

Our Credentialed Diabetes Educators offer a supportive clinic space for woman in any stage of their pregnancy journey.



Diabetes Education and Dietetics in 1!

Of the 42 factors that effect blood glucose, food has by far the greatest impact. It not only dictates how much insulin we need, we must also consider what we are eating and adjust the type, timing and delivery form of the insulin dose before safely delivering every injection.

Amy Rush and Beck Newton are dual qualified dietitians and diabetes educators, making them experts in the interactions between food and insulin. They are also experts in helping people with type 1 with a reduced carbohydrate approach to blood glucose management.



Expertise in Ultra-Exercise

There is nothing a person with type 1 diabetes cannot do and at the T1FC we encourage a Life Without Limits! Our clinicians have played a significant role in helping patients swim solo to Rottnest, ride accross Australia, run marathons around the world and compete in bodybuilding championships.

Exercise improves mind, body and soul. If your patient is hesitant to get moving or wanting to take exercise to the next level, refer them to the team who can inspire, encourage and keep them safe as they reach their exercise goals.



So many meds!

Polypharmacy is common in type 1 diabetes, and many patients are unaware of the impact of their medications on blood glucose levels.

Meera Ruparelia is a type 1 specialist pharmacist and diabetes educator offering medicine reviews at the Family Centre on Saturdays.

Meera can help patients navigate their prescribed medications and supplements, understanding how they work, how they may interact and what impact they may have on diabetes management.