

Diabetes Parliamentary Inquiry Submission.

My name is Prof Daryl Higgins.

I was diagnosed later in life with Type 1 diabetes at age 42. (I also have another autoimmune disease – Coeliac, which I have been living with since diagnosed at age 23.

I would like to respond to the following Terms of Reference:

The effectiveness of current Australian Government policies and programs to prevent, diagnose and manage diabetes.

I believe that continuing and increasing access to new technologies like Continuous Glucose Monitoring is necessary. I have found that it is critical to supporting my management of diabetes. I started wearing a CGM device shortly after the Medicare subsidies commenced late last year (Dec 2023). I have found that not only does it increase my attention to my highs and lows and helps me to maintain my BGLs within the normal range (or take action to rectify more quickly than before); it also assists my partner (through the data sharing via an app) to be less concerned about my safety.

I'm often travelling interstate, or out at meetings – and so to have the CGM data for him, as well as for me is an important source of comfort.

Previously, I've had instances of having a hypo where I was unaware, and not responding to my phone (which was on silent as I had been in meetings). My partner was left worried as he didn't know whether my BGLs were OK or not, and whether or not he needed to do something.

Now, he can easily check my BGLs in real time, know whether they are rising or falling, and knows whether he needs to do anything to support me or not.

I applaud the government for adding CGM to the National Diabetes Support Service list of consumables, and strongly encourage you to continue and/or expand its availability for Type 1 diabetics.

Dated: 22 August 2023.