

## Submission to Diabetes in Australia Enquiry

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Type 3c Diabetic (from Feb 2022)

Thank you for the opportunity to provide submission into this enquiry. I would like to address Terms of Reference 5 of this inquiry viz “The effectiveness of current Australian Government policies and programs to prevent, diagnose and manage diabetes.”

### Introduction

I am an electrical engineer working as a technology consultant in the field of renewable energy software products. I was diagnosed with a tumour (p-NET) in my pancreas in 2020 and after couple of rounds of chemotherapy, a surgery was conducted to remove my pancreas completely. I was registered as a Other (Type 3c) diabetic with NDSS. I am insulin dependent and like Type 1 diabetics, need continuous monitoring of my blood glucose level. I am also in Pancreatic Enzyme Replacement Therapy.

If you are not familiar with type3c diabetes. Please read more about Type 3c diabetes here – <https://www.diabetes.org.uk/diabetes-the-basics/type-3c-diabetes>

#### ***What is type 3c diabetes?***

*You may have heard of the more common types of diabetes like type 1, type 2 and gestational. But there are actually many other types of diabetes that aren't as well known.*

*Type 3c diabetes develops because of the damage to the pancreas, which can happen for a few different reasons. And although it's different to other types, you can get a wrong diagnosis of type 2 because type 3c isn't well known.*

#### ***What causes type 3c diabetes?***

*Type 3c can happen when the pancreas is damaged and it stops producing enough insulin for the body. And we all need insulin to live. It allows the glucose (or sugar) in our blood to enter our cells and fuel our bodies. If you have type 3c diabetes your pancreas will also stop producing the enzyme you need to digest food.*

*You can only get type 3c diabetes because of an illness or condition that affects your pancreas.*

*Conditions related to type 3c*

*Type 3c is linked to many other conditions, all of which affect the pancreas, such as:*

- *pancreatic cancer*
- *cystic fibrosis*
- *haemochromatosis*

### **CGM for All Program**

As with any insulin dependent diabetic I was elated when CGM for All program was expanded to all type 1 diabetics in July 2022. I was dependent on my Dexcom CGM to monitor my BGL while I was working in my day job. It helped me focus on challenges at work without being anxious about hypoglycaemia. It was a huge financial burden and I had to constantly balance between buying good quality protein vs. paying for my CGM on my limited income.

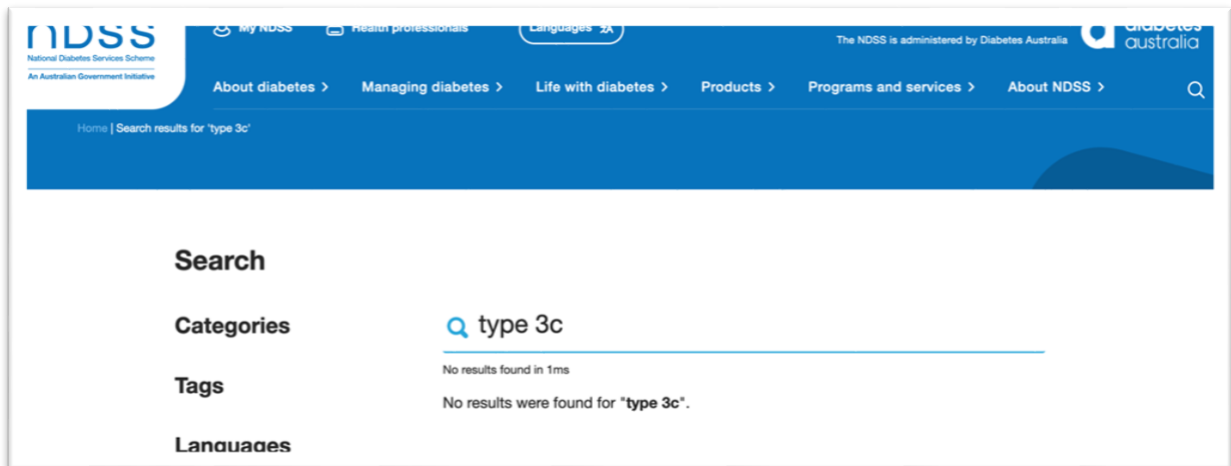
When I applied for the program, I was disheartened to learn that I was not eligible as the policy doesn't recognise Type 3c as a valid type of diabetes. The helpline employees were also not aware of such a type of diabetes.

I requested my endocrinologist to share a letter explaining how my care needs were more complicated than type 1 diabetics, but his requests were also ignored as the administrative process was not up to date on the new categorisation.

The gap in policy implementation was evident. The policy was intended to support diabetics who are insulin dependent due to non-lifestyle related reasons to lead an anxiety free life and reduce severe hypoglycaemic events and emergency hospitalisation. As policy doesn't recognise the existence of Type 3c diabetics, a large population is missing out on benefits from this program.

### **Other Policy Gaps**

NDSS, in general is silent (unaware) about Type 3 c as is evident by amount of information available on Type 3c in Diabetes Australia website (see screenshot)



## Conclusion

I request this committee to consider the new classifications on diabetics in further policy making. This will help in

1. Targeting subsidies and benefits eligible patients
2. Getting better understanding of genetic, non-genetic and lifestyle causes of diabetes

I also request this inquiry to address the existing gap in CGM for all program and Include type 3c under CGM for all programs. More resources on type 3c diabetes care on the website will also be much appreciated.