

***HOPE: To want something to happen or be the case; to desire with expectation of obtainment or fulfilment.***

Today, we're looking at hope and what it means in the context of hoping for a cure for diabetes in all its forms.

As we reflect on our first Thank You Week campaign, we're struck by the extent of gratitude for all things that make your life with diabetes easier – and possible! – such as insulin, insulin pumps, continuous glucose monitors, and apps to help track blood sugar levels.

All of these advances were discovered because someone dared to hope for a better way of doing things – and, in the case of insulin, a way of saving lives.

On top of the hope though, there was ACTION; a plan or intent to find that better way.

The challenge with hope is that it doesn't have to involve action – we can hope for something from the comfort of our armchair while we watch TV, or as we're driving to work or laying on the beach!

During Thank You Week, we were truly inspired by the amount of gratitude – and hope out there.

It also highlighted to us that we are so grateful to be involved in being part of the dream – not just hoping for a cure but acting on the desire through funding research with the potential to deliver a cure.

Hope is wonderful and crucial in the process of change. But so is action.

If you're hoping for a cure, what action can you take to help make it possible?

Let us know your thoughts; we'd love to hear from you.

You can email me here: [sherl@diabetesresearchwa.com.au](mailto:sherl@diabetesresearchwa.com.au).



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