

Thursday 22 April 2010



MEDIA RELEASE

Life! Taking Action on Diabetes

Wimmera Health Care Group will commence a new program aimed at delaying and possibly even preventing the onset of Type 2 diabetes.

Community Health Manager Wally Coleman said that the *Life! Taking Action on Diabetes* program is a tailored course that helps people at high risk of developing diabetes to feel better and live longer.

"The program is targeted at people aged over 50 who are at risk of developing Type 2 diabetes. To be eligible, people need to complete the Ausdrisk questionnaire available from Arapiles reception at Wimmera Health Care Group or the Community Health Nurse program at Grampians Community Health in David Street" she said.

Mrs Coleman said that people who participate in the Life program will be given the tools they need to help them get on track for a longer and healthier life. "The course will run over six sessions covering topics such as general diabetes education and lifestyle information. It is free of charge and people can even bring along a support person if they wish" she said.

Mrs Coleman said that the program will commence on 12 May at 5.00 p.m. in the Arapiles building. Places are limited and bookings are essential. For further information, people should contact Nicky McMaster, Community Health Nurse, on ph. 0407 817 450 as soon as possible.

People with diabetes have a higher risk of heart disease, stroke, high blood pressure, circulation problems, amputation, nerve damage and damage to the kidneys and eyes. Type 2 diabetes is a chronic disease marked by high levels of sugar in the blood. It occurs when the body does not produce enough insulin or respond well enough to insulin.

Type 2 diabetes is the most common form of diabetes. Approximately one million people have type 2 diabetes and this figure is expected to increase significantly in the coming years.



Life program co-ordinator Nicky McMaster (right) runs through the Ausdrisk questionnaire with Horsham resident Betty Tucker

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