
9 September 2009

Diabetes education program tailored to time poor community

Bundall Community Health Centre will hold a two part “fast-track” education program related to Type 2 diabetes to assist people with ways to improve their diabetes control and prevent the onset of long term complications.

Clinical Nurse Consultant Marysia Jarosch said the sessions were tailored to suit “time poor” members of the community and focus on empowering them to manage their condition.

“We have put together a fast track diabetes education program aimed at community members who work long hours or who have other day time commitments but would still benefit from a course such as our Diabetes Education Program,” Ms Jarosch said.

“Diabetes is the sixth highest cause of death by disease in Australia – it makes sense that we make information and education accessible to the majority of the community,” she said.

“These sessions give members of the community an opportunity to meet others who are living with Type 2 diabetes, learn more about healthy eating and their medications, the benefits of exercise and how to monitor their blood glucose levels.

“There is no cure for diabetes, but lifestyle changes such as the ones we deal with in this program will help to minimise long term complications.”

One in four Australians are living with Type 2 Diabetes or Impaired Glucose Tolerance and these diseases are now being diagnosed in much younger age groups who are often working normal business hours.

People with diabetes are twice as likely to have high blood pressure and also are more likely to have elevated blood fats, such as cholesterol problems, and are twice as likely to have cardiovascular disease such as heart disease or stroke.

“Diabetes is Australia’s fastest growing chronic disease, with 2.1 million Australians at risk and at least one person diagnosed every 7 minutes with a form of diabetes,” Ms Jarosch said.

“Our program is presented by diabetes educators, pharmacists and dieticians who work with people living with diabetes every day,” she said.

“At no cost to community members, we can help them manage their disease and teach them how to prevent further complications such as heart attacks or stroke.”

The two session program runs over two consecutive weeks from 4:30 -6:30 pm, commencing on Thursday, September 24, and concluding on Thursday, October 1, 2009.

Bookings are essential and can be made by phoning the Central Intake Unit on 1300 668 936.

Ends...

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