

Diabetes Awareness

What is Diabetes?

- **Diabetes is a chronic disease. This means that it lasts for a long time, often for someone's whole life.**
- **For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy.**
- **In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body.**
- **So when people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy. Instead of being turned into energy the glucose stays in the blood. This is why blood glucose levels are higher in people with diabetes.**
- **Glucose is carried around your body in your blood. Your blood glucose level is called glycaemia.**

Fast facts

- **275 Australians develop diabetes every day**
- **Diabetes is Australia's fastest growing chronic disease**
- **Nearly 1,000,000 Australians are currently diagnosed with diabetes. For every person diagnosed, it is estimated that there is another who is not yet diagnosed; a total of about 1.7 million people**
- **The total number of Australians with diabetes and pre diabetes is estimated at 3.2 million**
- **It is the 6th leading cause of death in Australia**
- **Up to 60% of cases of Type 2 diabetes can be prevented.**
- **In Australia, nearly two thirds of men and half of all women are overweight or obese. This is a key factor in the alarming rise of type 2 diabetes**
- **Up to 60 per cent of diabetes cases could be prevented, or at least delayed.**

Are You at Risk?

- **Do you know what your risks are?**
- **Type 2 diabetes often runs in families.**

Also know your:

- **Weight**
- **Waist Measurement**
- **And risk for Cardiovascular Disease**
- **Get Regular Exercise**
- **Eat a Healthy, Well Balanced Diet**

Ask us about a diabetes risk assessment today

DIABETIC AUSTRALIAN RISK ASSESSMENT PROCESS

People aged 40 to 49 years (inclusive) with a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool

- Do Diab Aus Risk Assessment in letters MD
- If score is 12 or more refer to GP for blood test to determine if diabetic
Neg fasting BSL x2
(GTT – or HbA1c)
2 finger prick BSL 's in normal range.

- ON SAME DAY - If pt is 40-44 send Claim (701 <30mins or 703 if >30mins) You have done Aus Risk Assessment – type” pre diabetes assessment” on claim to Medicare.
- Explain lifestyle modification programs to Pt and fill in referral tell Pt you will send referral when test results known.
- TP- see tim for diagnosis of
- Wait blood test results and then refer to program if not diabetic. If diabetic recall Pt to do GPMP TCA - Diabetes
- If pt is 45-49 do 45-49 health check and claim time based item and type 45-49 health assessment on claim to Medicare. Explain lifestyle modification programs to Pt and fill in referral, tell Pt you will send referral when test results known.
- Refer to lifestyle modification program if not diabetic.

COST of program is \$50

PROGRAM OPTIONS

1. Reset your life Judy Clark- Referral in letters MD Phone MOBILE – 0403069572 or NRGPN - 66224453
2. Jason Mickon Ballina Community Centre most Tuesdays call 0421932959 for details.
3. Lucy Johnston mobile 0407228389 Ballina/Lennox/ Byron
4. Avoid Diabetes – a free lifestyle telephone support program – refer to Judy Clark using same referral in MD letters.

THE PRE DIABETES ASSESMENT MAY BE CLAIMED ONCE EVERY 3YRS .
THE 45-49 ASSESMENT CAN BE CLAIMED ONLY ONCE.