

DIABETES

Many people who have Type 2 Diabetes don't even know they have it. And on many occasions clients have said to me that they think that they are 'healthy' and they can't understand why their doctor tells them that they might be at risk of Diabetes. For some people the answer is more evident than others as they realise that they have slowly been gaining weight each decade and for others it is due to their change of lifestyle that has led to this increased risk.



What is Diabetes?

Type 2 Diabetes is a disease in which there is too much glucose in the blood. The Symptoms can include excessive thirst and urination, unexplained weight changes, weakness and fatigue, blurred vision and tingling/numbness in the feet.

But sometimes there are no symptoms at all.....

In Australia, nearly two thirds of men and half of all women are overweight or obese. This statistic makes it easier for us to understand why there has been an alarming rise of type 2 diabetes in recent years. We know that up to 60 per cent of diabetes cases could be prevented, or at least delayed, by people maintaining a healthy weight.

The Risk Factors for Type 2 Diabetes

- A family member has Type 2 Diabetes
- Age 45yrs+ and overweight or high blood pressure
- Age 55yrs+
- Heart disease or previous Heart Attack
- Impaired fasting glucose or impaired glucose tolerance – Pre-Diabetes

The Silent Illness

- Poly-cystic Ovarian Syndrome and overweight
- Previous Gestational Diabetes
- Age 35yrs+ and Aboriginal, Torres Strait Islander, Pacific Islander, or from Indian subcontinent or Chinese Cultural background

The Associated Health Problems

People with Type 2 Diabetes are more likely to experience other serious health problems including heart attack, stroke, blindness, kidney damage and limb amputation.

What you can do to prevent Diabetes or improve your Diabetes outcomes

- Speak to your local GP regarding testing for Pre-Diabetes which includes a fasting blood glucose test followed by an oral glucose tolerance test if required
- Seek professional dietary advice from an Accredited Practising Dietitian to initiate a healthy eating regime and weight loss program
- Commence moderate intensity cardio-vascular exercise for at least 150 minutes per week and seek professional advice from an Exercise Physiologist for developing a suitable exercise program if you have any previous medical conditions

On a brighter note!

Those children and adults that are diagnosed with Type 1 Diabetes (Insulin Dependent) earlier on in life are able to manage their Diabetes and live normal healthy lives – see the 30 Teenagers on a Diabetes Camp in Queensland earlier this year enjoying a box-fit session and a day at a fun park.



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