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Sunshine Coast Hospital and Health Service celebrates World Diabetes Day

Sunshine Coast Hospital and Health Service will shine a spotlight on women with diabetes this World Diabetes Day (WDD).

Held annually on 14 November, WDD aims to raise awareness of the 415 million people worldwide who are living with diabetes.

Clinical Director of Endocrinology and Diabetes, Dr Shyam Sunder said diabetes was the ninth leading cause of death in women globally, causing 2.1 million deaths each year.

“Socioeconomic inequalities expose women to the main risk factors of diabetes, including poor diet and nutrition, physical inactivity, tobacco consumption and harmful use of alcohol,” he said.

Two out of every five women with diabetes are of reproductive age, accounting for over 60 million women worldwide. Women with diabetes have more difficulty conceiving and may have poor pregnancy outcomes.

Dr Sunder said gestational diabetes – a type of diabetes which occurs in pregnancy was on the increase.

“Five to 10 per cent of pregnant women will develop gestational diabetes.

“It is more common in women who are over 25 years of age, overweight or have a family history of type 2 diabetes. Careful monitoring and good control of blood glucose during pregnancy reduces the risk of adverse outcomes in mother and the baby.

“These women have 30 to 50 per cent risk of developing type 2 Diabetes in 20 years resulting in further healthcare complications and costs. This can largely be prevented by having a healthy lifestyle.”
For more information: [http://www.worlddiabetesday.org/](http://www.worlddiabetesday.org/)

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