

### Media statement

30 April 2019

#### **Get support for type 2 diabetes and avoid hospitalisation**

Diabetes is a leading cause of potentially preventable hospitalisations in Queensland but Sunshine Coast Hospital and Health Service (SCHHS) want to turn that around by offering free support to those diagnosed with the condition.

Risk complications associated with type 2 diabetes can have a major impact on quality of life and can lead to people needing hospital care.

SCHHS health professionals are offering free workshops to help people avoid the risk of being hospitalised due to poorly managed type 2 diabetes.

SCHHS health professional Kerry Roach says, “the free workshops are in demand as people look for further support and information to avoid risk complications associated with the condition.”

“Participants can update their knowledge, access resources and experience a sense of motivated to link up with other activities in the local community to help them better manage their condition.

“While fewer people are dying from type 2 diabetes, more people are living longer with a disability resulting from complications with blindness, kidney damage, amputation and heart attack,” Ms Roach said.

The workshops are delivered by a range of health professionals, are available across the Sunshine Coast and Gympie and are free to attend.

Upcoming sessions:

- May 16 – Gympie
- May 29 – Maroochydore
- June 6 – Caloundra

All workshops run from 9:00 am to 1:00pm and are available for anyone diagnosed with type 2 diabetes or pre-diabetes, and family or carers are welcome to attend. Bookings are essential. Phone 54799670.

**ENDS**

# Sunshine Coast

Hospital and Health Service

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