

Media statement

3 October 2018

What you need to know about managing Type 2 diabetes

Recently diagnosed with Type 2 diabetes and aren't sure what to do?

A diagnosis of Type 2 diabetes can sometimes be overwhelming to begin with however a free information session delivered by Sunshine Coast Hospital and Health Service (SCHHS) could make all the difference.

Health lifestyle officer Kerry Roach said it was important people who were newly diagnosed with type 2 diabetes established a self-management plan to reduce any risks of future complications.

"This is usually done with your GP, and because the condition is largely managed at home and through establishing daily, healthy lifestyle routines it's also important to better understand your diabetes and how to access further local support," she said.

"We deliver free information sessions for people newly diagnosed with the condition, providing information on self-management care plans, healthy lifestyle guidelines and where to look for further support in the local community.

"A diabetes educator, dietitian, social worker and health promotion officer present four unique sessions on the day and provide plenty of time to answer all your questions.

"The information session is also beneficial for people who have been diagnosed for some time and may just need to update their knowledge or top up their motivation towards staying on track."

The next information session is scheduled for **Wednesday, 24 October 2018, 9am to 1pm** at the Maroochyore RSL Sub branch.

To be eligible to attend this workshop, you must be diagnosed with type 2 diabetes or pre-diabetes (confirmed by your GP); be over 18 years of age; be able to attend group education for four hours; and be able to learn in the company of others. Carers and or family members are welcome to also attend.

If you meet the eligibility criteria above, please don't delay, register your interest today by calling Central Intake on **5479 9670**.

While a referral from your G.P. is not necessary, bookings are essential.

ENDS

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