2 November 2017

Control your Type 2 diabetes during the festive season

Gympie residents with Type 2 diabetes can learn to control their condition over the festive season.

Kerry Roach, Healthy Lifestyle Officer, Sunshine Coast Hospital and Health Service (SCHHS) said: “As we lead into the excessive festive season, people with diabetes should keep focused on leading a healthy lifestyle and set goals to keep them on track.

“An excess of food and alcohol and a reduction in daily activity, can cause complications in managing the disease. Setting realistic diabetes goals before the festive season can help people maintain diabetes control, while still enjoying some festive treats.”

Ms Roach delivers the ‘Type 2 Diabetes and Me’ education sessions, with a team of SCHHS health professionals.

The free, four hour session involves a clinical nurse, social worker, dietitian and health promotion officer, who delivers the most up-to-date information and resources.

These sessions provide valuable information about managing Type 2 Diabetes, reducing the risk of complications, communicating with health professionals, and setting goals to achieve optimal health and wellbeing.

“The session is designed for people who are newly diagnosed, need a refresher or have been told by their GP they have pre-diabetes,” Ms Roach said.

The next workshop will be held from 9am to 1pm Thursday, 16 November at the Gympie Community Health Centre Alfred Street Gympie.

To be eligible to attend this workshop, you must be:

• diagnosed with Type 2 diabetes or pre-diabetes, confirmed by your GP
• over 18 years of age
• have your own transport
• able to attend group education for four hours
• able to learn in the company of others.

If you meet the eligibility criteria above, please register your interest for the workshop before 16 November by calling Central Intake on 5479 9670. While a referral from your GP is not necessary, bookings are essential.

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