

Media statement

8 July 2017

Are you at risk of type 2 diabetes? Assess your risk online

Next week, 9-15 July is the National Diabetes Week. It is estimated that in Queensland more than 100,000 people have type 2 diabetes mellitus but don't yet know it.

On the Sunshine Coast, including the Gympie region, there are over 17,500 people living with diabetes. This number has increased by approximately 10% over the past 2 years.

Sunshine Coast Hospital and Health Service Clinical Director of Diabetes and Endocrinology, Dr Shyam Sunder said that the vast majority of these people have type 2 diabetes.

"More than 6100 people on the Sunshine Coast could have undiagnosed type 2 diabetes".

"Those most at risk of developing type 2 diabetes are males over 45, indigenous people and people of other ethnic backgrounds, women with a history of gestational diabetes and people with a positive family history of diabetes."

High blood pressure and being overweight are other health risk factors that often co-exist with diabetes mellitus.

"As part of National Diabetes Week, we encourage everyone to check the risk of developing Type 2 diabetes mellitus. This can be done simply by using the Diabetes Queensland online tool, or better still - by visiting your GP," said Dr Sunder. The online risk calculator is available here: <http://bit.ly/2r87cAq>

The Sunshine Coast University Hospital and our other hospitals, Nambour General Hospital, Gympie Hospital and Caloundra Health Service, provide a multidisciplinary diabetes service to the residents of the Sunshine Coast.

Dr Sunder has said that plans are now underway to provide a dedicated Indigenous Diabetes Service from the Diabetes centre at Nambour Hospital in the near future.

Being informed about your risk of Diabetes may help slow its advance and prevent future complications.

For persons diagnosed with Type 2 diabetes or pre diabetes, the following programs are available in the region to help manage the condition.

Information Sessions

"Type 2 Diabetes & Me", Wednesday 26th July, 9.00am-1.00pm, at the Maroochydore RSL Sub Branch.

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“Type 2 Diabetes & Me”, Thursday 10th August, 9.00am-1.00pm, at the Gympie Community Health Centre.

The session is coordinated by the Sunshine Coast Hospital and Health Service and involves presentations from a range of health professionals about T2D self management. It is ideal for persons newly diagnosed with T2D, or those wanting to refresh their knowledge. Bookings essential. Ph: 5319 4848; Email: Kerry.Roach@health.qld.gov.au

Online education – a “Type 2 Diabetes & Me” online video will soon be available. The Sunshine Coast Hospital & Health Service has produced this online video for persons newly diagnosed with T2D, or those wanting to refresh their knowledge, who cannot access education groups. Ph: 5319 4848; Email: Kerry.Roach@health.qld.gov.au.

Support Group – Diabetes Support Group, Tuesday 28th July. This support group is coordinated by Caloundra BlueCare and offers a range of guest speakers and outings for people with diabetes. Ph: 5438 5000.

Getting Active – Tai Chi for Diabetes. Bookings essential. Coordinated by Caloundra Bluecare. Ph: 5438 5000.

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