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**Easy Access to Information about Type 2 Diabetes**

Residents diagnosed with Type 2 Diabetes can now go online to learn more about their condition.

Sunshine Coast Hospital and Health Service (SCHHS) has produced a video, *Type 2 Diabetes and Me*, to show people how to manage their condition.

Healthy Lifestyle Officer Kerry Roach said the new video covered a range of topics including disease awareness, self-management practices, lifestyle change, communication with health professionals and emotional wellbeing.

“We are proud to be able to offer our residents a choice in how they access information and learn about Type 2 Diabetes,” Ms Roach said.

“You can now download our new video or attend face-to-face information sessions offered at Maroochydore and Gympie.

“With a growing population, and more residents are being diagnosed with Type 2 Diabetes, it’s essential people have easy, affordable access to information that helps them manage their disease, live a healthy lifestyle and avoid disease complications.

“The video is particularly beneficial for persons newly diagnosed with Type 2 Diabetes because it increases awareness, builds viewer confidence with diabetes self-management and also navigate viewers toward the right support.

“People diagnosed for some time, will also benefit from viewing the video. It will help them to ensure they are on track with good self-management practices.”

Information within the Type 2 Diabetes and Me video is delivered by a clinical nurse, dietitian, social worker and health promotion officer.

The video is available to anyone diagnosed by their GP with Type 2 Diabetes or pre-diabetes.

To access the video, or for further information, please phone 5319 4834 or email **SC-T2D-Education@health.qld.gov.au**

To attend face-to-face Type 2 Diabetes and Me education sessions, please phone Central Intake on 5450 4747.

**ENDS**

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