

### Media statement

12 July 2018

#### **It's about time you took the time to check your risk of Type 2 Diabetes**

With an estimated 13,000 Sunshine Coast residents living with type 2 diabetes and just as many more living with silent, undiagnosed type 2 diabetes, **National Diabetes Week (14-20 July)** is the perfect time to check your risk and raise awareness among family and friends.

People commonly live with type 2 diabetes for up to 5 years before it's diagnosed. During this time, it can damage blood vessels and nerves, cause vision loss, amputations, heart attacks, stroke and kidney damage.

Dr Brett Sillars, Sunshine Coast Hospital and Health Service (SCHHS) Clinical Director of Endocrinology and Diabetes, said that it takes less than two minutes to check your risk online by visiting the Diabetes Australia Risk Calculator ([www.diabetesaustralia.com.au/risk-calculator](http://www.diabetesaustralia.com.au/risk-calculator)).

"Many people believe diabetes only affects people who are overweight or old, but the reality is that type 2 diabetes affects people of all ages and size."

"Diabetes is the biggest challenge confronting Australia's health system in the 21<sup>st</sup> century, 280 Australians develop diabetes every day, 1 person every 5 minutes."

Dr Sillars said: "The good news is that evidence shows up to 58 per cent of all type 2 diabetes cases can be prevented with good nutrition and adequate physical activity, so practicing a healthy lifestyle can really swing the odds in your favour."

For people diagnosed with type 2 diabetes or pre-diabetes, SCHHS offers regular, free educational workshops to help manage their condition.

Since commencing 5 years ago, 640 Sunshine Coast residents have joined the program. 98 per cent of the attendees felt the program increased their understanding of diabetes, how it affects them, how to manage it and access further support in the community.

#### **Upcoming Information Session – "Type 2 Diabetes & Me"**

Maroochy RSL Sub branch: 7 August, 6 November

Gympie Community Health Centre: 29 August, 14 November

Caloundra Community Health Centre 4 September, 4 December

# Sunshine Coast

## Hospital and Health Service

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These sessions are ideal for people newly diagnosed with type 2 diabetes, or those wanting to refresh their knowledge. Bookings are essential. To register phone 5479 9670.

**Ends**

#### **MEDIA OPPORTUNITY**

Dr Brett Sillars and SCHHS Healthy Lifestyle Coordinator Kerry Roach are available for interview on request during the week.

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