

MEDIA RELEASE

World Diabetes Day [14 November] is a good day to start making small lifestyle changes to prevent the onset of one of the most preventable chronic illnesses, type 2 diabetes, says Adelaide Northern Division of General Practice CEO Ms Barbara Magin

Type 2 diabetes affects about 1 million Australians, a figure predicted to increase significantly in the next 10-to -15 years due to the nation's obesity epidemic. Type 2 diabetes can lead to serious complications including heart disease, kidney failure and circulation problems.

"We know type 2 diabetes can be prevented," said Ms Barbara Magin.

"There is a solid body of international evidence showing even small changes – like weight loss, physical activity and healthy eating – lowers the risk of developing type 2 diabetes and for those at risk it can decrease risk by up to 58 percent," Ms Barbara Magin.

In line with this year's World Diabetes Day theme of education and prevention, the Adelaide Northern Division of General Practice offers patients at high risk of type 2 diabetes subsidised access to the Reset your life Lifestyle Modification Program (LMP).

"Reset your life is a six-month group education program which provides information about diabetes, lifestyle risk factors and the importance of regular diabetes screening. The program helps participants to make healthy lifestyle changes around physical activity, weight loss and nutrition," said Ms Barbara Magin.

Patients can assess their risk by completing a simple screening tool. The AUSDRISK tool, can be downloaded from the AGPN website at www.agpn.com.au. Patients with an intermediate or high score should follow up with their usual General Practitioner.

"If we are to ensure a healthy population for Australia's future, we need to be addressing the burden of diabetes now. The logical option is to focus our efforts on prevention," said Ms Barbara Magin.

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