

Connecting the diabetes community at *Diabetes Expo 2019*

Wednesday 27 March 2019: The countdown is on for Australia's largest diabetes event which is being held one month from today. Returning for the third time, *Diabetes Expo* is a full-day event where thousands of Victorians affected by diabetes will have the opportunity to hear the latest health advice from top healthcare experts on how to manage, or even prevent, this relentless condition.

"With almost 80 Victorians developing diabetes every day, there is an ever growing need to help people to live well with this chronic health condition," says Diabetes Victoria CEO Craig Bennett.

Diabetes Expo will feature presentations from leading health professionals, diabetes experts and researchers, and showcase the latest products and services for people with diabetes. The event is designed to bridge the gap between consumers, product suppliers and health professionals, as well as promote effective and proactive self-management for all types of diabetes. Cooking demonstrations, spotlight sessions and several other activities will be on the agenda as well.

Diabetes Expo will take place on Saturday 27 April at the Melbourne Convention and Exhibition Centre, featuring high-profile speakers and showcasing the latest products and services for people with diabetes.

Diabetes is one of the largest global health emergencies of the 21st century. Worldwide, 425 million adults have diabetes, with an additional 352 million at risk. In Australia, around 1.8 million people are living with diabetes, with a further 290 or so developing diabetes every day. The majority have type 2 diabetes – it's often referred to as the 'silent killer', because the damage it does to the body can stay hidden for years.

"If diabetes was a country, it would be the world's third largest," says Mr Bennett. "Each year, more and more people live with this condition, which can result in life-changing complications. *Diabetes Expo* provides an opportunity for anyone to come along and hear from a range of speakers whom are all highly regarded in their fields. *Diabetes Expo* is an important event for anybody either living with, affected by, or at risk of developing, diabetes."

All attendees will receive a show bag, and the chance to see first-hand from the extensive range of products from exhibitors; such as Medtronic, Pharmaco, Spirit Healthcare, Ascensia, Fare & Frolic, LifeSmart, MedAdvisor, Global Health, our event sponsors: Abbott, Bapcare, Coles and many more.

***Diabetes Expo* features some of the following high-profile speakers:**

Susan Alberti AC

Keynote Speaker, Room 1 from 9.35–10.35am

Susan Alberti AC is one of Australia's pre-eminent philanthropists. Having a personal connection to diabetes, she has donated significant funds towards diabetes research in the hope that one day we will find a cure. Susan is also a fierce campaigner for the diabetes cause and helps to raise awareness of this chronic condition.

Stephanie Alexander AO

Keynote Speaker, Room 3 from 3.05–4.05pm

Stephanie Alexander AO is an Australian cook, restaurateur and food writer. Her reputation has been earned through her 30 years as an owner-chef in several restaurants, as the author of 15 influential books, and hundreds of articles about food. Stephanie believes that food should be enjoyed by the whole family, she focuses on teaching children to cook and understand nutrition, with an emphasis on locally grown and sourced ingredients.

Dr David O'Neal

Panel discussion: 'Ins and outs of Technology'

Dr David O'Neal is a Professor at the University of Melbourne and an endocrinologist at St Vincent's Hospital Melbourne. His diabetes research interests include the development of technology to improve glucose levels and how technology can assist with successful diabetes management.

DIABETES EXPO KEY PRESENTERS:

The list of confirmed presenters for Diabetes Expo 2019 is long and some of the others are: • Dr Joanna McMillan – PhD qualified Nutrition Scientist and Accredited Practising Dietitian • Nicole French – Senior Accredited Exercise Physiologist • Professor Paul Zimmet AO – Professor of Diabetes at Monash University and former Director Emeritus, Baker Heart and Diabetes Institute • Sally Double – Credentialed Diabetes Educator • Jack Fitzpatrick – Former AFL footballer and current Diabetes Victoria Ambassador.

Some of the *Diabetes Expo* topics include:

- What's new in nutrition?
- Managing the diabetes world online
- The future of diabetes research and what to expect
- Physical activity for better health

Expo exhibitors will be showcasing the latest technologies, products and services in diabetes. Free product samples, show bags and cooking demonstrations are all included in the entry price, plus the chance to win some fantastic prizes.

Diabetes Victoria members can attend for free. Tickets for non-members and guests are \$25.

Call us on 1300 136 588 to register, or go to: diabetes-expo.org.au

We support, empower and campaign for all Victorians affected by diabetes.

For more information:

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Notes to editors:

- More than 333,000 Victorians live with diabetes. In Victoria, almost 80 people develop diabetes every day.
- In addition, an estimated 125,000 Victorians live with so-called 'silent' type 2 diabetes, which means they have developed the condition, but don't know it.
- In addition, an estimated 750,000 Victorians are at high-risk of developing type 2 diabetes, because they have elevated blood glucose levels.
- Diabetes is a serious, progressive and complex condition, which can result in serious complications.
- Diabetes can be a silent killer. There are large numbers of people with silent, undiagnosed type 2 diabetes, which may be damaging their bodies.
- Type 2 diabetes is a metabolic condition and is often preventable. More than half of all type 2 diabetes (58%) cases are preventable. Lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining a normal body weight, engaging in regular physical activity and eating a healthy diet can reduce the risk of developing type 2 diabetes. Note: Type 1 diabetes is an auto-immune condition and cannot be prevented.
- Diabetes can be managed and complications minimised or prevented. Increasing access to timely diagnosis, self-management education and affordable treatment are all vitally important.