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New study showing 1 in 4 hospital inpatients has diabetes highlights the importance of early detection

A new study published in the Medical Journal of Australia yesterday from 11 Melbourne public hospitals has found that 1 in 4 hospital inpatients have diabetes. Inpatients with diabetes were older, heavier and more likely to be on lipid-lowering and blood pressure medications than those without diabetes; and the study also found that the prevalence of diabetes complications was very high, with 4 out of 5 people with diabetes reporting at least one complication.

“This study is a very important and stark reminder of the impact of diabetes on our hospital system – diabetes is one of the major drivers of hospital admissions and costs” said Diabetes Australia – Vic CEO Craig Bennett. “The high burden of diabetes has huge implications for the quality of life for the individuals, their families and the health care budget” Mr Bennett said.

“Diabetes is a serious and complex metabolic condition and it is often under-estimated” he said. “Early diagnosis and effective ongoing management can reduce the risk of diabetes-related complications, including heart attacks, strokes, kidney damage, blindness and amputations” Mr Bennett said.

“Preventing more people from developing type 2 diabetes is also a critical challenge if we want to reduce the impact of this epidemic” he said. Diabetes Australia – Vic coordinates the state-wide *Life!* Program - a diabetes and cardio-vascular disease prevention program that aims to help Victorians at high risk of type 2 diabetes and cardio-vascular disease – and prevent more type 2 diabetes and cardio-vascular disease from developing. Victorians can do the type 2 diabetes risk test (AUSDRISK test) online at checkmyrisk.org.au to assess their risk. If they find they are at high risk, they can enquire about enrolling in the *Life!* Program at 13(RISK).

Diabetes Australia – Vic is the leading charity and peak consumer body working to reduce the impact of diabetes.

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