

Final 2015 *Living Well with Diabetes* event wraps-up in Frankston

Frankston residents are getting ready to learn all about how to live active and healthy lives with type 2 diabetes at the *Live Well with Diabetes* event on Saturday 17 October 2015 at the Frankston Arts Centre.

Selected experts will share their knowledge on how to manage type 2 diabetes and provide many practical tips on eating healthy foods and exercising regularly. Frankston is the last stop of Diabetes Victoria's popular *Living Well with Diabetes* event series in 2015.

Professor Jane Speight, Director of the Australian Centre for Behavioural Research in Diabetes (ACBRD), will explain 'What's tough about diabetes' and how the condition can have an impact on emotional well-being and quality of life.

French-born chef and Diabetes Victoria Food Ambassador Gabriel Gaté will fire up the event with a healthy cooking demonstration.

"I love French cooking but that doesn't mean that my pan needs to be filled with butter and oil to make it taste good. At *Living Well with Diabetes*, I'll teach people living with, or without, diabetes how to cook delicious food that's also healthy – yes it's possible," Mr Gaté says who has published numerous cookbooks.

Former Hawthorn Football Club team doctor and book author Dr Bernie Crimmins will explain how to fine tune diabetes management and speak about the importance of having team care arrangements as well as regular checkups with your GP.

"With more than 300,000 Victorians living with all types of diabetes, there is an increasing need to provide them with expert advice on how to live well with this condition", says Diabetes Victoria CEO Craig Bennett.

There are currently more than 6200 Frankston residents with type 2 diabetes registered on the National Diabetes Services Scheme. Another 1000 Frankston residents are living with other types of diabetes.

Every day of the year in Victoria, 74 people are diagnosed with diabetes, and of those Victorians, almost 90 per cent are living with type 2 diabetes which is linked directly to issues such as poor diet and lack of exercise.

Just as concerning is that one in four Victorians over the age of 25 has pre-diabetes, diabetes, or worse still, doesn't actually know they have the condition.

"In the next two years, diabetes is set to become the number one burden of disease in Australia. Diabetes increases a person's risk of heart attack, stroke, kidney failure, loss of vision and loss of limbs, but a healthy lifestyle can significantly reduce the risk of these life-threatening complications," Mr Bennett says.



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Living Well with Diabetes event details:

When: 9am–2.30pm Saturday 17 October 2015

Where: Frankston Arts Centre, Cnr of Davey St and Young St, Frankston VIC 3199

Cost: Free for Diabetes Victoria members, \$20 for non-members.
Morning tea and a light lunch will be provided.

Booking: Places are limited and bookings are essential. Call 1300 136 588 to confirm your place.

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

For more information:

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