

FOR IMMEDIATE RELEASE

**Diabetes & kidney disease: screenings could save many lives**

One in four of the 300,000 Victorians currently living with diabetes will develop kidney disease if not detected early. On World Kidney Day (Thursday 12 March), Diabetes Australia – Vic urges Victorians to be mindful of the link between diabetes and kidney disease and to have annual kidney screenings.

Diabetes is the leading cause of kidney failure – one of the final stages of kidney disease. High levels of glucose in the blood can potentially damage the millions of tiny filtering units within each kidney over time, eventually causing kidney failure.

Every day of the year, 74 Victorians are diagnosed with diabetes. Of the 300,000 Victorians currently living with the condition almost 90 per cent have type 2 diabetes which is linked directly to lifestyle factors such as a poor diet and a lack of regular physical exercise.

Whilst type 2 diabetes is a fast-growing epidemic, DA–Vic CEO Craig Bennett stresses that many Victorians are not aware that they live with the condition.

“Current estimates suggest that half of the type 2 diabetes cases remain undiagnosed”, says Mr Bennett.

“Living with ‘silent’, undiagnosed diabetes is a huge problem. If blood glucose levels aren’t managed, people living with ‘silent’ diabetes are at high risk of developing a bundle of follow-on conditions such as heart disease, stroke, kidney failure, loss of vision and loss of limbs.”

“The good news is that an individually tailored diabetes management plan and a healthy lifestyle can significantly reduce the risk of these life-threatening complications.”

On World Kidney Day, Mr Bennett urges Victorians to regularly attend kidney screenings, especially if they are aware of their diabetes. National Health and Medical Research Council (NHMRC) guidelines recommend that people living with diabetes undertake annual kidney screenings.

There is a strong link between all types of diabetes and kidney disease. Research shows that high blood pressure and high levels of blood glucose increase the risk that a person with diabetes will progress to kidney failure.

Last year, the Kidney Research Group at the University of Sydney reported that nearly 5000 Australians with end-stage kidney disease due to diabetes are currently dependent upon dialysis or a kidney transplant for survival.

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

**For more information:**Lyn Curtis  
Sybille Taylor0411 091 924  
0408 102 344[lcurtis@diabetesvic.org.au](mailto:lcurtis@diabetesvic.org.au)  
[staylor@diabetesvic.org.au](mailto:staylor@diabetesvic.org.au)