

Living Well with Diabetes goes to Williamstown

Under the theme 'Meet your experts', Diabetes Victoria is reaching out to Williamstown, as well as Hobson Bay residents so they can learn about living active and healthy lives with diabetes at the *Living Well with Diabetes* event on Saturday 9 July at Williamstown Town Hall. Among the experts will be local GP Dr Mukesh Haikerwal, Chairman of the Australian Institute of Health and Welfare and a former national president of the Australian Medical Association, who will be discussing how to support you in managing your diabetes.

"With more than 300,000 Victorians living with diabetes, there is an increasing need to provide expert advice on how to live well with this condition," says Diabetes Victoria CEO Craig Bennett. "We have listened to feedback about the need to take our services to other parts of Melbourne in order to better connect with and support people living with diabetes, so we are delighted to hold our first event in Williamstown."

There are currently more than 3000 Williamstown residents living with diabetes who are registered with the National Diabetes Services Scheme. The vast majority (87.7%) live with type 2 diabetes and 9.6% live with type 1 diabetes. In the Hobsons Bay local government area, almost 5000 people are living with diabetes, which is 5.5% of the Hobsons Bay population.

Attendees who are living with type 1 or type 2 diabetes have the opportunity to speak with health professionals, engage with local diabetes services and connect with product suppliers. Selected experts will share their knowledge about nutrition, exercise, emotional health and where to access resources, in order to live active and healthy lives.

There will be two seminars running concurrently, one for those living with type 1 diabetes, and one for those living with type 2 diabetes

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, almost 90% have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of regular exercise. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this condition.

"In the next two years, diabetes is set to become the number one single 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.

Living Well with Diabetes in Williamstown is a half-day information session for anyone living with, or affected by diabetes. Health professionals are also welcome to attend.

Living Well with Diabetes in Williamstown details:

Type 1 and type 2 events running concurrently

When: 9.00am – 2.30pm Saturday 9 July 2016

Where: Williamstown Town Hall, 104 Ferguson Street, Williamstown VIC 3016

Cost: Free for Diabetes Victoria members; \$20 for non-members
Light refreshments will be provided.

Booking: Places are limited, so bookings are essential. Please call 1300 136 588 or email membership@diabetesvic.org.au

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

For more information:

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More information about Dr Mukesh Haikerwal:

Dr Haikerwal was awarded the Order of Australia in 2011 for distinguished service to medical administration, to the promotion of public health through leadership roles with professional organisations, to the reform of the Australian health system through the optimisation of information technology, and as a general practitioner.

He is also Chairperson of the Beyondblue National Doctors' Mental Health Program and a member of the CSIRO Australian E-Health Research Committee.