



RESERVOIR

Shining light on diabetes

CALL TO TAKE STEPS TO REDUCE RISK

Harrison Tippet

HEATHER Morrison is one of about 1.7 million Australians with diabetes.

The 72-year-old Reservoir resident was diagnosed with type 1 diabetes as a 10-year-old, and spent more than 50 years injecting herself with insulin four to five times a day, before changing to an insulin pump about five years ago.

"It's not the life anybody would choose, I don't think," Ms Morrison said.

With National Diabetes Week starting next Sunday, Ms Morrison has called on those at risk of being diagnosed with type 2 diabetes to quickly make lifestyle changes.

"If I was somebody in danger of getting diabetes, I would do everything in my power to stop whatever I was doing that's causing it," she said.

"It's not something that anybody would want to live with."

Diabetes Victoria will

launch "We are here to help you", a digital awareness campaign to coincide with National Diabetes Week, from July 10-16.

"The campaign aims to raise awareness of all types of diabetes, and shows how we can work together to ensure diabetes doesn't stop us living a full and active life," Diabetes Victoria chief executive Craig Bennett said.

"With more than 300,000 Victorians (five per cent of the Victorian population) living with diabetes, there is an increasing need to provide expert advice, resources and programs, so people affected by diabetes can live well."

Visit diabetesvic.org.au



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Reservoir's Heather Morrison has lived with diabetes since she was 10.

Picture: DAVID SMITH