

Living Well with Diabetes goes to Dandenong

Tuesday 27 September: Diabetes Victoria is reaching out to the Dandenong greater community by hosting a Living Well with Diabetes event at the Drum Theatre in Dandenong on Saturday 15 October 2016.

Living Well with Diabetes Dandenong will provide two separate seminars for people living with type 1 and type 2 diabetes to help them live active and healthy lives. Selected experts will share their knowledge on how to manage diabetes by providing many practical tips. Attendees will also have the opportunity to connect with local diabetes services, peer support groups and product suppliers.

The type 2 session will focus on emotional health and healthy eating, blood glucose monitoring, gut health, physical activity and planning well balanced meals.

The type 1 session will focus on islet cell transplantation, gut health and motivation for people living with type 1 diabetes. The session will also include an introduction to carbohydrate counting in a variety of settings and a discussion around the emotional health aspects of living with type 1 diabetes.

“With more than 305,000 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.

There are currently more than 3900 Dandenong residents living with diabetes who are registered with the National Diabetes Services Scheme. The vast majority (89.1%) live with type 2 diabetes – and 6.2% live with type 1 diabetes. In the Greater Dandenong Local Government Area, over 10,300 people are living with diabetes, which is 6.7% of the Greater Dandenong population.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of regular physical activity. 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 limb, but a healthy lifestyle can significantly reduce the risk of these life-threatening complications,” Mr Bennett says.

Living Well with Diabetes event details:**Type 2 event**

When: **9am–2.30pm Saturday 15 October 2016**

Where: Drum Theatre, 226 Lonsdale Street, Dandenong VIC 3175

Cost: Free for Diabetes Victoria members; \$20 for non-members; \$15 early-bird until Friday 7 October.

Light refreshments will be provided.

Bookings: Places are limited, so bookings are essential. **Please call 1300 136 588.**

Type 1 event

When: **9am–2.30pm Saturday 15 October 2016**

Where: Drum Theatre, 226 Lonsdale Street, Dandenong VIC 3175

Cost: Free for Diabetes Victoria members; \$20 for non-members; \$15 early-bird until Friday 7 October.

Light refreshments will be provided.

Bookings: Places are limited, so bookings are essential. **Please call 1300 136 588.**

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

For more information:

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