

Connecting the diabetes community at *Diabetes Expo 2017*

Monday 23 January 2017: The number of Victorians living with diabetes now matches the number attending the annual Melbourne Cup carnival¹. “With more than 70 Victorians developing diabetes every day, there is an ever growing need to help affected people to live well with this chronic health condition,” says Diabetes Victoria CEO: Craig Bennett.

This is why Diabetes Victoria will be connecting the diabetes community at *Diabetes Expo*, a full-day event where thousands of affected Victorians will have a great opportunity to hear the latest health advice from top healthcare experts on how to manage, or even prevent, this relentless condition. *Diabetes Expo* will take place on Saturday 25 February at the Melbourne Convention and Exhibition Centre, featuring high-profile speakers and showcasing the latest products and services for people with diabetes.

Diabetes is one of the largest global health emergencies of the 21st century. Worldwide, 415 million adults have diabetes, with an additional 318 million at risk. In Australia, around 1.7 million people are living with diabetes, with a further 280 developing diabetes every day. The majority have type 2 diabetes – it’s often referred to as the ‘silent killer’, because the damage it does can stay hidden for years.

“If diabetes was a country, it would be the world’s third largest,” Mr Bennett continues. “Each year, more and more people live with this condition, which can result in life-changing complications. *Diabetes Expo* provides an opportunity for anyone to come along and hear from a range of speakers whom are all highly regarded in their fields. *Diabetes Expo* is an important event for anybody either living with, affected by, or at risk of developing diabetes.”

***Diabetes Expo* features some of the following high-profile speakers:**

- Susan Alberti AC – Business identity and philanthropist
- Dr Andrew Rochford – Seven Network’s National Medical Editor
- Nicole French – Senior Accredited Exercise Physiologist
- Dr Jane Overland - Nurse Practitioner, Clinical Associate Professor at Royal Prince Alfred Hospital
- Dr Bernie Crimmins – GP focusing on men’s health & former Hawthorn team doctor.

Some of the *Diabetes Expo* topics include:

- Demystifying diets
- Type 1 and type 2 diabetes management
- Physical activity for better health

¹ 313,229 people attended the Melbourne Cup Carnival in 2015 according to Victoria Racing Club’s 2016 Annual Report.

- Men's health and diabetes
- Women's health and diabetes.

Expo exhibitors will be showcasing the latest technologies, products and services in diabetes. Free product samples, show bags and cooking demonstrations are all included in the entry price, plus the chance to win some fantastic prizes.

Diabetes Victoria members can attend for free!

Call us on 1300 136 588 to register, or go to: diabetesvic.org.au

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

For more information:

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Notes to editors:

- More than 310,000 Victorians are living with diabetes. In Victoria, more than 70 people develop diabetes every day.
- In addition, an estimated 150,000 Victorians are living with so-called 'silent' type 2 diabetes, which means they have developed the condition, but do not know it.
- In addition, an estimated 500,000 Victorians are at high-risk of developing type 2 diabetes, because they have elevated blood glucose levels.
- Diabetes is a serious, progressive & complex condition, which can result in serious complications.
- Diabetes can be a silent killer. There are large numbers of people with silent, undiagnosed type 2 diabetes, which may be damaging their bodies.
- Type 2 diabetes is often preventable. More than half of all type 2 diabetes (58%) cases are preventable. Lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining a normal body weight, engaging in regular physical activity and eating a healthy diet can reduce the risk of developing type 2 diabetes. Note: Type 1 diabetes is an auto-immune condition and cannot be prevented.
- Diabetes can be managed and complications prevented. Increasing access to timely diagnosis, self-management education and affordable treatment are all vitally important.