



Diabetes is one of our most misunderstood health conditions. AndreyPopov

## HEALTH

# Busted: The five biggest myths about diabetes

4th Jun 2018 1:45 PM

Subscriber only

DIABETES is one of the most misunderstood health conditions and today we present the truth about the top five myths surrounding it.

**Myth 1:** People with diabetes can't eat sugar.

**Fact 1:** People with diabetes can eat what everyone else can eat. People with diabetes do not need "special foods" and there is no need for a zero-sugar diet.

**Myth 2:** People with diabetes can't play sport.

**Fact 2:** As well as keeping fit and having fun, exercise is good for people living with diabetes, as it can help reduce the risk of diabetes-related complications.

**Myth 3:** People with diabetes don't live long lives.

## ADVERTISING

**Fact 3:** Once diabetes has been diagnosed, you will have to manage the condition for the rest of your life. But this doesn't mean that it will be a short life.

**Myth 4:** People only get diabetes if they are overweight.

**Fact 4:** Being overweight can be a risk factor for Type 2 Diabetes, but people with diabetes look like everybody else - they come in all shapes, sizes, ages, gender identities and ethnicities.

**Myth 5:** People with diabetes can't do certain jobs.

**Fact 5:** Some decades ago, there were many restrictions on the careers that people with diabetes could have. But times have changed, and so has diabetes management.

- Information courtesy Diabetes Victoria's *Bust A Myth* awareness campaign.

