

For immediate release

Victorians beat the odds living 50–70 years with diabetes

Victorians who have shown an extraordinary tenacity for life by living with diabetes for 50 years or more were be honoured with Kellion Victory Medals today at a special ceremony in Melbourne.

The ceremony marked the 30 year anniversary of Diabetes Australia acknowledging the remarkable lives of the recipients and their carers.

Ninety-year-old Edna Miller received her 70 year Kellion Victory Medal for her resilience over type 1 diabetes. She was diagnosed after beginning work with the Australian Army Medical Women's Service and went on to have five children. She single-handedly raised her children on a large farm of 140 cows, at a time when the management of diabetes was difficult and meant that large glass insulin syringes would have to be administered frequently and then sterilised over the stove and education around the condition was little.

Now Edna said with the advances in medicine she advises other people living with diabetes to listen to their doctors, take your medicine and don't foolishly mess around with your insulin doses. "I don't worry about my diabetes, I just say to myself to do my testing, to be careful with my food intake, to get rest every day and to enjoy life and stop wasting time worrying about my health," said Edna.

Currently, 120,000 Australians are living with type 1 diabetes.

The Kellion Victory Medal was named in honour of the late Mr Claude Kellion AM, a Sydney businessman who established a foundation to promote diabetes research after his son died aged 38 from diabetes complications. Since 1984 more than 900 people have received Kellion Victory Medals in Australia. Victorians who have lived 50 years or more with diabetes are eligible for a medal.

Diabetes Australia – Vic Chief Executive Officer Craig Bennett said Kellion Victory Medal recipients are an inspiration to people living with diabetes throughout Australia. "People who have lived with diabetes for over 50 years deserve our utmost respect and admiration. We all can learn a lot from their determination and attitude towards living well with diabetes," he said.

"I encourage clinicians, educators, health services and support groups to nominate people who have lived with diabetes for over 50 years to receive Kellion Victory Medals in the future."

[Diabetes Australia – Vic](http://www.diabetesaustraliavic.org.au) is the leading charity and peak consumer body working to reduce the impact of diabetes.

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