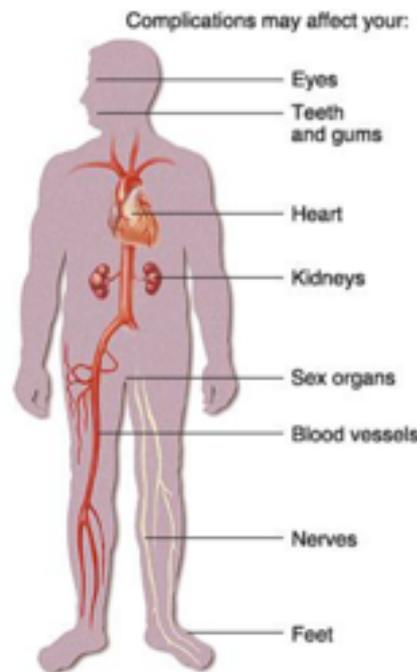


# North Road Medical

Caring medicine to the whole family

## What is diabetes?

Diabetes is the name given to a group of different conditions in which there is too much glucose in the blood. In Type 1 Diabetics the pancreas does not produce insulin, the hormone that allows the body to use the glucose in the blood as energy. In Type 2 Diabetes, the pancreas can either not make enough insulin, or the insulin does not work properly. Without insulin doing its job, the glucose builds up in the blood leading to high blood glucose levels which causes multiple health problems: Heart Disease, Eye Complications, Kidney Disease, Nerve Damage (neuropathy), Skin Complications and Dental Disease. While adults are usually affected, more and more young people, even children, are now developing Type 2 Diabetes.



## Why is diabetes increasing?

Type 2 diabetes is increasing at the fastest rate. There are large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies. An estimated 2 million Australians are at high risk of developing type 2 diabetes and are already showing early signs of the condition. Type 2 diabetes is one of the major consequences of the obesity epidemic. The combination of massive changes to diet and the food supply, combined with massive changes to physical activity with more sedentary work and less activity, means most populations are seeing more type 2 diabetes.

Too much sugar in the diet has been associated with obesity and a greater risk of chronic illnesses.

More the half of type 2 diabetes can be prevented or the onsets delayed, through positive life style changes.

If diabetes was a country, it would be the world's 3rd largest

### Directors

Dr Patrick Casey  
Dr Noelene Jacka  
Dr Daniel Mann Segal

### Doctors

Dr Lynette Hatherley  
Dr Yulya Gorovy  
Dr Millie Leykin  
Dr Simon Cooper

### Practice Nurses

Linda Gore  
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### Practice Manager

Rebecca Laver

### Reception Staff

Melissa Sowerbutts  
Jessica Nippard  
Bethany Mannix

### Allied Health:

Physiotherapy - Isaac Spivak  
Psychology - Rochelle Umansky  
Podiatrist - Julie Miller  
Dietitian and Exercise Physiology - Lifestyle Breakthrough

### Onsite Pathology:

Healthscope Pathology

### Surgery Opening Hours

Mon-Fri: 8am-6.30pm  
Sat: 8am-12.30pm  
Sun: Closed  
Public Holidays: Closed

Online booking available at:  
[www.northroadmedical.com.au](http://www.northroadmedical.com.au)

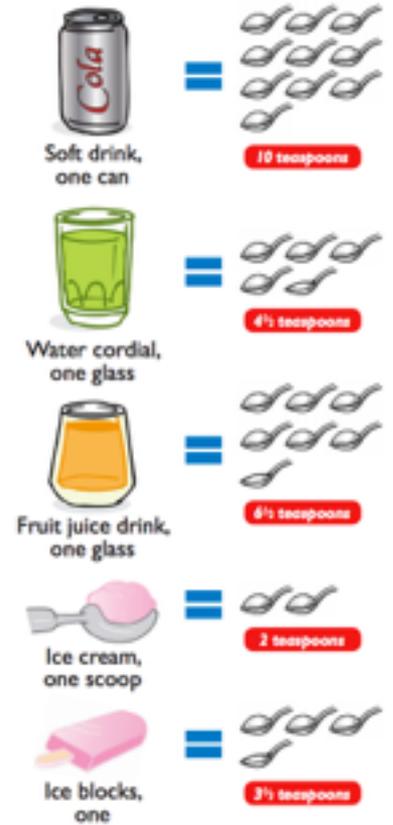
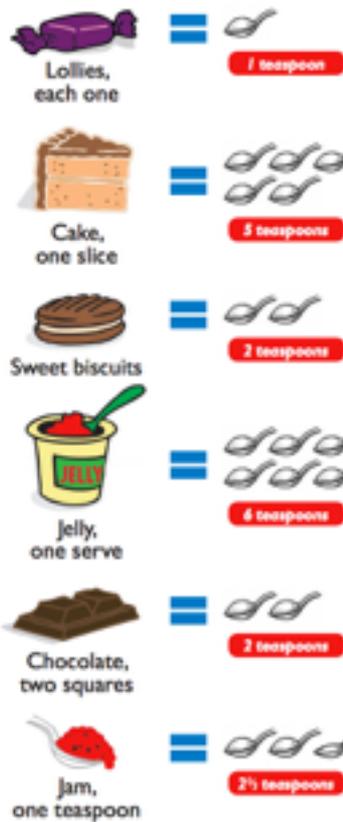
## RISK FACTORS

Type 2 diabetes is a lifestyle disease and is strongly associated with high blood pressure, abnormal blood fats and the classic apple shape body where there is extra weight around the middle.

Research shows that people that are overweight, smoke or are not physically active are more at risk of developing Type 2 Diabetes. Nevertheless, there are also risk factors which can't be changed:

- Family history of diabetes
- Age – the risk increases as we get older
- Aboriginal or Torres Strait Islander Background
- Ethnic backgrounds are more likely to have Type 2 diabetes such as Melanesian, Polynesian, Chinese or people from the Indian sub-continent.
- Women who have:
  1. given birth to a child over 4.5kg(9lb)
  2. had gestational diabetes
  3. polycystic ovarian syndrome.

## The amount of sugar in common food items



© 2011, 2013 Original Concept developed by SA Dental Services

Most of our daily nutrition; fruits, vegetables, grain foods, dairy, cereals etc naturally contain sugars in form of Carbohydrates.

## ABOUT DIABETES IN AUSTRALIA

Diabetes is the major global threat to human health and productivity in the 21st century. Diabetes will become the No 1 burden of disease in Australia in the next five years. At least 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes as well as silent, undiagnosed type 2 diabetes. 280 Australians develop diabetes every day. Approximately 100,000 Australians have developed diabetes in the past year. Diabetes is the fastest growing chronic condition in Australia and all types of diabetes are increasing in prevalence.



## Prevention

It is estimated that 58% of type 2 diabetes can be prevented. You can do a lot to reduce your risk of type 2 diabetes, read our tips below.

1. **Check your risk of diabetes.** Take the Life! risk assessment test and learn more about your risk of developing type 2 diabetes. A 12+ score indicates that you are at high risk and may be eligible for the Life! program - a free Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Call 13 RISK (13 7475) or see next page.
2. **Manage your weight.** Excess body fat, particularly if stored around the abdomen, can increase the body's resistance to the hormone insulin. This can lead to type 2 diabetes.
3. **Exercise regularly.** Moderate physical activity on most days of the week helps manage weight, reduce blood glucose levels and may also improve blood pressure and cholesterol.
4. **Eat a balanced, healthy diet.** Reduce the amount of fat in your diet, especially saturated and trans fats. Eat more fruit, vegetables and high-fibre foods. Cut back on salt.
5. **Limit takeaway and processed foods.** 'Convenience meals' are usually high in salt, fat and kilojoules. It's best to cook for yourself using fresh ingredients whenever possible.
6. **Limit your alcohol intake.** Too much alcohol can lead to weight gain and may increase your blood pressure and triglyceride levels. Men and women should have no more than two standard drinks a day.
7. **Quit smoking.** Smokers are twice as likely to develop diabetes as non-smokers.
8. **Control your blood pressure.** Most people can do this with regular exercise, a balanced diet and by keeping a healthy weight. In some cases, you might need medication prescribed by your doctor.
9. **Reduce your risk of cardiovascular disease.** Diabetes and cardiovascular disease have many risk factors in common, including obesity and physical inactivity.
10. **See your doctor for regular check-ups.** As you get older, it's a good idea to regularly check your blood glucose, blood pressure and blood cholesterol levels.



## More information

<https://www.diabetesaustralia.com.au/risk-calculator> - Risk calculator

<http://www.lifeprogram.org.au/> - Government program

<http://www.sugarstacks.com/> - Sugar Delirium Blog

## THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

### 1. Your age group:

- Under 35 years  0 points  
 35 – 44 years  2 points  
 45 – 54 years  4 points  
 55 – 64 years  6 points  
 65 years or over  8 points

### 2. Your gender

- Female  0 points  
 Male  3 points

### 3. Your ethnicity/country of birth:

#### a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No  0 points  
 Yes  2 points

#### b. Where were you born?

- Australia  0 points  
 Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe  2 points  
 Other  0 points

### 4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No  0 points  
 Yes  3 points

### 5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No  0 points  
 Yes  6 points

### 6. Are you currently taking medication for high blood pressure?

- No  0 points  
 Yes  2 points

### 7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No  0 points  
 Yes  2 points

### 8. How often do you eat vegetables or fruit?

- Everyday  0 points  
 Not everyday  1 point

### 9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes  0 points  
 No  2 points

### 10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing):

Waist measurement (cm) \_\_\_\_\_

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90 cm	Less than 80 cm	<input type="checkbox"/> 0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/> 4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102 – 110 cm	88 – 100 cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100 cm	<input type="checkbox"/> 7 points

## Add up your points

Your risk of developing type 2 diabetes within 5 years\*:

#### 5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

#### 6 – 11: Intermediate risk

For scores of 6 – 8, approximately one person in every 50 will develop diabetes. For scores of 9 – 11, approximately one person in every 30 will develop diabetes.

#### 12 or more: High risk

For scores of 12 – 15, approximately one person in every 14 will develop diabetes. For scores of 16 – 19, approximately one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.