

# Which way Healthy way

Wuchopperen Mt Isa Health Service  
Newsletter

October 06

Issue 1

## Issues In health

### November 14 is World Diabetes Day

For this year's World Diabetes Day campaign, Diabetes Australia is working to address the issues that affect Aboriginal and Torres Strait Islander people with diabetes.

Not only is diabetes more common among Indigenous people than in the rest of the Australian population, but its onset occurs at a younger age.

#### What is diabetes?

Diabetes is a problem where there is too much glucose (sugar) in the blood.

Glucose comes from the food we eat and is needed by the body for energy.

Insulin is a hormone that helps glucose get into the cells to make energy.

In diabetes, the body does not make enough insulin or the insulin is not doing its job properly. Some people have what is called 'insulin resistance' which means the body has to make more insulin to do the same job.

This will cause high blood glucose levels. If not controlled this can lead to health problems.

The pancreas gets worn out and does not make enough insulin or insulin does not work properly.

#### How would I know if I had diabetes?

Type 2 diabetes can be silent. People can have diabetes for years before they have any signs. Some of the signs of diabetes can be:

- increased urination (weeing)
- thirst
- skin infections or rashes that don't go away
- blurred vision
- tiredness
- weight gain or loss

#### What happens if diabetes is not treated?

High blood glucose levels can damage the body. This can cause:

- heart attacks and stroke
- losing limbs (amputation)
- blindness or vision impairment
- kidney failure

People can have fewer problems if they have regular health checks for their diabetes.

#### What is the treatment for diabetes?

Treatment is healthy eating, physical activity, medications and sometimes insulin. This changes the longer you have diabetes.

#### Why is physical activity good for me?

Regular physical activity:

- helps blood glucose levels
- is good for your heart
- helps lower stress
- helps you to lose weight
- helps to lower blood pressure and blood fats

#### Healthy eating

Eat less fat

Eat more fruit & vegetables

Eat grainy breads & cereals

Eat less sugar

Don't drink soft drink or coke

Drink plenty of water



DIABETES  
AUSTRALIA

ABN 47 008 528 461

## WUCHOPPEREN MT ISA CLINIC TIMES

General Clinic

MON - FRI 8.30 AM - 4.30 PM

Wed - 8.30 AM - 3.00 PM

Antenatal Clinic

TUES 2.00PM - 4.30 PM

Diabetic Education

Friday 9.00 AM - 12.00midday

(These times do change)