

# Press Release

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Central Coast  
Division of  
General Practice



13<sup>th</sup> November 2009

## The world unites to focus on diabetes education and prevention

World Diabetes Day [14 November] is a good day to start making small lifestyle changes to prevent the onset of one of the most preventable chronic illnesses, type 2 diabetes, says Dr Phil Godden Chair Central Coast Division of General Practice

Type 2 diabetes affects about 1 million Australians, a figure predicted to increase significantly in the next 10-to -15 years due to the nation's obesity epidemic. Type 2 diabetes can lead to serious complications including heart disease, kidney failure and circulation problems.

"We know type 2 diabetes can be prevented," said Dr Godden.

"There is a solid body of international evidence showing even small changes – like weight loss, physical activity and healthy eating – lowers the risk of developing type 2 diabetes and for those at risk it can decrease risk by up to 58 percent," he said.

In line with this year's World Diabetes Day theme of education and prevention, the Central Coast Division of General Practice offers patients at high risk of type 2 diabetes subsidised access to the Lifestyle Modification Program (LMP) by referral through General Practice.

"The LMP is a six-month group education program which provides information about diabetes, lifestyle risk factors and the importance of regular diabetes screening. The program helps participants to make healthy lifestyle changes around physical activity, weight loss and nutrition," said Dr Godden.

Patients can assess their risk by completing a simple screening tool. The AUSDRISK tool, can be downloaded from the Australian General Practice Network website at [www.agpn.com.au](http://www.agpn.com.au). Patients with an intermediate or high score should follow up with their usual General Practitioner.

Authorised by: Mr. Bill Parker

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Further details and information can be gained by contacting: Bill Parker on 4365 2294

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Patients can be referred to the subsidised LMP by their doctor under a number of Medicare access items.

"If we are to ensure a healthy population for Australia's future, we need to be addressing the burden of diabetes now. The logical option is to focus our efforts on prevention," said Dr Godden

However he also noted that many people with existing diabetes have not yet been diagnosed.

"All patients over 40 who have not had a diabetes check in the last 2 years should have one" said Dr Godden

For media enquiries please phone Bill Parker on 4365 2294

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