

Sunday 13 November, 2011

**Diabetes is not a 'dress rehearsal'  
World Diabetes Day: Act on Diabetes. Now.  
14 November, 2011**

Australians are being urged to get educated about diabetes and to better understand the risk factors of the condition, to either avoid or at least prolong any chance of succumbing to the chronic condition, Australian General Practice Network [AGPN] Chair, Dr Emil Djakic said in the lead up to *World Diabetes Day* tomorrow.

"The latest statistics on diabetes indicate that close to a million Australians are living with diabetes, which is one in 25 people and that's up from the one in 40 back in 1995," Dr Djakic said.

"The real tragedy about these statistics is that in the majority of these cases, the diabetes could have been prevented," he said.

"According to the latest statistics on rates of diabetes by the Australian Bureau of Statistics [ABS], more than 87,000 Australians were diagnosed with Type 1 diabetes, but nearly ten times that were diagnosed with Type 2 diabetes, which is preventable.

"This is about 'acting now' and practicing good habits to avoid becoming another statistic.

"This is fundamentally very much about lifestyle choices: managing a healthy lifestyle now or managing a lifetime of diabetes," Dr Djakic said.

"Type 2 diabetes leads to serious complications including:

- heart disease
- kidney failure
- impaired vision
- circulation problems

"There is no a cure for diabetes just a management regime which can often include doses of insulin," he said.

"For people who are at risk of diabetes due to poor lifestyle choices, changing eating habits to be healthier, adding exercise and working towards appropriate weight loss, can reduce the risk," Dr Djakic said.

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