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Online questionnaire to help 40-49ers check their risk for type 2 diabetes National Diabetes Week- Sunday July 11-18

The Australian General Practice Network (AGPN) is urging Australians between the ages of 40 and 49 to check their risk factors for type 2 diabetes online, with the AUSDRISK questionnaire at AGPN's website.

It's National Diabetes Week and AGPN Chair, Dr Emil Djakic says the simple questionnaire will help people to determine their risk of developing type 2 diabetes in the next five years and to also identify if they have the *risk factors* associated with type 2 diabetes.

"This questionnaire will help people to at least rule out their potential risk for type 2 diabetes or to start to dealing with their potential risk if the results indicate otherwise," Dr Djakic said.

"The AUSDRISK questionnaire will identify areas associated with age, diet and lifestyle that may increase a patient's risk of developing the disease," he said.

"Over 800,000 Australians, which is four percent of the population, have been diagnosed with diabetes and of those, 88 percent have type 2 diabetes.

"For those who have been diagnosed with type 2 diabetes, their treatment is underway but for many Australians, the tell tale signs are not so obvious and often this disease goes undetected and then it becomes too late.

"We are urging Australians, particularly those between the ages of 40-49 to take a moment to do the AUSDRISK questionnaire and then discuss the results with their general practitioner.

"If a patient is identified as *at risk*, they may be eligible to join a lifestyle modification program through their local general practice network, at minimal cost to get help with diet, exercise and quitting smoking," he said.

"While type 2 diabetes may be a chronic disease, we know that by using early intervention methods such as lifestyle modification programs, rates of diagnosis decrease and lead to better health outcomes for participants," said Dr Djakic.

Australian lifestyle modification programs are modelled on a Finnish lifestyle modification program which was rolled out in workplaces across Finland. At the completion of the Finnish program, participants' risk of developing diabetes was measured for up to four years and it was found that their risk of developing type 2 diabetes had reduced by 58 percent.

To take the diabetes test and to find out more on lifestyle modification programs, go to:
www.newleaseoflife.com.au

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