

V health advice

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NDSS
national diabetes services scheme

Diabetes
AUSTRALIA

All V Pharmacies are NDSS agents.

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia

NICK'S HEALTH ADVICE

diabetes

"At V Pharmacy, your health is our priority"

Diabetes is a chronic disease with serious complications, currently affecting an estimated 1.7 million Australians with approximately 275 adults developing the disease every day. Diabetes Mellitus (Diabetes) is the name given to a group of conditions that occurs when the level of glucose (a type of sugar) in the blood becomes higher than normal. There are two main types of diabetes – type 1 (insulin dependent) and type 2 (non insulin).

In this month's column, I will look at ways to manage the disease with drug and non drug interventions. Although there is no known cure, at this stage, your diabetes (both types) can be assisted in taking the following steps:

- **Healthy eating.** This means a balanced diet that is high in fibre, low G.I and low in daily saturated fats.
- **Maintaining your weight** within a healthy weight range. Not only do you reduce your risk of heart disease, stroke and some cancers, a healthy weight will make your diabetes easier to manage.
- Not **smoking** and reducing your daily **alcohol** intake.
- **Regular activity** such as light walking will ensure that you bounce back quickly from illness as well as other added health benefits.
- **Taking care of your feet.** Foot problems are a common complication of diabetes. Your feet can be affected in two ways. Your blood supply may be affected, resulting in slower healing, and you may also lose some feeling in your feet due to nerve damage
- **Managing your different medications.** People with diabetes often have to take different medications for the disease and other conditions. It is vital to retain communication with your doctor or local pharmacist. They will have some useful tips and can also help you manage your medications better.

Diabetes is a complex disease, which can affect the entire body. Our modern lifestyles are so quick, easy and plentiful, but we have to learn to cut back and return to basics. This is even more important for people affected with diabetes.

As your local pharmacist, I ask that you gain **Patient Empowerment**. This means to acquire the knowledge that will help you understand diabetes, take control of your lifestyle and manage the disease. At V Pharmacy, we are here with you every step of the way.

Nick Loukas V Pharmacist

For more information www.nps.org.au or diabetesqld.org.au
*Sources NPS, Diabetes Australia

