

# MMC - DIABETES CLINIC

## AIMS:

- To enhance the quality of diabetes care provided by this practice.
- To improve the quality of life of those living with diabetes with the support of their health care Providers..

## What the clinic provides:

- Diabetes education and information;
- Education and review of blood glucose meters.
- Diabetes complications screening; feet examinations & blood tests
- Diabetes care plan where appropriate and personal self management Goals.

## Diabetes Facts

- Diabetes is a major health issue. It is Australia's fastest growing disease with more than 1 million Australians effected.
- 10% of people with diabetes have Type 1 diabetes and 90% have Type 2 diabetes. Gestational diabetes effects 5% of pregnant women.
- There is no cure for diabetes but it can be managed.
- If diabetes is poorly controlled over a long period of time complications may develop causing damage to: ( Blood vessels ( Eyes Heart & Kidneys)

## Successful diabetes management includes:

- Early diagnosis
- Healthy eating & regular exercise
- Medications – tablets and/or insulin (if required)
- Home blood glucose monitoring
- Accurate and up to date diabetes information/education
- Working closely with your GP and health care team to stay healthy and prevent the complications of diabetes.

## To make the most of your Diabetes Clinic appointments please bring:

- All your current medications, including diabetes medications
- Your blood glucose meter and diary
- All insulin pens/syringes and insulin

If you are unable to keep your appointment, please contact the practice so it can be allocated to someone else.