



Media Release
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LIVING WELL WITH DIABETES

Diabetes Tasmania is again holding the successful local expo 'Living Well with Diabetes' at Menzies Institute for Medical Research in Hobart.

The interactive workshop aims to engage audience members to learn how they can improve their health while living with diabetes.

The workshop will include presentations from a Diabetes Educator, Dietitian, Podiatrist and Optometrist and the highlight will be a live cooking demonstration by popular local chef and Diabetes Tasmania Food Ambassador, Paul Foreman. Paul and Dietitian Minke Hoekstra will show participants how to enjoy healthy eating while nurturing a love of food.

Living Well with Diabetes is targeted at people with all types of diabetes, including pre-diabetes, though everyone can benefit from the workshop.

"Diabetes is a complicated, ever-changing condition that is primarily self-managed, so it's important that people learn how to live well diabetes" said Diabetes Tasmania CEO, Caroline Wells.

"We want to help people to understand their condition and learn what steps they can take to optimise their quality of life and prevent complications. We have a number of specialty practitioners who will explain in simple terms the importance things such as regular feet and eye checks, blood glucose monitoring and healthy eating habits.

"There are over 27,000 Tasmanians living with all types of diabetes of whom more than 23,000 live with type 2 diabetes. Diabetes is the leading cause of blindness in working age Australians; the leading cause of kidney failure and dialysis and is a major cause of limb amputations. Engaging people to understand what causes these complications and keeping them well and out of hospital is a key priority.

People can register on the day and are welcome from 9.30am in the morning. The cost to attend the event is \$15, but is free for Diabetes Tasmania members and includes lunch.

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For further information: Diabetes Tasmania CEO, Caroline Wells: 0419 381 745