

In Good Health

Diabetes



Diabetes is a chronic disease that affects the lives of millions of Australians.



It occurs when the body is unable to produce, cannot produce enough of, or cannot respond effectively to the hormone insulin which is needed to convert glucose (sugar) into energy. In people with diabetes, blood sugar levels are higher than normal because instead of glucose being turned into energy, it stays in the blood.

Having high blood sugar levels can cause symptoms such as:

- Excessive thirst
- Tiredness and lack of energy
- Blurred vision
- Frequent urination
- Increased risk of infections
- Constant feelings of hunger
- Unexplained weight loss (mainly associated with type 1 diabetes)

- Gradual weight gain (mainly associated with type 2 diabetes)

The three types of diabetes are:

1. Type 2 Diabetes
2. Type 1 Diabetes
3. Gestational Diabetes

TYPE 2 DIABETES

- Is the most common type of diabetes (According to Diabetes Australia it affects 85-90% of all people with diabetes).
- Is caused by the failure of the body to produce adequate levels of insulin, or a failure of the body's cells to respond effectively to insulin.
- Results from a combination of genetic and environmental factors.
- Can be prevented in some cases.
- Cannot be cured but can often be managed with healthy eating, regular physical activity and by taking tablets and/or insulin if necessary.

You are at a higher risk of getting type 2 diabetes if you:

- Have a family history of diabetes
- Are older (Diabetes is more common in people over 40 but can develop earlier)
- Are overweight or are carrying excess weight around the waist
- Have high blood pressure
- Lead an unhealthy lifestyle i.e. poor diet and lack of exercise

Preventing Type 2 Diabetes:

According to Diabetes Australia it is estimated that up to 60% of instances of type 2 diabetes can be prevented. Leading a healthy lifestyle can help delay or even prevent the onset of the disease. This includes making healthy food choices, not smoking, maintaining a healthy weight and engaging in regular exercise (see section on exercise).

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World Diabetes Day

14th November



TYPE 1 DIABETES

- Occurs when the body stops making insulin completely.
- Can lead to a potentially life-threatening condition known as 'ketoacidosis' if left untreated.
- Has a strong genetic link and cannot be prevented.
- Cannot be cured but can be managed through maintaining a healthy lifestyle, regular monitoring of blood sugar levels and daily injections of insulin.

GESTATIONAL DIABETES

- Can develop in women during pregnancy.
- Occurs if the body cannot produce the higher levels of insulin needed during pregnancy.
- If left untreated can result in problems such as having a larger baby, miscarriage and stillbirth.
- Can lead to an increased risk of developing type 2 diabetes.

Diabetes and Exercise

- Exercise has the potential to delay or prevent the onset of diabetes, reduce the severity of symptoms, and reduce the risk of long-term complications associated with diabetes.
- Regular exercise can help your body respond to insulin and is known to be effective in managing blood sugar levels.
- Exercise can improve circulation in the arms, legs and feet which is where many people with diabetes have problems.
- Exercise can help to maintain a healthy weight.
- Exercise can reduce cholesterol, high blood pressure and lower the risk of heart disease.

EXERCISE TIPS

- Always consult your doctor or an accredited exercise physiologist before commencing a new exercise programme.
- Try to engage in approximately 30 minutes of moderate exercise every day – this could include walking, gardening, swimming, playing golf, dancing or cycling.
- Try to build up the time you spend exercising gradually.
- If you have foot problems try to avoid exercises that put too much pressure on your feet such as running, and always wear comfortable, well-fitting shoes.

- Monitor your blood sugar levels before, during, and after exercise.
- Carry a snack with you in case your blood sugar levels drop too low.
- Drink extra fluids before, during and after exercise to prevent dehydration.

For more information, visit www.diabetesaustralia.com



Food Poisoning

Most people will suffer from food poisoning at some stage in their lives and mild cases of the illness are fairly common. According to the Food Safety Information Council approximately 5.4 million Australian's suffer from food poisoning every year.

Facts about food poisoning:

- Food poisoning generally results from consuming food or drink that has become contaminated with bacteria or other pathogens such as parasites or viruses.
- Food can become contaminated if it is handled, stored, or prepared incorrectly.
- Most food poisoning incidents are the result of incorrect food temperature control, cross contamination and poor kitchen hygiene.

- The most common symptoms of food poisoning are nausea, vomiting and diarrhoea which should normally pass within a week.
- In more serious cases, food poisoning can cause severe symptoms and sometimes death.
- Young children, the elderly, pregnant women, and people who have a weakened immune system are particularly vulnerable.
- If you suspect you may have food poisoning you should seek medical attention.



The best way to prevent food poisoning in the home is to practice good food/ kitchen hygiene. Below are ten simple tips for maintaining good kitchen hygiene:

1. Keep your fridge set at 5 degrees Celsius or below
2. Store raw meat and poultry at the bottom of the fridge so it can't drip onto other food
3. Refrigerate or refreeze perishable goods, prepared food or leftovers within two hours
4. Cover all stored food
5. Store and prepare raw and cooked food separately
6. Wash and dry your hands properly before, during and after preparing food
7. Clean and disinfect kitchen surfaces before, during and after preparing and serving food
8. Cook food and leftovers properly by heating to at least 75 degrees Celsius
9. Avoid handling food when you are ill
10. Cover any cuts or sores when handling food

Circuit Training

Circuit training is a great form of exercise for keeping your body strong and healthy. It has become one of the most popular forms of fitness training in recent years and it is easy to see why. Below are some of the benefits of circuit training:

- It provides a good overall workout that can include exercises to increase strength, endurance, flexibility and coordination.
- It caters for a wide variety of fitness levels from beginners to elite athletes
- It can be done outside, at home, at a gym, or almost anywhere you can think of

- It doesn't have to cost anything as you can engage in circuit training with little or no equipment
- It can be done on your own, with a partner, or in a group
- It can be a highly efficient form of exercise and a great time saver
- It can be a refreshing and fun change from more monotonous types of exercise

The choice of exercises, number of reps and any rest periods between exercises is up to the individual but a good place to start would be to:

- Set up about ten exercise stations (any number between 9-12 is sufficient)
- Complete each exercise for approximately 60 seconds

- Try to have little or no rest between stations (30-60 seconds max)
- Aim to undertake two to three 15-20 minute sessions per week

IDEAS FOR EXERCISES

- Sit-ups
- Push-ups
- Pull-ups
- Step-ups
- Chair dips
- Skipping
- Squats
- Lunges
- Star jumps



Benefits of Berries

Berries come back in season during the summer months meaning they are more readily available, taste better, and are cheaper to buy. They also have numerous health benefits so incorporating them into your diet is a great idea.

- Berries are an excellent source of dietary fibre
- Berries are rich in antioxidants which may reduce the risk of certain types of cancer.
- Berries are a good source of Vitamin C which is needed for tissue growth and development. (Strawberries contain one of the highest levels of Vitamin C of all berries, but blackberries, blueberries and raspberries are also good sources).

Berries can be bought from your local supermarket or grocer, but the freshest berries are often found at farmers markets where they have been harvested that same day. When choosing berries you should check that they are ripe, colourful and firm with no signs of mould.

Because berries have a short shelf life, an alternative to enjoy them throughout the year is to buy them fresh and freeze them yourself. Frozen berries still taste great and retain most of their nutritional value. They are especially good for use in baking and adding to smoothies.

Most berries are naturally sweet and taste delicious served just as they are. There are however, many other ways they can be enjoyed as part of your diet:

- Add a handful of berries to your morning cereal to boost its nutritional value.
- Fold berries into low-fat or fat-free yoghurt for a yummy snack.
- Blend a mix of berries with banana and skim milk to make a delicious smoothie.
- Use fresh berries as a topping for ice cream, pancakes and waffles.
- Use fresh berries such as blueberries as an ingredient in muffins and pancakes.

Movember is Here!

Movember is an annual charity event involving the growing of moustaches during the month of November. Run by The Movember Foundation, this event raises awareness about men's health issues such as prostate cancer and male depression.

Movember participants register for the event with a clean shaven face and have the remainder of the month to grow and groom their moustaches, raising money along the way. Funds raised are donated to charitable organisations including The Prostate Cancer Foundation of Australia (PCFA) and Beyondblue: The National Depression Initiative.

For more information, or to register, visit the official Movember website at www.movember.com



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