

## HOW TO REGISTER

Referral for the program is accepted from:

- GP or Practice Nurse
- St George Diabetes Education Centre
- Specialist or Allied Health Professional
- Self referral

## PROGRAM DETAILS

The Diabetes Group Program is a 6 week program conducted Monday evenings.

**Venue:** St George Division of GPs

**Address:** 41 Dora Street, Hurstville

**Time:** 5.00 - 6.30 pm

**Dates:** Advised upon registration

**Language:** English

**Group Size:** 8 – 10 people

**TO REGISTER OR FOR FURTHER INFORMATION  
PLEASE CONTACT OUR OFFICE ON 9585 2044**

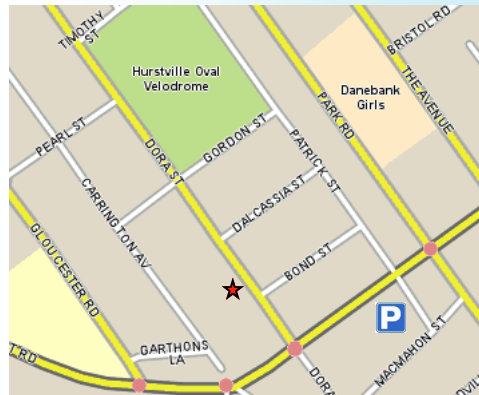
## USEFUL INFORMATION

**Address:** 41 Dora Street, Hurstville

**Phone:** 9585 2044

**Fax:** 9585 2144

**E-mail:** [mar@stgeorgedgp.asn.au](mailto:mar@stgeorgedgp.asn.au)



Short walk from Hurstville Train Station, located near Library Oval, with parking available in MacMahon Street.



**St George Division of General Practice**

ST GEORGE DIVISION OF GENERAL PRACTICE

## DIABETES GROUP PROGRAM

*HELPING YOU TAKE CONTROL*



**INFORMATION BROCHURE**

## DIABETES GROUP PROGRAM

The Group Program supports people that are newly diagnosed or 'at risk' of Type 2 Diabetes. The program delivers education to facilitate lifestyle change and will increase the participants' knowledge and confidence to manage their Diabetes.

A team comprised of a Diabetes Educator, Dietitian, Podiatrist, Exercise Physiologist & Ophthalmologist will discuss:

- **Diabetes:** Management, medication, complications and monitoring
- **Nutrition:** Introducing healthy foods and portions to control sugar levels
- **Foot Care:** Foot complications and examination techniques
- **Physical Activity:** Getting started and learning a suitable exercise program
- **Eye Care:** Common eye complications and management strategies

### GETTING STARTED

Talking to your GP is the first step as they can:

- Ask about your family history
- Advise on current lifestyle behaviours
- Measure your waist circumference
- Request a blood test

### ARE YOU AT RISK?

Completing the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) can help identify if you are at risk

*Please discuss results with your GP*

### LIVE WELL AND BE WELL

It is essential to establish healthy habits, which will reduce the risk of Diabetic complications. Leading a healthy lifestyle will allow you to control the condition and maintain your quality of life.

### GOOD DIABETES CONTROL INCLUDES:

- Regular physical activity
- Make healthy food choices
- Know your Blood Glucose Level (BGL)
- Health checks with your GP
- Monitor your weight and waist
- Don't smoke or plan to stop
- Alcohol in moderation
- Regular foot inspections
- Check eyes every 1 -2 years

### NEED TO KNOW MORE?

The Diabetes Australia web-site offers a comprehensive list of resources and fact sheets.

Please visit: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)