

## Diabetes Services Available:

### Diabetes Nurse Educator

Providing one to one education covering all aspects of diabetes self care and management

### Outreach Diabetes Service

Providing diabetes education to inpatients of Castlemaine Health.

### Group Diabetes Education

Five week group education course. Sessions conducted by Diabetes Nurse Educator, Dietitian, Counsellor, Physiotherapist and Podiatrist

### Dietitian

Provides dietary advice to help manage diabetes

### Physical Activity

Strength training, walking groups and tai chi.

### Endocrinologist

Diabetes specialist – a referral is required for this service from your General Practitioner

### Diabetes Support and Information Group

Meets bimonthly at CDCH. Regular guest speakers and support are offered. Contact CDCH for this years dates.

### National Diabetes Services Scheme

Sells all diabetes supplies. Available at CDCH Monday, Wednesday and Friday 10 – 12 noon

### Diabetes School Program

Education provided to students and teachers at Primary and Secondary schools in the Shire

Blood Glucose Meters are available for short term loan and purchase

## Castlemaine District Community Health

13 Mostyn Street  
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

[email@cdch.com.au](mailto:email@cdch.com.au)

### Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



## Castlemaine District Community Health

COMMUNITY HEALTH  
Information Resources Promotion

### Fees for Services

General Counselling \$10.00

Physiotherapy \$10.00

Diabetes Nurse Educator \$10.00

Dietitian \$10.00

Community Health Nurse \$10.00

Should payment of any Fee stop you from using this Service, please make this known to the Receptionist.

*Your Health  
Your Community  
Your Community Health Centre*

# Diabetes Services

*Facilitating  
Better Health*

Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These may be conducted on an individual or group basis.

*CDCH is part of your community*

## Diabetes Services

### What is Diabetes?

Diabetes is a chronic condition in which the amount of glucose in the blood is too high therefore the body is unable to use it properly. Glucose provides the body with energy. For glucose to be used effectively by the body, it needs help from a hormone called insulin. Diabetes results when the body either does not produce insulin, or the insulin produced is not effective.

### Signs and Symptoms of Diabetes

- ◆ Excessive thirst
- ◆ Frequent urination
- ◆ Extreme tiredness
- ◆ Unexplained weight loss
- ◆ Irritability
- ◆ Blurred vision
- ◆ Skin infections and itching
- ◆ Slow healing
- ◆ Tingling and numbness in the feet

### Diabetes Facts

1.5 million Australians have Diabetes, with half of them currently undiagnosed.  
AusDiab 2006

275 people are diagnosed with Diabetes each day. That is over 100,000 every year.  
AusDiab 2006

Diabetes is the world's fastest growing chronic disease

### Type 1 Diabetes

- ◆ Represents 10 to 15% of all cases of diabetes
- ◆ Occurs when the pancreas gland no longer produces the insulin needed
- ◆ Is not caused by lifestyle factors
- ◆ Usually diagnosed in childhood, but may occur at any age
- ◆ Generally abrupt onset of symptoms
- ◆ Treatment is insulin injections every day, regular blood glucose level tests, healthy eating and regular physical activity

### Type 2 Diabetes

- ◆ Represents 85 to 90% of all cases of diabetes
- ◆ Occurs when the pancreas is not producing enough insulin and/or the insulin produced is not working effectively
- ◆ Lifestyle factors such as unhealthy diet and lack of physical activity can contribute to its development
- ◆ Risk factors include family history, age, obesity, high blood pressure and ethnicity
- ◆ Usually diagnosed in adults over 45 but increasingly occurring at a younger age
- ◆ Symptoms may go unnoticed as disease develops slowly
- ◆ Treatment is regular physical activity and healthy eating. May require tablets and/or insulin injections

To access any service at CDCH please call Reception on 5479 1000

*Fees apply to some services, please enquire at Reception*