

Diabetes Clinic

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.

An SMS will be sent to your mobile phone, one day prior to your appointment, as a friendly reminder.

Costs

A standard consultation fee will be charged.

Blackburn Clinic

(Locked Bag No. 9)

5/195 Whitehorse Rd

Blackburn 3130

Phone: 9875 1111

Blackburn Clinic



DIABETES CLINIC



Aims of the Diabetes Clinic

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

What the clinic provides:

- Diabetes education and information.
- Education and review of blood glucose meters and insulin delivery devices.
- Diabetes complications screening.
- 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 1.7 million Australians affected.
- 280 Australians develop Diabetes every day.
- 10% of people with diabetes have Type 1 diabetes and 90% have Type 2 diabetes.
- Gestational diabetes affects 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

Nerves

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 and education
- Working closely with your GP and health care team to stay healthy and prevent the complications of diabetes.

