

SYDNEY DIETETICS NEWSLETTER

December 2013 Edition

KIDS NUTRITION WORKSHOP

Our Kids Nutrition Workshop is a great way to get kids eat healthy and THINK healthy! All workshops are run by Accredited Practising Dietitians (APD).

Upcoming Kids Nutrition Workshops

21st and 28th of December, 2013 from 2:30pm to 4:00pm at Balmain, Sydney

Please book through www.SydneyDietetics.com

WORLD DIABETES DAY

World Diabetes Day (WDD) is celebrated every year on November 14. WDD was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat that diabetes now poses.

Types of diabetes

Diabetes Mellitus (DM) is the medical term for what is commonly known as diabetes. Diabetes is a chronic disease characterised by high levels of glucose in the blood (hyperglycaemia). Blood glucose levels (BGLs) are controlled by insulin, a hormone produced by the pancreas. Diabetes occurs when the pancreas is unable to produce enough insulin, or the body becomes resistant to insulin, or both. There are three main types of diabetes: Type 1 diabetes (T1DM), Type 2 diabetes (T2DM) and Gestational Diabetes (GDM). Other specific types of DM include pre-diabetes (Impaired Glucose Tolerance, Impaired Fasting Glucose), drug or chemical induced DM, genetic defects in β -cell function, genetic defects in insulin action, and diseases of the exocrine pancreas. T1DM (used to be called juvenile-onset diabetes or Insulin-dependent DM) is an autoimmune disease in which the immune system attacks the pancreatic β -cells that produce insulin and therefore the body requires regular injections of insulin to function probably. T2DM (used to be called Non-Insulin Dependent DM) is sometimes described as “lifestyle disease” because it is more common in people who are sedentary, overweight or obese. It occurs when the body doesn’t produce enough insulin or the body doesn’t respond to insulin probably. GDM occurs during pregnancy because of the hormones produced by the placenta, which cause insulin resistance.

Q: Can diabetes be cured?

A: Diabetes can’t be cured, but it can be managed. People with T1DM requires daily injections of insulin to stay alive. People with T2DM, if diagnosed early, can often manage their conditions through diet and exercise. However, over time most people will require oral drugs and/or insulin. Women with GDM should follow a balanced diet with special focus on carbohydrate intake. GDM, if untreated, can significantly increase maternal risk of developing hypertensive disorders and the need for



World Diabetes Day – image obtained from www.idf.org



Kids Nutrition Workshop

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caesarean delivery. Lasting hyperglycaemia increases the risk of foetal death in the last 4-8 weeks of gestation, macrosomia (abnormally large baby) and other neonatal health problems. GDM usually disappears after delivery, but women with GDM and their children are at an increased risk of developing T2DM later in life. Approximately 50% of women with a history of GDM go on to develop T2DM within five to ten years after childbirth. For this reason, it is best to have regular health checks with your doctor in the months and years following your pregnancy and adopt a healthy lifestyle.

Q: How do I know if I have diabetes?

A: The development of T1DM is usually abrupt with pronounced symptoms including but not limited to extreme thirst, frequent urination, increased hunger, weight loss, and tiredness. In contrast, the symptoms can often be mild or absent in people with T2DM, making this type of diabetes hard to detect. You can calculate your risk of developing T2DM in the next 5 years by using the [Interactive online diabetes assessment tool](#) provided by the Department of Health.

*“Both type 1 and type 2 diabetes are serious.
There is no such thing as mild diabetes.” –
International Diabetes Foundation*

WANT TO KNOW MORE ABOUT DIABETES?

Check out these websites for more information about diabetes:

[Diabetes Australia](http://www.diabetesaustralia.com.au) - <http://www.diabetesaustralia.com.au>

[International Diabetes Foundation](http://www.idf.org/) - <http://www.idf.org/>

[Department of Health](#) -

<http://www.health.gov.au/internet/main/publishing.nsf/Content/pq-diabetes>

NEED HELP WITH DIABETES?

An accredited dietitian (APD) can give you valuable dietary advice to help you better manage your diabetes or to prevent its onset.



Have a safe and happy holiday!