

What to do when you are diagnosed with type 2 diabetes

Step 1

Choose healthy foods to reduce your weight and normalize blood glucose levels.

Step 2

Regular activity decreases insulin resistance and improves blood glucose levels. Consult your GP before commencing an exercise program.

Step 3

Learn how to monitor your blood glucose levels. This will provide useful information on the progress of your lifestyle changes.

Step 4

Your doctor may provide medication to control your diabetes and will discuss this with you.

Step 5

Have regular check-ups with your health care team.



Kyabram District Health Service

Kyabram Health

Fenaughty St, Kyabram VIC 3620

Ph. (03) 5857 0200

Email. info@kyhealth.org.au

Stanhope Health

35 Birdwood Ave, Stanhope VIC 3623

Ph. (03) 5857 0451

Email. comhealth@kyhealth.org.au

Tongala Health

37 Mangan St, Tongala VIC 3621

Ph. (03) 5857 0245

Email. chtongala@kyhealth.org.au

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Diabetes Service

www.kyhealth.org.au

Healthy Community.
Local Care.



KYABRAM DISTRICT
HEALTH SERVICE

Diabetes Service

The diabetes service is delivered by a diabetes educator, and provides you with individual assessment, education and support. We have group programs to increase your diabetes knowledge and self-management skills.

We provide services to people with type 1 diabetes, type 2 diabetes, and gestational diabetes.

The Diabetes Team includes:

- Diabetes Educator
- Dietitian
- Social Worker
- Podiatrist

to support you in diabetes self-management and we work closely with your GP.

We Provide

A client-centred model of care that includes:

Comprehensive Assessment

Provided by a Diabetes Educator and a Dietitian, with referral to other community services as necessary.

Care Planning

We assist you to develop a Care Plan based on your needs and which complements the Care Plan developed by your General Practitioner or Practice Nurse.

Diabetes Review

You will be followed up as required, with feedback to your GP.

Locations


- Kyabram Health
- Stanhope Health
- Tongala Health

Referrals

Your doctor or health professional can refer you to the Diabetes Education Service.

Contacts

Diabetes Educator

 58570200

Fees

Fees apply to this service: please refer to the fees brochure.