

15.07.2020 | STAY WELL AT HOME, STAY WELL AT WORK

WEDNESDAY WELLNESS

The COVID-19 global pandemic has undoubtedly affected us all. An increase in stress and anxiety about an uncertain future starts to take its toll on our health and wellbeing. How are you supposed to eat right when you're living on non-perishables? How can you work out when you're cooped up at home? How can you sleep when you're anxious about, well, everything?

'Wednesday Wellness' is a fortnightly newsletter created by Allied Health Professionals at KDHS to support and help our community to stay healthy while social distancing during the COVID-19 outbreak.

**Diabetes is relentless.
Diabetes distress, anxiety
and burnout are real.**

Half of all people living with
diabetes will experience
mental health challenges.

**NATIONAL
DIABETES
WEEK2020**

d diabetes
australia

Talk to us
1800 533 774
www.headsupdiabetes.com.au



Looking after your mental health

Diabetes affects mental health as well as physical health.

Diabetes is relentless. Depression, anxiety and distress occur in more than 30% of people with diabetes.

Every minute of every day, a person with diabetes faces decisions, thoughts, worries and fears about their diabetes and the future impact the condition may have on their health.

The daily burden of living with diabetes can be significant. It's estimated that people with diabetes face up to 180 diabetes-related decisions every day. That's more than 65,000 extra decisions a year.

Diabetes distress, anxiety and burnout are real complications of diabetes. This National Diabetes Week, let's have a conversation about the real impact diabetes can have on a person's mental and emotional wellbeing. Find out more [here](#).

Diabetes Australia are offering free 45-minute telephone or video appointments with a psychologist. People can book an appointment by calling 1800 533 774.

[Lifeline Australia](#) **13 11 14** - A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe.

[MensLine online counselling](#) - 24/7 Phone **1300 78 99 78**. Telephone and online support and information service for Australian men.

What do you need to know this Diabetes Week?

What is diabetes?

Diabetes is a serious complex condition which can affect the entire body. Diabetes requires daily self-care and if complications develop, can have a significant impact on quality of life and can reduce life expectancy. While there is currently no cure for diabetes you can still live enjoyably by effectively managing it.

Three things you need to know about diabetes:

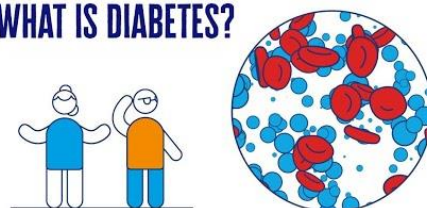
- It is not one condition- there are three main types of diabetes: [type 1](#), [type 2](#) and [gestational diabetes](#)
- All types of diabetes are complex and require daily care and management
- Diabetes does not discriminate, anyone can develop diabetes

How does diabetes affect the body?

When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Unhealthy levels of glucose in the blood can lead to long term and short term health [complications](#).

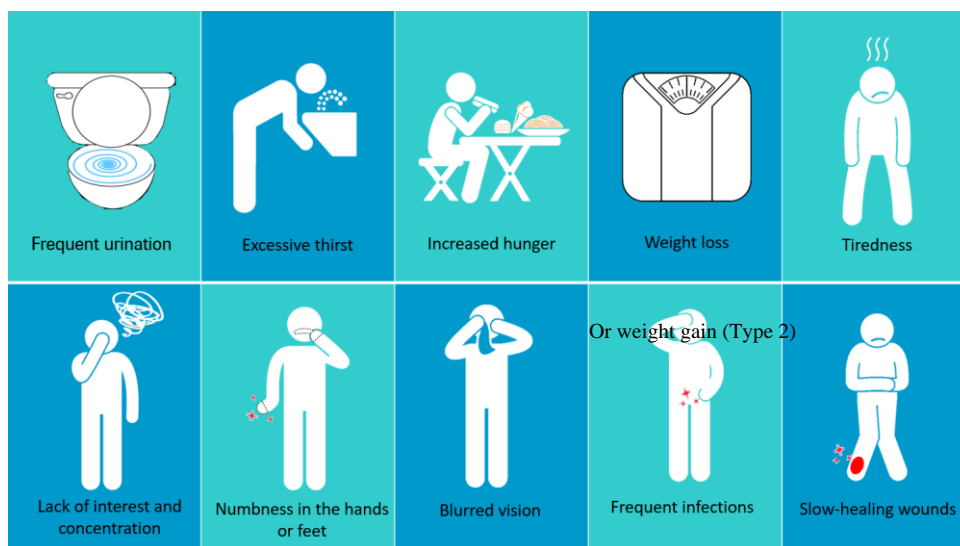
See this short 2 minute [video](#) for a quick overview of how diabetes impacts blood sugar or [visit this link](#)

WHAT IS DIABETES?



Symptoms

In type 1 diabetes, symptoms are often sudden and can be life-threatening; therefore, it is usually diagnosed quite quickly. In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'.



Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).

Facts about diabetes

- The leading cause of preventable blindness in working age adults in Australia
- It is the fastest growing chronic condition in Australia with **280 Australians develop diabetes every day**. That's one person every five minutes
- More than **100,000 Australians** have developed diabetes in the past year
- There are more than **4,400 amputations every year** in Australia as a result of diabetes.
- In 2013, diabetes caused **5.1 million deaths globally**.

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications.

Helpful Resources

[Recipes from Diabetes Australia](#)
[DieBEtes Connected](#)
[DiaBEtes Healthy Tips](#)
[Aboriginal and Torres Strait Islanders](#)
[Young People](#)

National Diabetes Services Scheme

Helpline - 1800 637 700
Monday to Friday - 8:30am to 8:00pm
Saturday - 9:00am to 2:00pm

With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease). Regular physical activity may also help prime our immune system to lessen the risk of infection.

Diabetes and Exercise

Everybody benefits from regular exercise. If you have diabetes, or are at risk of diabetes, then exercise plays an important role in keeping you healthy.

For a person with diabetes, exercise helps:

- Insulin to work better, which will improve your diabetes management
- Maintain a healthy weight
- Lower your blood pressure and cholesterol levels
- Reduce your risk of heart disease
- Reduce stress
- Increase strength, power and balance

What exercise can I do?



Swimming
Cycling/ exercise bike



Housework



Golfing

Resistance exercise



Dancing

Gardening

Walking



Tai Chi



Any activity that gets you moving

How much exercise?

You should aim to do at least 30 minutes of exercise each day.

This can be done all at once or you can break your exercise up into shorter sessions.



How hard should I push myself?

You do not need to puff to gain the benefits of exercise. Aim for moderate intensity. You should still be able to talk as you exercise without becoming breathless. Initially take it slow and gradually increase the intensity of the exercise over time.

Exercise tips



Drink extra fluid before, during (only if prolonged exercise) and after exercise to avoid dehydration. 250 ml every 15 minutes or one litre of fluid per hour is recommended.

Take extra carbohydrates before and during exercise to prevent hypoglycaemia. Extra carbohydrate is often needed after exercise. Discuss adjusting carbohydrate intake with your doctor or Dietitian.



Monitor your blood glucose levels before, if possible during, and after exercise to assess your requirements for extra food.



It may be necessary to reduce your insulin dose prior to exercise. Insulin adjustment varies with each individual. Discuss appropriate adjustments to suit your exercise schedule with your doctor or Credentialed Diabetes Educator.



People with diabetes are at increased risk of foot ulcers and other lesions. Ensure you wear comfortable and well-fitting shoes, and inspect your feet regularly to reduce the risk of damage to your foot.

Note: Before commencing a regular exercise program see your doctor for a full medical examination.