

Targeted Health Issues

1. Diabetes (5-6 MIN script equates to approx. 750 – 900 spoken words)

What is Diabetes?

Have you heard of Diabetes before?

Diabetes is a serious condition that can affect your whole body.

There are some different types of diabetes. The main ones are Type 1, Type 2, and Gestational Diabetes.

Diabetes is a condition that leads to having too much glucose in your blood. Glucose is a type of sugar, and it gives your body energy. Having too much glucose in your blood over a long period of time can cause lots of health problems.

There's no cure for diabetes. But, if you're diagnosed with it, there are lots of things you can do to manage it so you can continue to live a strong life.

How do you get it?

- **Gestational diabetes**

Pregnant women can get gestational diabetes. It usually goes away when the baby's born. If you've had gestational diabetes, then you and your baby have a higher chance of getting type 2 diabetes later in life.

You can be at risk of having gestational diabetes if you've had it before, if someone in your family's had it, or if you're overweight or obese. If you do have it, you can manage it by eating a healthy diet and exercising regularly. You might need daily insulin injections until your baby's born.

- **Type 1 Diabetes**

This type of diabetes is usually found in children and in people under 30, but it can be diagnosed at any age. There's nothing you can do to prevent getting it. It's usually picked up pretty quickly because the signs of this condition are easy to spot. People who have this type of diabetes need to have insulin injections every day to help control their level of blood glucose.

- **Type 2 Diabetes**

This is the most common type of diabetes, and a lot of indigenous people have it. We are all at risk of developing Type 2 diabetes, so it's important to do what you can to avoid getting it.

Who's at risk?

There are several things that increase your chances of developing diabetes. Some of these things you can't change, and some of these things you can change.

If someone in your family has diabetes, if you're pregnant with diabetes, or if you're getting older, these things make your chances of developing diabetes go up. You can't change any of these things.

But, you can change what you eat and how much you exercise. If you're overweight, if you have pancreatitis, if you eat too much food that's high in sugar and fat, if you smoke, don't exercise enough, or if you have fat around your belly you have more chances of developing diabetes.

What are the symptoms/ effects?

So, how do you know if you or someone in your family might have diabetes?

These are some signs to look for:

- Feeling thirsty
- Having leg cramps
- Blurry vision
- Going to the toilet more often
- Feeling itchy
- Having sores that take a long time to heal
- Feeling angry or grumpy
- Having pins and needles
- Feeling tired or weak.

Type 2 Diabetes takes years to develop, and lots of people who have it don't show any signs of it. This is why it's important to find out if you have this type of diabetes, because sometimes you won't know you have it until you have a more serious complication like a heart attack.

Having Type 1 or Type 2 diabetes can lead to very serious health complications like blindness, stroke, heart attack, kidney disease, limb amputation, depression and anxiety.

So, if you have any worries about diabetes - even if you don't see any signs - have a yarn with your doctor, a nurse or a health worker.

How do I know I have it? What are the tests?

To find out if you have diabetes, you'll need to see a doctor or health worker and they'll do some tests. One of the tests is a simple finger prick test: it involves a prick to your finger with a small needle. Another test is a blood test: where the health worker will take your blood from a vein using a needle, and send it to a lab to get tested. They might ask you to fast (not eat) for a period before this test, so that the test can work properly.

What's the treatment/ outcomes?

If you are diagnosed with diabetes, you'll be prescribed some medicines to take. It's a good idea to take them exactly as the doctors tell you to, so they work properly to make you better. Remember to take your medicine with you when you go away from home, go to see family or go walkabout. You'll also need to keep them at the right temperature so they don't go bad. If your medicine goes bad it won't work.

You'll also need to eat healthy foods like bush tucker and foods that are low in fat, sugar and salt, and avoid foods that are bad for you, like meat with lots of fat on it. It's also important to maintain a healthy weight and be active. All these things help keep your blood glucose at a healthy level so you won't get more sick.

You'll also need to do regular, simple tests like a finger prick test, to keep track of your condition. And because diabetes can cause other health problems, it's important to have regular check-ups so your doctor can check your blood pressure, kidneys, eyes, feet, skin and teeth. It's a good idea to tell them if you notice anything different about your body too, so they can check if anything else is going on.

See a health worker, nurse or your doctor straight away if you feel sick, so they can check you. Also check your feet and skin for any sores or cracks every day.

If you have diabetes, there's no cure. But, there are plenty of ways to manage it, so you can keep living an enjoyable life. Healthy eating, physical exercise - especially exercises that help you get stronger - and maintaining a healthy weight will help keep it under control. If

you're finding it hard to get to a healthy weight, your doctor might prescribe medicines to help you.

How do you prevent it?

Even if you don't have diabetes now, anyone can get it. So it's good to know what you can do to prevent yourself from getting it, or to slow down the start of it.

Just like if you have diabetes, to keep your body strong and healthy eat a healthy diet, do enough physical activity, and get yourself to a healthy weight if you need to, and maintain your healthy weight.

What you eat affects your whole body, so think about what you and your family are eating. To keep your body strong and healthy, avoid sugary drinks and don't eat food that's high in fat or sugar. Make changes to what you eat, where you can. Swap the foods that are bad for you, with food that's good for you and will make you stronger. If you're not sure what food's good for you and what food's bad for you, have a yarn with a health worker or a doctor.

Physical activity is really important, whatever age you are. Exercise is good for your heart and it helps keep your weight down. Exercise helps you be stronger in body and in spirit. Playing sport is really good. But if you can't play sport, think of other things you can do to get more exercise, like going on walks, climbing stairs or if you're driving, park a bit further away so you get more walking into your day. Have a yarn to your doctor or a health worker - they'll have some exercises you can try that will fit with your lifestyle.

By being physically active and eating a healthier diet, you can keep your weight at a healthy level. This helps keep your blood glucose levels normal and keeps your body strong.

It's also important not to smoke, or if you do, have a yarn with a doctor or health worker about how to quit. It also helps if you don't drink too much grog.

How do I get help?

It can be hard to know if you or someone in your family has diabetes, so have a yarn with your doctor, nurse, clinic or a health worker about it. They can do some tests and will talk to you about things you can do if you have it, or if you don't have it, they'll tell you about the things you can do to prevent it or slow down the start of it. Even if you do have diabetes, there's plenty you can do to manage it. The sooner you act, the better your chances of living a longer and stronger life.