



## World Diabetes Day

*Diabetes is a growing health threat worldwide, particularly in western countries where unhealthy, processed foods are predominant, and childhood obesity is on the rise.*



World Diabetes Day is held on 14 November every year, and the theme for 2019 is **The Family and Diabetes**. This theme aims to raise awareness of the impact diabetes has on the family and support network of those affected, and to promote the role of the family in the management, care, prevention, and education of diabetes.

### What is diabetes?

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, which acts to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

**Type 1** diabetes is usually caused by an auto-immune reaction where the body's defence system attacks the cells that produce insulin. People with type 1 diabetes produce very little or no insulin. The disease may affect people of any age, but usually develops in children or young adults. People with this form of diabetes need injections of insulin every day in order to control the levels of glucose in their blood.

**Type 2** diabetes is the most common, and is characterised by insulin resistance or deficiency. The diagnosis of type 2 diabetes can occur at any age, though can remain undetected for many years. People with type 2 diabetes can manage their condition through exercise and diet. Families have a key role to play in addressing the modifiable risk factors for type 2 diabetes – having access to education and resources are vital to living a healthy lifestyle.

Both type 1 and type 2 diabetes are serious. There is no such thing as mild diabetes.

### In Australia

- ▶ 280 Australians develop diabetes every day. That's one person every five minutes.
- ▶ For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day.
- ▶ Type 1 diabetes accounts for 10% of all diabetes and is increasing
- ▶ Type 2 diabetes accounts for 85% of all diabetes and is increasing
- ▶ Diabetes is the leading cause of preventable blindness in Australia, with 25-35% of Australians reporting some form of diabetic retinopathy.

### Are you at risk of type 2 diabetes?

People are at a higher risk of getting type 2 diabetes if they:

- ▶ have a family history of diabetes
- ▶ are older (over 55 years of age) - the risk increases as we age
- ▶ are over 45 years of age and are overweight and have high blood pressure
- ▶ are over 35 years of age and are
  - ▶ from an Aboriginal or Torres Strait Islander background
  - ▶ from Pacific islands, Indian subcontinent or Chinese cultural background
- ▶ are a woman who has given birth to a child over 4.5 kgs (9 lbs), or had gestational diabetes when pregnant, or had a condition known as Polycystic Ovarian Syndrome



- ▶ There are also more than 4,400 amputations every year in Australia as a result of diabetes.
- ▶ People with diabetes are two-four times more likely to develop heart disease – which is the number one cause of death for people with type 2 diabetes.

Family support in diabetes care has been shown to have a substantial effect in improving health outcomes for people with diabetes. If you or someone you love has been diagnosed with diabetes, visit [worlddiabetesday.org](http://worlddiabetesday.org) for more resources.

# Lung Cancer Awareness month

Did you know approximately 12,000 people are diagnosed with lung cancer every year? November is Lung Cancer Awareness month, and aims to raise community awareness of lung cancer and the symptoms of the disease.

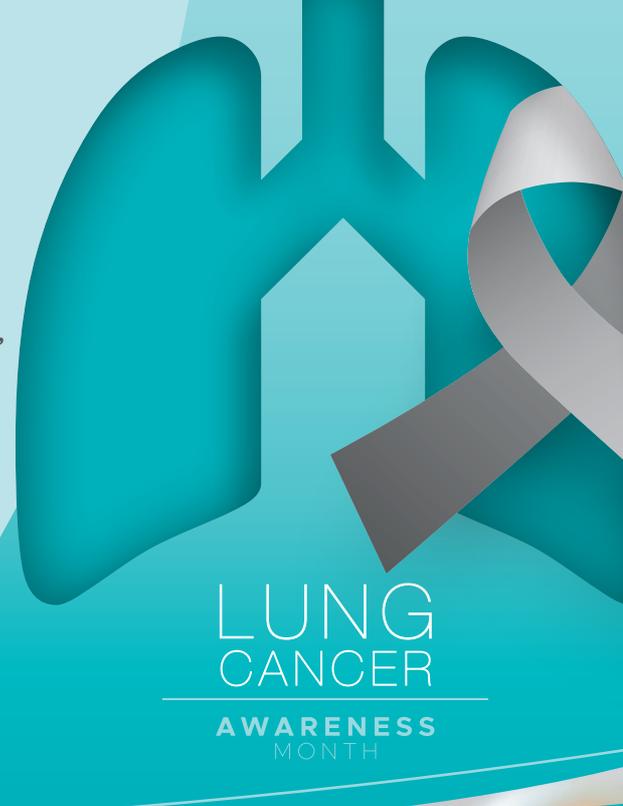
It's important to note, not only smokers can develop lung cancer. Genetics can play a role, as well as environmental and occupational exposures.

The symptoms of lung cancer can often be vague and mimic those of other conditions, so it's important to know what your cough is telling you.

The signs and symptoms of lung cancer can include:

- ▶ a new cough that has persisted for 3 weeks or more
- ▶ a changed cough
- ▶ coughing up blood
- ▶ a chest infection that won't go away
- ▶ chest pain and/or shoulder pain
- ▶ shortness of breath
- ▶ hoarse voice
- ▶ weight loss or loss of appetite

If you have these symptoms, visit your GP for an assessment. Remember, the earlier the diagnosis, the higher the chance of a positive outcome.



## Healthy fish tacos

*The weather is warming up, so here is a fresh, zingy and surprisingly easy dinner or weekend lunch idea that is sure to impress.*

15 minutes prep / 15 minutes cooking time.

Serves 2

### Ingredients:

- ▶ 2 x 180g firm white fish fillets, skin and bones removed
- ▶ 1/2 cup chopped mixed fresh herbs (such as continental parsley, dill, coriander and rosemary)
- ▶ 1 tsp chilli flakes, or to taste (optional)
- ▶ 1 tbsp olive oil (or use olive oil spray)
- ▶ 1 iceberg lettuce or cos lettuce, rinse and remove leaves intact
- ▶ 1/2 red onion, diced
- ▶ 1 tomato, chopped
- ▶ 1/2 avocado, cut into chunks
- ▶ 1 carrot, grated
- ▶ 1-2 tbsp sunflower seeds or pepitas
- ▶ 1 tbsp Dijon mustard
- ▶ Juice of 1 lemon or lime, plus extra, to serve (optional)

### Method:

1. Preheat oven to 200°C / 180°C fan forced. Line a medium sized baking tray with baking paper.
2. Place the fish on the prepared tray and top with the herbs, chilli flakes, and olive oil (optional). Season with salt and pepper. Bake fish for 12-15 minutes or until cooked through.
3. Meanwhile, fill each lettuce cup with the onion, tomato, avocado, carrot and seeds. Once the fish is cooked, take it out of the oven and allow it to cool slightly. Flake the fish into strips and add to the lettuce cups.
4. Mix together mustard and lemon or lime juice. Drizzle over the lettuce tacos. Finish with an extra squeeze of juice, if you like.



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