

Connecting the diabetes community: Registrations open for Diabetes Online Expo 2021

Tuesday 2 February: Registrations are now open for Australia's largest diabetes event on Saturday 27 March 2021. *Diabetes Online Expo* is a full-day online event where thousands of Victorians affected by diabetes will have the opportunity to hear the latest health advice from top healthcare experts on how to manage or prevent this relentless condition.

"With 83 Victorians developing diabetes every day, there is an ever growing need to support people to live well with this chronic health condition," says Diabetes Victoria CEO Craig Bennett.

Diabetes Victoria is excited to announce keynote speakers Professor Brett Sutton and Dr Kerryn Phelps AM.

Professor Brett Sutton, Victorian Chief Health Officer, will be speaking about COVID-19 – where to from here, including the vaccination rollout and the importance of keeping up with health appointments.

Dr Kerryn Phelps AM, will be discussing different evidence-based approaches to type 2 diabetes management. Dr Phelps is one of Australia's best-known doctors, health communicators, and public health and civil rights advocates. In 2011, she was awarded an Order of Australia for service to medicine, education and community health, and as a general practitioner.

Diabetes Online Expo will also feature presentations from leading health professionals, diabetes experts and researchers, and showcase the latest products and services for people with diabetes. The online event is designed to connect Victorians living with, or caring for someone with, diabetes.

Some of the *Diabetes Online Expo* topics include:

- Let's talk tech
- Healthy at every size
- Caring for yourself as a carer
- Cook at home with Gabriel Gaté and Tobie Puttock, chefs and cookbook authors.

Diabetes Victoria members can attend for free. Tickets for non-members and guests are \$10.

To register go to: diabetesvic.org.au/diabetes-online-expo

We support, empower and campaign for all Victorians living with, or affected by, diabetes.

For more information:

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Notes to editors:

- More than 356,000 Victorians live with diabetes. In Victoria, 83 people develop diabetes every day.
- In addition, an estimated 125,000 Victorians live with so-called 'silent' type 2 diabetes, which means they have developed the condition, but do not know it.
- In addition, an estimated 750,000 Victorians are at high-risk of developing type 2 diabetes, because they have elevated blood glucose levels.
- Diabetes is a serious, progressive and complex condition, which can result in serious complications.
- Diabetes can be a silent killer. There are large numbers of people with silent, undiagnosed type 2 diabetes, which may be damaging their bodies.
- Type 2 diabetes is a metabolic condition and is often preventable. More than half of all type 2 diabetes (58%) cases are preventable. Lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining a healthy body weight, engaging in regular physical activity and eating a nutritious diet can reduce the risk of developing type 2 diabetes. Note: Type 1 diabetes is an auto-immune condition and cannot be prevented.
- Diabetes can be managed, and complications minimised or prevented. Increasing access to timely diagnosis, self-management education and affordable treatment are all vitally important.