

# Diabetes: Australia's fastest growing chronic disease



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Monday, November 14 is World Diabetes Day, a day to give voice to people living with diabetes; recognise risk factors leading to higher rates

of diabetes and support research and community awareness.

Diabetes is Australia's fastest growing chronic disease; one person is being diagnosed with type 2 diabetes as a result of their lifestyle every five minutes. It can affect your whole body, if undetected or poorly controlled, diabetes can lead to blindness, kidney failure, lower limb amputation, heart attack, stroke, dementia, impotence and potentially cancer as high blood glucose can stimulate tumour growth.

### There are two main types of diabetes

**Type 1 diabetes:** the pancreas stops making insulin therefore insulin injections are required. There is no known cause or cure at this stage.

**Type 2 diabetes:** the pancreas makes some insulin but it is not produced in the amount your body needs and it does not work effectively and/or insulin resistance has developed. Belly fat is often a sign of insulin resistance but it is important to remember that everyone is at risk of diabetes not just those who are overweight. Type 2 diabetes IS PREVENTABLE. It is a disease largely of diet and lifestyle, if not managed well you will end up on medications and eventually insulin injections.

**Pre-diabetes:** suggests that your pancreas may have started under producing insulin and you may be developing insulin resistance. Being diagnosed with pre-diabetes is a warning sign; **YOU WILL DEVELOP DIABETES IF YOU DON'T TAKE ACTION NOW!** It presents you with an opportunity to make diet and lifestyle changes to prevent type 2 diabetes. If you choose to ignore this warning and take no action, you will eventually develop diabetes.

What can you do to prevent diabetes?

**Movement** - weight bearing exercise helps manage blood sugar levels. This includes walking, weight training, dancing, tennis and stair climbing.

**Avoid plastics and chemical wherever possible** - many chemicals including those found in plastics have been found to cause insulin resistance.

Wherever you can, avoid plastic water bottles and food containers and definitely do not store or cook food in any kind of plastic. Reduce your overall chemical exposure. Wash vegies to remove pesticides or buy organic when possible. Don't use air fresheners or strong chemicals such as cleaning chemicals, there is not much that can't be done with hot water and useful items such as soap, vinegar, tea tree oil, eucalyptus oil, borax, bi carb soda.

**Medications** - talk to your doctor about risks and benefits associated with all of your medications so you can make the best choice for you. Statin (cholesterol) medications have been found in three separate large studies published in the medical literature to cause diabetes in approximately 48% of people taking them.

**Reduce your sugar intake** - a campaign was released in October, led by Professor Peter Brukner OAM, doctor for the Australian cricket team, called Sugar By Half. They recommend cutting our added sugar by half as being the quickest, cheapest and most effective way of reducing chronic disease.

Professor Brukner explains "our health system is set to be bankrupted by the escalating rates of obesity, type 2 diabetes, chronic illness and tooth decay - and all of these diseases have been scientifically linked to consuming too much added sugar over time."

The *Sugar By Half* campaign is about arming people with the knowledge of how much sugar they unknowingly consume over the day, and then cutting that in half. Read your food labels, knowing that four grams of sugar equals one teaspoon is a powerful way of visualising the amount of sugar in a product. For example if it has 20g of sugar that is 5 teaspoons of sugar.

Australian actor Damon Gameau in his documentary *That Sugar Film* embarked on a unique experiment to document the effects of a high sugar diet on a healthy body. The rules of his experiment were simple, to eat 40 teaspoons of sugar per day (a very typical Australian diet) for 60 days. The catch was that he did so by consuming only foods that many of us would consider to be healthy (low fat foods, breakfast cereal, juice, muesli bars etc).

By day 17 he had developed non-alcoholic fatty liver disease (the first step to insulin resistance and diabetes). By day 60 he had put on 8.5kg, 7% body fat and 10cm on his waist. It is important to

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note he was not eating more kilojoules or exercising differently.

Eat real food such as butter, eggs, vegetables, meat, fish, nuts & seeds and fruit. Avoid packaged food as much as possible, avoid anything that is low fat/fat free, eat the full fat options. Avoid flavoured milk, soft drink, iced tea, fruit juice, and energy drinks. Avoid vegetable/

seed oils such as canola, soybean and margarine; use olive oil, real butter or coconut oil. Ensure you have protein and fat at every meal with lots of vegetables for fibre and antioxidants.

Remember, type II diabetes is preventable and can be reversed if you start early enough so start by incorporating some of these tips now!

## Have you been diagnosed with Insulin Resistance or Diabetes? Blood Sugar issues? Fatty Liver?

*It is important to learn how reduce your risk of diabetes and learn about the common nutritional deficiencies that diabetics have. Our Nutritionists can teach you this and how to eat to reduce and manage your blood sugar levels.*

**GET HELP FROM THE EXPERTS TODAY!**  
**Call now to book an Initial Health Assessment 47 222 111**



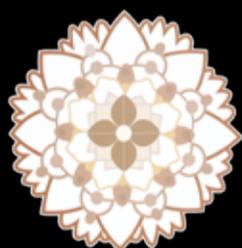
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