

MEDIA RELEASE

Catalyst joins fight against diabetes pandemic with local initiative

Friday May 4, 2018

The ABC's science documentary series Catalyst and nutritionist Dr Joanna McMillan are teaming up with the Wollondilly Diabetes Program in the battle against diabetes.



Professor David Simmons from Western Sydney University's School of Medicine heads up the University-led Program, which will set up a prediabetes screening clinic at Wollondilly Hall Saturday May 12.

Nearly 300 Australians develop type 2 diabetes every day as the nation climbs the ranks with prevalence of the disease.

"An estimated 2 million Australians have prediabetes, and this puts them at a high risk of developing type 2 diabetes," Dr McMillan said.

"I have been an ambassador for Diabetes Australia for several years and know what a difference the right interventions can make," Dr McMillan said.

"Understanding if you are at risk is key and this is where pre-screening comes in."

Professor Simmons says of the 49,000 residents in the Wollondilly Shire, there are more than 2,000 adults living with type 2 diabetes.

"We know one in 10 adults living in south west Sydney has diabetes," he said.

Professor Simmons and his team will set up the prediabetes screening clinic at Wollondilly Hall between 9am and 3pm with Catalyst, where both locals and visitors can be screened and tested.

If you answer yes to three or more of the following questions, you could benefit from attending:

does diabetes run in your family?

do you have high blood pressure?

are you a smoker?

are you overweight?

are you over 50?

do you think you should exercise more?

"I'm delighted to be involved in this Catalyst program and encourage those in the area to come along on our pre-screening day," said Dr McMillan.

"Armed with the right information we can make a huge difference to the health of Australians".

To find out more email catalyst@abc.net.au or call 02 8333 2856 or come to:

Wollondilly Hall from 9am -3pm May 12th, 44 - 60 Menangle Street, Picton.