

Media release

New resources a boost in diabetes treatment

An educational resource kit being released this month is set to offer a helping hand to health professionals in dealing with the growing problem of Type 2 diabetes.

Murray Tilyard, Professor of General Practice at Otago University and Executive Director at South Link Health, says the resource kit comes at a time when Type 2 diabetes is an increasingly worrying issue due to the obesity epidemic.

“As the obesity epidemic worsens we are seeing more and more people suffering from Type 2 diabetes, and most disturbingly a rise in the number of teenagers with this disease. Resources that are specifically focused on this issue are in great demand.”

The kit has been developed by PHARMAC, with the support of Diabetes New Zealand. It includes an educational flip chart for diabetes educators to use with people with diabetes, a medication information pad with details on the most common diabetes medications and a patient log book for recording important information about diabetes such as blood glucose levels

Murray Tilyard says of the 16,000 people enrolled at South Link Health with Type 2 diabetes, 94% of those are obese, and this trend is reflected nationwide. The number of teenagers being treated for Type 2 diabetes by South Link Health is also increasing.

“With medication, we can see improvements in their blood pressure, cholesterol levels and even their blood sugar levels. But obesity is the underlying problem and if this doesn’t change, then in terms of treatment our hands are tied.”

He says the resource kit is particularly valuable as the tools are designed to empower people with Type 2 diabetes to take responsibility for changing their lifestyle and managing this disease.

“Health professionals have effective treatments to help with Type 2 diabetes, but for many people the cure is in their own hands. We need to encourage people to be responsible for their own health.”

PHARMAC Manager Demand Side Marama Parore says the resources have been designed specifically for people with diabetes so they are clear and easy to use.

She says the kit will be made available to all diabetes health workers from Bluff to Cape Reinga, with a particular focus on targeting rural communities.

“Type 2 diabetes is affecting more and more people and we want to ensure that all New Zealanders have access to effective resources to help manage this disease,” she says.

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For more information contact: 021 863 342.