

# Media Release

Wheatbelt  
GP Network



Building healthy communities through General Practice

12 July 2010

## Online questionnaire helps 40-49ers check their risk for type 2 diabetes National Diabetes Week – Sunday July 11-18

During *National Diabetes Week*, Wheatbelt GP Network is urging residents to take a simple test to determine their risk of type 2 diabetes.

Dr Duncan Steed, Chairman Wheatbelt GP Network, says the AUSDRISK tool – a simple questionnaire for patients at their local general practice – can identify if they have the *risk factors* associated with developing type 2 diabetes.

“This questionnaire is a simple first step for patients to at least rule out their potential risk for type 2 diabetes or to start to dealing with their potential risk if the results indicate otherwise,” Dr Steed said.

“The AUSDRISK questionnaire will identify areas associated with age, diet and lifestyle that may increase a patient’s risk of developing the disease.”

“The incidence of diabetes has more than doubled over the past 15 years, with Type 2 diabetes accounting for 92% of diabetes causes in Australia.”

“For those who have been diagnosed, their treatment is underway but for many Australians, the tell tale signs are not so obvious and often this disease goes undetected and then it becomes too late,” said Dr Steed.

“This is one of the key benefits to taking this AUSDRISK test – it has the potential to prevent people from *developing* type 2 diabetes.

Wheatbelt GP Network runs Lifestyle Modification Programs to support general practice in diabetes prevention and management.

“We are urging locals, particularly those placed at higher risk of developing the disease between the ages of 40-49 to take a moment to do the AUSDRISK questionnaire and then discuss the results with their general practitioner.

“If a patient is identified as *at risk*, they may be eligible to join a program through their local general practice network, at minimal cost to get help with diet, exercise and quitting smoking,” he said.

“While type 2 diabetes is a chronic disease, early intervention can often significantly delay someone being diagnosed with type 2 or eliminate their risk all together,” said Dr Steed

To find out your risk and for more information on lifestyle modification programs visit [www.newleaseoflife.com.au](http://www.newleaseoflife.com.au).

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Wheatbelt GP Network is an initiative of the Central Wheatbelt Division of General Practice Inc (ABN 73 639 952 959)

