

## **National Diabetes Week 13 - 19 July 2008**

**To be launched by Senator Guy Barnett  
Key message: "type 2 diabetes often  
runs in families ... are you at risk?"**

**National Diabetes Week will be held this year from 13 July to 19 July. The Week will be launched by Senator Guy Barnett at 11.00am at the Diabetes TASMANIA Launceston offices at 64 Cameron Street. The key message of the week is designed to raise public awareness of the fact that type 2 diabetes often runs in families.**

Recent research has indicated that public awareness of the risk of a family link to type 2 diabetes is low in the community. The research, which consisted of an online poll of 1000 Australian respondents (Jones Donald Survey NSW), has shown that obesity is considered by to be a primary risk factor linked to the development of diabetes. However the genetic link is not generally acknowledged by those potentially at risk.

This year's National Diabetes Week focus will be to encourage those people with diabetes in their families to consider whether they are at risk of developing diabetes and discuss their health with their GP.

Caroline Wells, CEO of Diabetes TASMANIA, says that being aware of the health risks posed by family links to diabetes can be a crucial first step in preventing the development of the disease. "As individuals we generally ignore our own health until something goes wrong" Ms Wells said. "Diabetes can cause severe and potentially lethal complications if left undiagnosed and improperly managed. Our message is very simple. If you have a parent with diabetes have a chat to your GP about your risk of developing the disease. Obesity is a critical factor in developing diabetes but up to twenty five per cent of people who develop the disease are not overweight" Ms Wells said.

Information regarding the genetic link to type 2 diabetes can be found online at [www.diabetesinfamilies.com.au](http://www.diabetesinfamilies.com.au)

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