

# Help in your region

Please contact your local health service for further information about services in your area.

## Local Health Providers

### Inglewood/Wedderburn

Inglewood and Districts Health Service  
(Inglewood and Wedderburn sites)  
Ph 5431 7000

### Boort

Boort District Health, Ph 5451 5200

Northern District Community Health Service  
Ph 5451 0200

### Pyramid Hill

Northern District Community Health Service  
Ph 5451 0200

### Dingee

Dingee Bush Nursing Centre  
Ph 5436 8309

## Services

- Diabetes Educator
- Foot Care/Podiatry
- Counselling
- Occupational Therapist
- Physiotherapist
- Dental Health
- Diabetes Support Group
- Supply of Sharps Containers

# Further support

## National Diabetes Services Scheme Information

### Local Outlets

#### Pharmacies:

Inglewood, Wedderburn

#### Pyramid Hill/Boort/Dingee:

Speak to your Diabetes Educator or Community Health Nurse

#### Diabetes Australia Infoline:

For more information, please call 1300 136 588

## Sharps Containers

### Collection and Disposal

#### Boort:

Boort Resource and Information Centre,  
115 - 119 Godfrey Street, Boort

#### Inglewood:

Inglewood Guardian Pharmacy,  
54 Brooke Street, Inglewood

#### Pyramid Hill:

Pyramid Hill Pharmacy Depot  
15 Kelly St, Pyramid Hill

#### Serpentine:

Loddon Shire Council Office,  
37 Peppercorn Way, Serpentine

#### Wedderburn:

Loddon Shire Council Office,  
41 High Street, Wedderburn



Ph 5451 5200



Ph 5451 0200



Ph 5431 7000



Ph 5437 7999

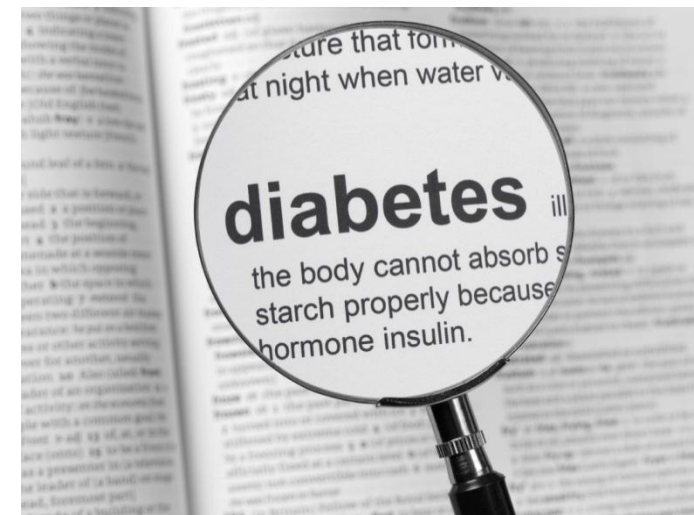


Ph 5436 8309



DiLAG

Diabetes in Loddon Action Group



# How to Live with Diabetes in Loddon

March 2015



# Diabetes and YOU

Many people live well with Diabetes, however, if left untreated, or it is not well managed, this can result in serious complications including:

- Heart
- Eye
- Feet
- Kidney
- Nerve damage

You CAN achieve good health by managing your lifestyle including:

- Exercise
- Healthy eating
- Mental health and wellbeing
- Know your numbers, i.e. blood glucose (blood sugar) levels, blood pressure and cholesterol levels.



## What to do now...



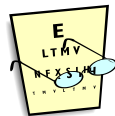
Speak with your local **GP** or health service who will link you with a diabetes educator or other health professionals.



A **Diabetes Educator** will help you plan for living with diabetes. They will discuss referrals and other necessary actions, such as:

- Registration for you with **NDSS (National Diabetes Services Scheme)** to allow supplies to be purchased at a reduced cost.
- **VicRoads** notification of your diabetes.

You may also be referred to a health professional (recommended annually and at diagnosis) for eg:



An **Optometrist** (1-2 years)



A **Podiatrist** (yearly)



A **Dietitian**



A **Physiotherapist, Dentist, Occupational Therapist, Social Worker or Counsellor**, if required.

## Ongoing Care...

Your **GP** will organise every year:

### Blood Tests

- Average blood glucose (blood sugar)
- Blood fats (Cholesterol)

### Urine Test

- Protein in urine (Kidney Test)

For more information about Diabetes please see the following websites:

- **Diabetes Australia Victoria**  
<http://www.diabetesvic.org.au/>
- **Better Health Channel**  
<http://www.betterhealth.vic.gov.au>

*Supporting you every  
step of the way*