

Diabetes Services at CDCH:

Diabetes Nurse Educator

Provides one to one education about looking after yourself when you have diabetes.

Outreach Diabetes Service

Provides diabetes education to inpatients of Castlemaine Health.

Dietitian

Provides dietary advice to help manage diabetes

Physical Activity

Gym programs, walking groups and tai chi at various locations and times throughout Mount Alexander Shire.

Endocrinologist

Diabetes specialist – this service needs a referral from your GP

Diabetes Support and Information Group

Meets monthly at CDCH. Regular guest speakers and support are offered. Contact CDCH for this year's dates.

Blood Glucose Meters & Continuous Glucose Monitoring

Diabetes Educators can provide blood glucose meters and continuous glucose monitoring to clients. Make an appointment to see a diabetes nurse educator to find out more.

To access any of our services,
please call Reception on 5479 1000

Fees apply to some services, please ask
at reception

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

www.cdchcastlemaine.com.au

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



Castlemaine
District
Community
Health

COMMUNITY HEALTH
Information Resources Promotion

Fees for Services

Physiotherapy \$10.00

Diabetes Nurse Educator \$10.00

Dietitian \$10.00

Community Health Nurse \$10.00

Exercise Physiologist \$10.00

Should payment of any Fee stop you from
using this Service, please make this known
to the Receptionist.

*Your Health
Your Community
Your Community Health Centre*

Printed January 2017

Diabetes Services

Facilitating Better Health



Castlemaine District Community Health (CDCH) offers many services for promoting health and preventing illness. These are for both individuals and groups.

CDCH is part of your community

Diabetes Services

What is Diabetes?

Diabetes means you have too much sugar in the blood. The medical word for sugar in the blood is glucose. Your body changes most of the food you eat into glucose. Your body makes a chemical called insulin to help glucose move from your blood into your cells. Your cells need sugar to give you energy and to keep you healthy. When you have diabetes:

- Your body does not make insulin
- Your body does not make enough insulin, or
- The insulin made does not work right

Type 2 Diabetes

Type 2 diabetes is the most common type of diabetes. It is where the body can make insulin but it is either not enough or does not work right. It often starts in adults, but children can have it too. It is more common in overweight people or if someone in the family has diabetes.

Type 2 diabetes is controlled by:

- When, what and how much you eat
- How active you are
- Your weight
- Diabetes medicine in some cases

Type 1 Diabetes

In Type 1 diabetes the body cannot make insulin. It starts more commonly in children and young adults than older adults. People with this diabetes need to inject insulin to control their glucose. Healthy eating and regular exercise also helps.

Signs of Diabetes

Feeling thirsty
Need to urinate often
Feeling tired
Weight loss
Feeling Irritable
Blurry vision
Skin infections and itching
Slow healing
Tingly and numb feet

Controlling Diabetes

Controlling diabetes is important. Diabetes can cause serious health problems such as:

- Eye problems, even blindness
- Heart disease
- Foot problems – even losing a foot or leg



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