

## Who Should Attend Clinics

Clinics are for people with Type 1 or Type 2 Diabetes or impaired Glucose Tolerance. People who would like to be screened for diabetes are most welcome.

### Cost

Visits to the Diabetes educator are free. Please bring your Medicare card for the GP consultation.



## Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 02 6071 5200 or write to PO Box 77 Tallangatta VIC 3700



**Tallangatta Health Service**  
is a  
**smoke free facility**



## Available at Tallangatta Health Service.

- Acute Hospital Care
- Asthma Education
- Bolga Court : High and Low Level Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential and Respite Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Mixed Activity Groups (MCG)
- Nurse Practitioner
- Occupational Therapist
- Pathology
- Physiotherapy
- Planned Activity Groups (PAG)
- Podiatry
- Room Hire
- Social Worker
- Women's Health

## DIABETES EDUCATION



**PO Box 77**  
**25 Barree Street**  
**Tallangatta**  
**VIC 3700**

**Main Reception**  
**Phone: 0260 71 5200**  
**Fax: 0260 71 5293**  
**Email: [THS@ths.vic.gov.au](mailto:THS@ths.vic.gov.au)**  
[www.tallangattahealthservice.com.au](http://www.tallangattahealthservice.com.au)

## Diabetes Care

Tallangatta Health Service understands the importance of comprehensive diabetes management and therefore provides the opportunity for people in the community with diabetes to have regular assessments and reviews by a General Practitioner with a special interest in Diabetes, Diabetes education, Podiatry and Dietitian work. Further ongoing referral to an Ophthalmologist, Physiotherapist, Occupational Therapist and Social Worker can be arranged.

## Clinics

Clinics are held regularly at Tallangatta and clinics are also held annually at Mitta Mitta

**Appointments can be made by phoning Medical Centre on**

**02 6071 5270**



## OUR VALUES

**Willingly** being accountable

**Valuing** people

**Achieving** results through teamwork

**Integrity** in all we do

## Diabetes Care Made Simple

### Waist Measurement and Weight Check:

- 3 monthly
- Target body mass index of 20-27kg/m<sup>2</sup>
- Waist <95cm for men and <80cm for women
- Excess body fat, especially around the waist stops insulin from working effectively and increases the risk of heart disease



### Blood Pressure check:

- At every visit
- Target of 130/85mm Hg
- Tight blood pressure control helps prevent heart attack, stroke, eye and kidney damage

### HbA1c Check:

- 3-6 monthly if on insulin
- 6-12 monthly if not on insulin
- Target is <7%
- Tight blood glucose control reduces the risk of eye, kidney and nerve damage

### Feet Examination Check:

- 6 monthly for pulses, sensation and pressure spots

- Poor circulation (pulse), loss of feeling (sensation) and pressure spots may lead to foot ulcers, gangrene or amputation

### Blood Lipids Check:

- Annually
- Target for Cholesterol to be less than 4.5mmol/L
- Triglycerides less than 2.0mmol/L
- HDL-Cholesterol >1.0mmol/L
- Too much blood fat can cause fatty deposits in artery walls and lead to heart attack and stroke

### Kidney function Check:

- Type 1– 5 years following diagnosis and then annually
- Type 2– at diagnosis and then annually
- Target <20ug/minute (timed urine sample) or <20mg/L (spot urine sample)
- Small amounts of protein (albumin) in the urine indicate early kidney damage that can be treated

### Eye Examination check:

- At diagnosis if diagnosis is after 30 years of age
- 5 years after diagnosis if diagnosis is made under 30 years of age and then at least bi annually
- Target is an early treatment of changes to the retina
- Untreated changes to the retina can cause loss of eyesight