
DIABETES MANUAL



A guide to diabetes management



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FOREWORD

Welcome to the seventh edition of the Diabetes Manual. We are pleased to acknowledge that the Diabetes Manual continues to be a consistent and evidence based resource for rural and remote health services in country South Australia it is also recognised and utilised by many metropolitan health services.

Diabetes is and continues to be a significant and rapidly growing global public health issue and in fact could be viewed as a disease in the numbers akin to an epidemic. Type 2 diabetes affects over 6% of the Australian adult population and makes up about 85 – 90 % of all diabetes. Type 1 diabetes makes up about 10 – 15 % of all diabetes and is increasing at a rate of approximately 3% per year. Gestational diabetes affects 4.9 % of all pregnancies and is a significant risk factor for the development of type 2 diabetes later in life.

In Australia, diabetes is the second most common reason for renal dialysis, the most common cause of blindness in people over the age of 60 years, the most common cause of non-traumatic amputation and one of the more common chronic diseases amongst children.

Developed in consultation with a team of very experienced and committed health professionals, the manual's main objective is to provide users with information on the latest trends and guidelines on the management of the education and information. The Editorial Team welcome and invite any user of this manual to submit their ideas on further improvements for future editions.

I commend this manual to you the user and trust that you will find it informative and useful and encourage you to introduce other health professionals to it to assist them in managing their clients and patients. This manual is a very valuable resource tool in the management and continuing education for individuals with diabetes.

The Editorial Team 2009

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