

# Managing your Diabetes



Having well controlled diabetes reduces your risk of complications during and after your surgery. It can also improve your recovery and help you return to good health.

Well controlled blood glucose (sugar) levels reduce your risk of complications like:

- wound infections,
- other infections, like pneumonia or urinary tract infections,
- slow wound healing, and
- a longer recovery and hospital stay.

Support is available to help you improve your blood glucose (sugar) control. Start by seeing your GP or practice nurse for a diabetes check or your annual cycle of care.

**My Desmond** is an online program that can help you to manage type 2 diabetes. This program is free for adults registered on the National Diabetes Services Scheme (NDSS).

**ComDiab** is a free small group program that supports you to understand and manage your diabetes. To register call:

- 9113 3999 if you live in the St George or Sutherland area
- 9369 0400 if you live in the Eastern Suburbs

The **NSW Get Healthy Service** 1300 806 258 for Aboriginal people offers free health coaching to help you make healthy lifestyle changes to improve your blood glucose control.

## Resources:

- **NDSS: Surgery and hospital stays factsheet**
- **NDSS: Annual cycle of care factsheet**
- **NDSS: Annual Cycle of Care podcast series**

## Aboriginal specific resources:

**Bulbuwil Aboriginal Healthy Lifestyle Program** is for Aboriginal people and their families who live in the St George or Sutherland Shire areas. Call 0409 731 923 or 02 9540 8181