

Diabetes UK Roadshow bus to roll into Medway to find the undiagnosed

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The people of Medway are invited to a free Know Your Risk roadshow where they can find out their risk of getting Type 2 diabetes and get valuable information about how to reduce it.

Diabetes UK has partnered up with Medway Council to deliver a roadshow in Chatham and Hempstead Valley from 9am to 5pm on Friday 22 January in Chatham, positioned between Primark and Waterstones on the High Street and on Saturday 23 January in Hempstead Valley

Jill Steaton, Diabetes UK Regional Manager in the South East, said: "Four out of five cases of Type 2 diabetes can be stopped or delayed by eating a healthy diet, taking regular physical activity and maintaining a healthy weight. That's why we want people in Medway to come aboard and find out their risk of Type 2 diabetes. Because once you know your risk, you can do something about it. For many people, the Know Your Risk roadshow is the first step to turning their health around and delaying or preventing this serious condition.

"There's nothing scary about our roadshow and no blood tests. Our friendly volunteers and qualified dietitians in Medway will take you through a series of questions and measurements to tell you how likely you are to develop Type 2 diabetes over the next ten years. Finding out your risk doesn't take long, but could be an important first step on the path to a healthier life."

"What many people don't know is that you're more likely to get Type 2 diabetes if you're overweight, especially if you have a large tummy, you're African-Caribbean, Black African, Chinese or South Asian, you're aged over 40 (or over 25 if you are South Asian) or you have a parent, child, brother or sister with diabetes," said Jill Steaton.

Type 2 diabetes is serious and can lead to devastating complications such as heart disease, stroke, kidney disease, blindness or amputation. But, if managed properly, people with Type 2 diabetes can live long, healthy lives.

In the UK, there are 11.9 million people at increased risk of developing Type 2 diabetes due to their waist circumference or being overweight. An estimated 4 million people are already diagnosed with the condition.

Cllr David Brake, Medway Council's Portfolio Holder for Adult Services, said: "Medway, like other parts of the country, has an increasing number of people being diagnosed with diabetes and the latest figures we have shown that 15,701 people here have been diagnosed with diabetes.

"The strain on the NHS to treat diabetes is enormous at an estimated cost of £10 billion per year.

"Type 2 diabetes is largely preventable and our new programme should ensure that not only do we reach those people at risk and get them the help they need to prevent diabetes happening, but also reduce the burden on the NHS in the long run."

Anyone who can't attend the roadshow in Medway can find out their risk of Type 2 diabetes online at medwaydiabetes.co.uk. For more information about diabetes, visit www.diabetes.org.uk/ and follow news about the roadshow with the hashtag #dukroadshow on Twitter.

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