



e- news Volume 5- August 2011

## From the Director



Dear Colleagues

Welcome to the latest edition of the Baker IDI Central Australia e-newsletter.

The timing of this newsletter is designed, in part, to serve as a wrap-up to Baker IDI's symposium in Alice Springs in June titled "Diabetes Care at the Centre: Delivery at the Frontline". As a follow-up to this, we wanted to share with you several important links and updates to guidelines, position statements and educational supports that were referenced at this event.

The symposium attracted 140 people from the health care sector and to those people who attended, we hope that you found it informative and engaging. Baker IDI is hoping to hold another educational symposium in early 2012 in Darwin, so we will keep you updated.

There have also been some interesting reports and commentary in the area of Indigenous health recently which I hope you will find useful.

We look forward to continuing to liaise with you on the pressing health care issues that face you and your colleagues in Central Australia.

A handwritten signature in black ink, which appears to read 'Garry Jennings'.

*Professor Garry Jennings, Director Baker IDI*



## A new approach to screening for Gestational Diabetes Mellitus (GDM) in Australia

Professor Jeremy Oats holds a number of national and international positions in the field of obstetrics, paediatrics and maternity services. He is also the Medical Co-Director of the Northern Territory Integrated Maternity Service. At the Alice Springs symposium, Professor Oats spoke about the status of guidelines for screening of gestational diabetes in Australia, saying a review was currently underway.

In 2010, The International Association of Diabetes and Pregnancy Study Groups (IADPSG) issued recommendations on the diagnosis and classification of hyperglycemia in pregnancy, with the new guidelines published in the March 2010 issue of *Diabetes Care*. The Australian Diabetes in Pregnancy Society has since put forward recommendations about the adoption of these international guidelines, which are expected to be presented at the next Society meeting in November. It is worth noting that some private labs in Melbourne are already using the IADPSG criteria.

---

## Bariatric surgery and type 2 diabetes



In March 2011, The International Diabetes Federation (IDF) issued a position statement on bariatric surgery, saying it should be considered for patients with type 2 diabetes at a lower BMI than is currently recommended in Australia.

The IDF recommends surgery in patients with a BMI between 30 and 35 when diabetes is uncontrolled, especially if the patient has major cardiovascular risk factors.

National Health and Medical Research Council guidelines, which are currently under review, state surgery is indicated for patients with serious medical co-morbidities and a BMI above 35

.A panel of international experts called for greater use of gastric banding and other types of bariatric surgery to treat type 2 diabetes, including Baker IDI's Professor Paul Zimmet and co-chair of the panel.

The statement is available on the Baker IDI website at <http://www.bakeridi.edu.au/Page.aspx?ID=733>



## Central Australia Diabetes Directory

Staff at Baker IDI Central Australia have developed a diabetes directory, which provides the contact details of diabetes-related health professionals who work across Central Australia.

The directory was developed to enable health care workers in the multidisciplinary team to identify who they can refer diabetes clients to within Central Australia and the Barkly region. The directory consists of Diabetes Educators, Dietitians, Chronic Disease Educators and Podiatrists within the region.

The Directory is available on the Baker IDI website at <http://www.bakeridi.edu.au/Page.aspx?ID=730>

---

## Guidelines on foot complications in diabetes

Baker IDI, along with The George Institute for Global Health and Adelaide Health Technology Assessment, has recently released a new guideline on the prevention, diagnosis and management of foot complications in diabetes.

The guideline, commissioned by the Commonwealth Department of Health and Ageing, has an important role to play in clinical practice, given the scope and prevalence of foot complications in diabetes.

Recently approved by the National Health and Medical Research Council, the guideline forms part of a suite of national evidence-based guidelines for the management of type 2 diabetes mellitus. The full guideline, clinical guide, consumer guides and technical report can be downloaded from Baker IDI's website at <http://bakeridi.edu.au/guidelines/>

The team is also working on second guideline relating to the secondary prevention of vascular disease in type 2 diabetes.

## Health reports and media articles of interest



In May, the Australian Institute of Health and Welfare released a paper on eye health in Aboriginal and Torres Strait Islander people, with figures on the overall prevalence of blindness and vision impairment in Aboriginal and Torres Strait Islander children aged 5 to 15 years and adults over the age of 40 years. Click [here](#) to view report.

In July, the Australian Institute of Health and Welfare released a report which provides a national snapshot of children's health. It found Indigenous children were up to three times more likely to die as infants or from injury or be of low birth weight while children in remote areas had a 30 per cent higher chance of being obese or overweight than their city cousins. Click [here](#) to view report

A recent article in *The Age*, titled '[Joining the dots to save hearts](#)', tells of the enormous struggle to eradicate rheumatic heart disease in Indigenous communities through the story of a 10-year old Indigenous boy named 'Jack'.

Baker IDI's Professor Paul Zimmet talks about the importance of events during gestation and suggests the intra-uterine environment, and in particular, maternal diet, influences the risk of developing type 2 diabetes. In a commentary in *MJA Insight* in August 2011, Paul argues we need to focus on maternal and child health in Indigenous populations, saying it is during pregnancy and pre-pregnancy that interventions have a chance of helping to reverse the disastrous epidemic of type 2 diabetes among our Indigenous people. Click [here](#) to view article.

---

## The CSIRO and Baker IDI Diabetes, Diet and Lifestyle Plan



Those of you who attended the June symposium would have received a copy of *the CSIRO and Baker IDI Diabetes Diet and Lifestyle Plan*. This book, which was launched in May of this year, contains practical diets for weight and glucose control, exercise programs for all fitness levels, checklists for diabetes prevention and control, as well as 80 diabetes-friendly recipes. Published by Penguin, the book is available at major book retailers and department stores. You can also purchase a copy online by visiting Baker IDI's online store at <http://www.bakeridi.edu.au/shop/>

We welcome your feedback and contributions to our Baker IDI Central Australia e-newsletter. Please contact Tracey Ellis on 03 8532 1514 or at [tracey.ellis@bakeridi.edu.au](mailto:tracey.ellis@bakeridi.edu.au)