

## FOR MORE INFORMATION CONTACT:

A person with diabetes has trouble controlling the levels of glucose (sugar) in their blood. The complications associated with high blood glucose levels include blindness, kidney failure, heart disease and stroke, circulation problems and foot ulcers.

Those with Diabetes should see a

Podiatrist

Dietitian

and

Diabetes Educator

**every year**

for a review and ongoing assessment  
and support.



*Diabetes Education*

### Community Health Department

Swan Hill District Health

**Address: 125 Campbell Street**

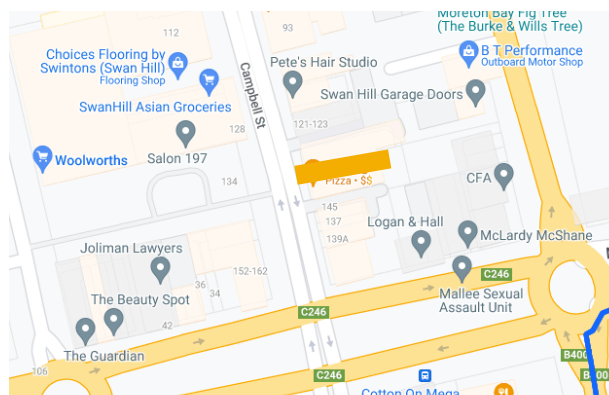
**Phone: (03) 5033 9337**

**Fax: (03) 5036 4561**

**Email: [chreception@shdh.org.au](mailto:chreception@shdh.org.au)**

**Web: [www.shdh.org.au](http://www.shdh.org.au)**

**<http://eatmovesmile.shdh.org.au>**



**Swan Hill  
District Health**



A profile of our services  
and those in our community



## Diabetes Services

8:30am—5.00pm  
Monday to Friday  
125 Campbell Street, Swan Hill, 3585

## Services by Swan Hill District Health

If you have diabetes the following Health Professionals can help you:

**Diabetes Educators** can assist those with diabetes to learn about the disease, how to prevent or delay complications, how to check their blood glucose levels, and about their diabetes medicines. A Credentialed Diabetes Educator is qualified to provide clients with consistent high quality diabetes education and care.

**Professional Continuous Glucose Monitoring (CGM)- iPro© 2** A small lightweight device that takes your glucose reading every 5 minutes. Wear it for 6 days for a more complete picture of your glucose levels. Learn how meals, daily activity and sleep can change your levels.

### Endocrinology Service: For people living with Type 1 and Type 2 diabetes

This diabetes specialist service is in partnership with The Royal Flying Doctors Telehealth Service and Baker IDI Heart and Diabetes Institute.

This is a bulk billed service via video consultation.

A referral from your GP is needed. The Endocrinologist will communicate directly to your usual GP. The service is accessed with the Credentialed Nurse Diabetes Educator at Community Health, 125 Campbell St Swan Hill.

**Call 5033 9337 for information or appointment**

## Services by Swan Hill District Health

**Dietitians** can help those with diabetes learn about a healthy eating pattern that will help to control weight, blood glucose and cholesterol levels.

**Podiatry:** All people living with diabetes should see a Podiatrist every year for assessment and advice regarding daily foot care and footwear.

**Physiotherapists & Exercise Physiologists** can assist those with diabetes to lead a safe and active life, and also assist with exercise for weight loss.

**Counselling :** phone: 5033 9880

**Dental Service:** phone: 5033 9336

### Appointments

For an appointment with the Diabetes Educator or Dietitian at **Community Health, 125 Campbell St. Swan Hill**, phone **5033 9337**. See details on back.



For an appointment with a Podiatrist, Physiotherapist or Exercise Physiologist at **Allied Health** at the hospital (opposite Swan Hill District Health front reception), phone **5033 9390**.

A small fee applies to these services.

## Other local services

### National Diabetes Supply Scheme:

Diabetes Supplies, such as blood glucose testing strips, needles and lancets, are available at:

<b>Marraboor Pharmacy</b>	McCrae Street
<b>Priceline Pharmacy</b>	Campbell Street.
<b>Lake Boga Pharmacy</b>	Lake Boga.
<b>Nyah West Pharmacy</b>	Nyah West.

An NDSS Card (and pension card if applicable) is required to purchase supplies.

### Medical:

**Swan Hill Medical Group** phone: 5033 1711

Splatt Street, Swan Hill

**Mallee District Aboriginal Services** phone: 5032 8600

70 Nyah Road, Swan Hill

**Primary Health Medical Centre** phone: 5033 9920

31 High Street, Swan Hill

### Diabetes Support Group:

Phone: Anne Daniels (BH) 5032 2888

(AH) 5032 3130

### Optometrists:

Swan Hill Optical phone: 5033 1424

Quinn & Co Eyecare phone: 5032 2764