



In Australia, 1 in 6 people aged 65 and above report having diabetes. Although living with diabetes can present various challenges, type 2 diabetes can be managed through modifications to one's lifestyle. These changes can help to lessen or delay the necessity for medications and decrease the likelihood of experiencing complications. In this edition of our Health & Wellness Newsletter, we explore strategies that can help you take charge of your health.

HEALTHY AGEING



Smoking affects more than just your lungs

According to the 2014 Surgeon General's Report, smoking increases your risk of developing type 2 diabetes by 30-40%. This highlights the importance of understanding how smoking affects the body's insulin production and glucose regulation.

Cigarette smoke contains harmful chemicals that can cause inflammation and damage to the pancreas, a vital organ responsible for producing insulin. Additionally, the nicotine in cigarettes can increase the body's resistance to insulin, making it harder for our cells to respond to the hormone.

Quitting smoking can be challenging, but it is never too late to start. Not only can quitting smoking significantly reduce the risk of developing type 2 diabetes, but it can also improve overall health and well-being.

[Learn more](#)

EVENTS



Campbelltown Food Trail 26 May 2023

Have your clients heard of our **Out & About events**? These are open to all people in the over 50s community, to provide a new experience with social benefits.

The Flavours of Campbelltown Food Trail shines a light on the wide variety of food available in the area! Enjoy morning tea, lunch and tastings that perfectly encapsulate Campbelltown's rich cultural history in this unique experience, while celebrating the stories of the area.

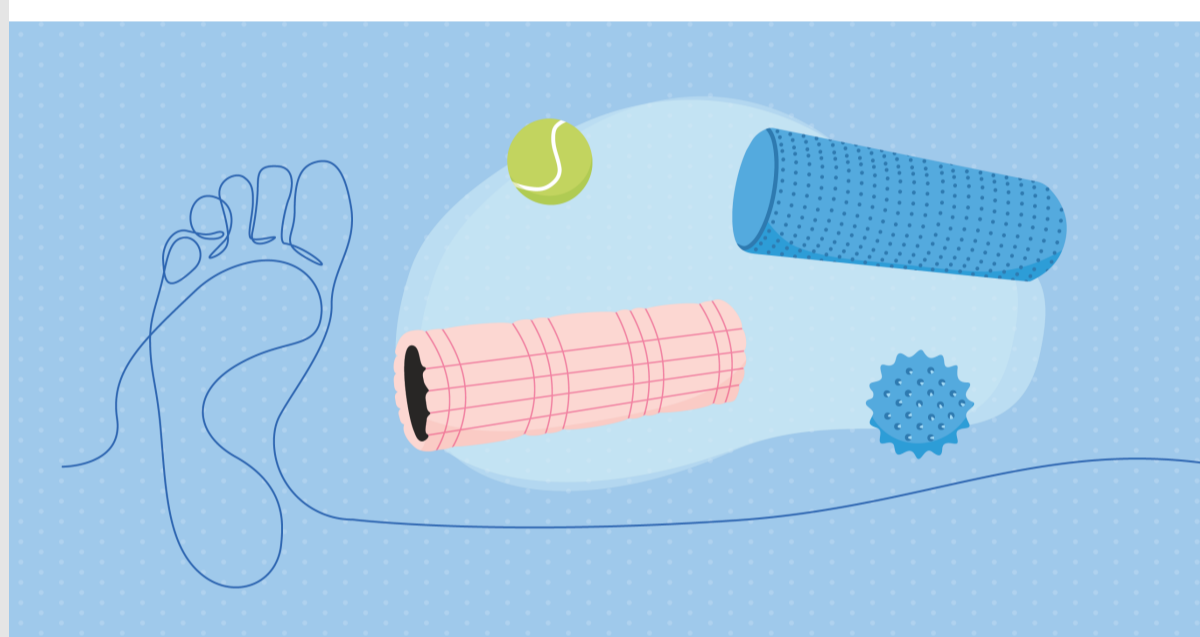
\$98 Includes transport, morning tea, lunch and tastings

**Required to get on and off the bus multiple times throughout the outing. Some venues are small and hard to navigate with walking aids.
Maximum walking required

To book now, please call 8179 6825

[Learn more](#)

NEWS

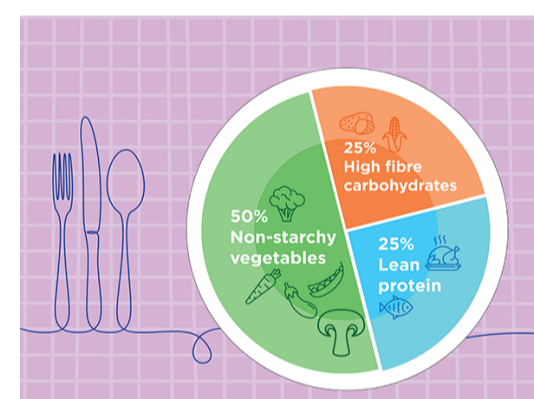


How does diabetes impact balance?

Diabetes can have a profound impact on the health of the feet, causing damage to the nerves and blood vessels that supply them in some cases. This condition is called neuropathy, which can cause a loss of sensation in the feet. It can make it difficult for individuals to sense the ground beneath their feet and maintain their balance - which can have serious consequences for older adults as it increases the risk of falls.

Massage can be an effective way of improving neuropathy by increasing blood circulation to the feet. This increase in blood flow can help to support nerve function and promote healing in the affected area. Additionally, massage can help to release endorphins, which are natural painkillers that can help to reduce discomfort and promote feelings of well-being.

[Read more >](#)



Healthy diet key for managing diabetes

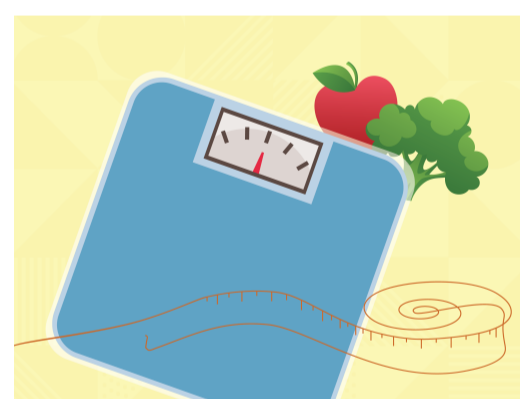
Maintaining a healthy diet is crucial for managing diabetes.

Consuming lean proteins, high-fibre carbohydrates and non-starchy veggies can help maintain stable blood glucose levels and reduce the risk of dangerous fluctuations.

Following a diabetes-friendly diet does not have to be boring or restrictive. With the assistance of a registered dietitian, you can explore various diabetes-friendly recipes and create a personalised meal plan that suits your unique nutritional requirements and preferences.

By combining a healthy diet with regular physical activity, older adults with diabetes can effectively manage their condition, improve their quality of life, and reduce their risk of complications associated with diabetes.

[Book now >](#)



Weight loss and diabetes management

Individuals with type 2 diabetes often experience worsened symptoms when they are overweight or obese. This is because the excess weight leads to fat build-up around vital organs, which can cause insulin resistance.

However, losing even 5-10% of total body weight can significantly improve glycemic control, lower blood pressure and cholesterol levels, and reduce the risk of cardiovascular disease.

For those with pre-diabetes, studies have shown that weight loss can reduce the risk of developing diabetes in almost 6 out of 10 cases.

If you're unsure where to start with an exercise program, consider consulting with an Exercise Physiologist. They can assist with designing a personalised exercise plan that is tailored to your goals, preferences, and physical abilities.

[Read more >](#)

Services tailored to those aged 50+

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach ensures every client is supported in their journey to be Better for life.



EXPLORE OUR SERVICES

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Better for life



www.southerncrosscare.com.au

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