

# Get Your Diabetes Checked for Free every year – and avoid damage to your health

Diabetes is very common. It means that your body cannot 'handle' sugar well. The sugar level in your blood becomes high. This high sugar level sometimes damages your heart, your eyes, your kidneys, or your feet. A free check each year helps you and your doctor or nurse to check for any early signs of damage and advise you how you might stop it getting worse.

Type 2 diabetes is reaching epidemic proportions and often develops in people who are over-weight, especially where it runs in families. In 2004 the first Ngati & Healthy diabetes prevalence survey completed by Ngati Porou Hauora and University of Otago with people on the Coast found a high rate of diabetes amongst older people and almost half of those in their 30s showing signs of pre-diabetes, called insulin resistance.

Ngati Porou Hauora and many other primary health organisations around Aotearoa are offering a free yearly check to all people with diabetes at their GP or primary care provider. This programme is called "Get Checked". It checks for any early diabetes damage and reviews blood sugar, blood pressure and cholesterol to make sure these are treated quickly to avoid illness and diabetes damage.

You can 'Get Checked' now if you have (or may have) diabetes. Make an appointment now with your GP or nurse for your free check for 2006.

TANGATA TU, TANGATA ORA      An active person survives  
TANGATA NOHO, TANGATA MATE      An idle person suffers

## Womens Triathlon

Ngati Porou Hauora have been working hard to get up to good levels of fitness to participate in this years womens triathlon to be held in Gisborne.

Staff members at NPH site in Te Puia Springs have been supporting each other with lunchtime and after work with



long hikoi down to Waipiro Bay or to the top of the hill opposite Te Whare Hauora o Ngati Porou.

Great to see the staff of NPH "Walk the Talk". It means they also get to see some great views they might not otherwise see such As this view of the hospital and lake at Te Puia.

