

Formerly Health Happenings

Diabetes Essentials

October 2010 – March 2011



Australian
Diabetes
Council

Letter from the CEO

Welcome to the brand new Diabetes Essentials newsletter from Australian Diabetes Council! By now you're probably aware that we have changed our name from Diabetes Australia-NSW to Australian Diabetes Council to better reflect our aspiration to be a shared voice for diabetes.

While we have received an overwhelming amount of positive feedback regarding our new brand, some of you have asked us why we took this step, and more specifically, why, as a member-based charity, we spent valuable funds to do it.

First, let me say that we do not spend our members' or donors' money in any way other than to support people living with or at risk of diabetes. We are Australia's oldest diabetes charity and we are proud of our heritage and intend to remain true to our core mission – to make a positive difference in the lives of people living with or at risk of diabetes. Under our new banner, we will continue to provide all the services we were providing before and are working on delivering many more in the next 12 months.

You would all be aware that our company was a member of Diabetes Australia Limited (DAL). DAL was established to act as a national federated body. Its members included the independent state and territory organisations supporting people with diabetes. Each state and territory organisation operated separately from the federation with its own Board of Directors and Chief Executive Officer. As part of the federated organisation, Diabetes Australia-NSW was asked to pay annual subscriptions to DAL of up to \$642,000 per annum as its membership fee. This was to be used for lobbying of government and some national programs. Over time, we felt this subscription was not offering direct and tangible benefits to our members in New South Wales and so in May 2009, we decided to resign from DAL. The resignation did not and does not affect our ongoing role in servicing registrants' needs under the NDSS.



Continued page 2

As a totally separate company which has not been a federated member of Diabetes Australia for some time, Diabetes Australia-NSW realised that it was an operational risk for us to be trading under a name that we didn't own outright and which could cause confusion to the wider community. So we decided that had to change.

But more importantly, we decided that membership fees up to \$642,000 per annum to DAL – our members' and donors' money – could be put to better use to support our local members, by offering the New South Wales community better diabetes services. On that basis, we determined to invest \$160,000 in expenditure legally changing our name, designing a new logo and having our material, including a new website and more, rebranded to reflect our new status and reinvigorate our purpose.

This \$160,000 is a one-off investment cost, not an annual spend. If you compare the trade-off we have made – up to \$642,000 per annum versus \$160,000 once off – we believe we have appropriately saved the members' and donors' money for better use.

We continue to work with the other state and territory diabetes organisations to ensure people living with or at risk of diabetes in Australia continue to be well represented and supported at a local, state and federal level.

As Australia's fastest growing chronic disease, with one person diagnosed every seven minutes, diabetes is more of a threat than ever. Ultimately, this is why

we changed our name. To better serve the people with or at risk of diabetes, here in New South Wales, whenever and wherever we can.

To find out more about Australian Diabetes Council's programs and services, please visit www.australiandiabetescouncil.com.



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Calendar October 2010 to March 2011

OCT	3–8 Theme Park Camp	A trip for a group of teenagers aged 14–16.
	24 Jelly Bean Picnic	A fun and educational day for children with type 1 diabetes under the age of 12 and their parents.
NOV	5–7 Lions Kids Camp	A camp for children with type 1 diabetes aged 4–9 years to attend with one parent.
	14 World Diabetes Day	IDF's annual day raising awareness to support and prevent diabetes worldwide.
	20 Diabetes & Diabesity Update Day	The annual event for GPs and allied HPs on prevention and management of diabetes.
DEC	1–3 Australian Diabetes Policy Conference	Inaugural conference to discuss the challenges of diabetes in public health.
JAN	16–20 Junior Hunter Camp	A camp for children aged 8–13 years in the Hunter area.
FEB	20 Young Adult Evening	An educational and social evening for young adults with type 1 diabetes aged 18–35 years.
MAR	18–20 Lions Kids Camp	A camp for children aged 4–9 years with type 1 diabetes to attend with one parent.
THROUGHOUT 2010–2011	Gathering the Dots	Practical sessions on diabetes care for Aboriginal people.
	Connecting the Dots	Information seminars for people with diabetes with sessions hosted by podiatrists, dietitians, diabetes educators and optometrists.
	Healthy Shopping Tours	Supermarket tours for people with diabetes or pre-diabetes. Minimum 8 people per tour.
	Aged Care Seminars	Workshops to upskill diabetes management of HPs working in residential aged care.
	Pump Information Day	Practical information on using a pump. To be held in Newcastle area.

For more information on any of these events, contact your nearest Australian Diabetes Council office. Details on back page.

Beat It — helping to get your patients active

The Beat It: Physical Activity and Lifestyle Program aims to provide Australians with or at risk of diabetes, obesity and other chronic conditions with access to a safe, affordable, evidenced based physical activity and lifestyle modification program.

Beat It consists of two phases: a train-the-trainer accreditation program and a 12-week physical activity and lifestyle program.

Training-the-trainers

The train-the-trainer program is a two day course designed for personal trainers, exercise scientists, physiotherapists and exercise physiologists. The course provides trainers with the necessary skills and knowledge required to deliver safe and effective physical activity programs.

Accredited trainers and providers are then able to deliver the Beat It program to community participants.

The physical activity program

Beat It programs run over 12 weeks and include twice weekly graded aerobic and resistance training sessions delivered by trainers in community based settings such as gyms and recreational facilities. These sessions are coupled with fortnightly lifestyle modification programs which cover a broad range of topics including goal setting and behaviour change, healthy eating and physical activity principles.

Options for the future

Australian Diabetes Council also intend to offer a modified training program for community health workers, practice nurses, diabetes educators, certificate 3 fitness leaders and other health workers who do not have the specific exercise qualifications required to deliver the existing Beat It program. We hope that this will increase the capacity of existing health services to deliver suitable physical activity options for at risk groups.

What this means for you

Under the initiative, free training will be provided to exercise and health professionals who provide services in identified areas.

Travel assistance subsidies are also available to support the attendance of training programs by rural, remote or otherwise isolated trainers.

To find out more

If you would like further information on the Beat It program or wish to know more about how your practice, health service or business could become involved, contact Bronwyn Penny on 02 9552 9930, email bronwynp@australiandiabetescouncil.com or visit the Beat It website at www.beat-it.com.au. Alternatively, call our customer care line on 1300 DIABETES (1300 342 238) and ask to speak to a member of the Beat It team.

Diabetes Knowledge Centre

Australian Diabetes Council is developing online health education programs to give health professionals access to online health education without geographical barriers.

We now provide an engaging, interactive eLearning course that can conveniently be used as a means of professional development.

Diabetes Essentials for Health Professionals is our first course and provides information about all aspects of diabetes diagnosis and management, including associated complications. You can participate from anywhere with internet access at your own pace.

Course cost: Our special introductory offer is \$120.00 (incl gst) for 12 hours of course content. Ongoing costs tbc.

This is an RACGP, ACRRM and PSIA Accredited Course.

Self registration is available at www.diabetesknowledgecentre.com.au.

For more information call us on 1300 342 238 or email elearning@australiandiabetescouncil.com.

Diabetes Essentials course structure

MODULE 1

Covers essential aspects of the anatomy and physiology of glucose homeostasis in relation to the different types of diabetes, Metabolic Syndrome and Polycystic Ovarian Disease.

MODULE 2

Enables understanding of the essential components of the self management of diabetes.

MODULE 3

Deals with 'incidents' that may occur quickly and need urgent action (acute complications).

MODULE 4

Identifies the parts of the body most at risk of damage as a result of diabetes as well as information regarding the prevention, detection and treatment of the different chronic complications.

INSULIN IN GLUCOSE HOMEOSTASIS

As we have already seen, a rise in glucose in the blood causes insulin to be produced and pass into the bloodstream.

It then passes through the walls of capillaries and binds to specific insulin receptors on various cells of the body, in particular muscles and adipose tissue.

This stimulates the production of transporter proteins, enabling glucose to pass from the blood into the cell, restoring the balance. In the liver and resting skeletal muscle, glucose is converted to glycogen.

A fall in blood glucose levels results in the islets of Langerhans releasing glucagon, the hormone that facilitates the release of glucose from stored starch (glycogen). This increases blood glucose.

The production and release of insulin and glucagon explain the narrow range of blood glucose in the individual without diabetes.

The diagram illustrates the feedback loop: High blood glucose leads to the release of insulin from the beta cells of the pancreas. Insulin acts on muscle and liver to take up glucose and store it as glycogen, respectively. This lowers blood glucose. Low blood glucose leads to the release of glucagon from the alpha cells of the pancreas. Glucagon acts on the liver to release glucose from glycogen stores, increasing blood glucose.

Sample page

FEATURE



Angie (third from right) with Shynal, Himanshu and Akash and their families with staff of Lautoka Hospital



Our girl in Fiji

Recently, Angie Middlehurst, Type 1 Manager, visited Fiji as part of an ongoing collaborative effort between Life for a Child, the International Diabetes Federation and organisations like Australian Diabetes Council to educate underprivileged areas on the importance of healthy lifestyle and diabetes management.

In Fiji, 14% of the population live with type 2 diabetes, and the incident rate for children under 15 with type 1 diabetes is 1.1 per 100,000. The government supplies 50 test strips a month free to each patient and the IDF fund pays for syringes, needles and meters. Unfortunately, there are no diabetes educators available so that paediatricians are caring for children with diabetes.

Angie met with several of the local children living with type 1 diabetes during her visit. Most of them were finding diabetes management a challenge and few had received any education on how to treat their diabetes. The average HbA1c reading was high at 15%.

One boy had refused to give himself insulin and his father, unaware of the implications and not sure how to handle the situation, had given in. The boy's BGL was 30.7 when tested. Another boy's mother was worried her son would become hypoglycaemic if she gave him insulin, so she also avoided the morning injection.

To help them understand how to deal with their diabetes, Angie showed them Australian Diabetes Council's Professor Bumblebee's Guide to Type 1 Diabetes" dvd. The children also enjoyed playing the

quizzes and games on our website for children, www.diabeteskidsandteens.com.au. They particularly liked Professor Bumblebee's Food Sort and much hilarity was had trying to sort particular foods into proteins, carbohydrates and fats!

Most of those with type 2 who Angie met had poorly controlled diabetes. Many had diabetes-related complications and half of them had amputations. She also met with a severely overweight child with type 2 whose mother had died from diabetes complications.

One of the highlights of the trip was reuniting with Manasha who Angie had met on a visit nine years ago when Manasha was 14 years old. "I remember how she struggled with her diabetes and was being teased at school. It was lovely to see her happy and looking after herself," Angie said.

During her trip, Angie also presented to local nurses from the public system (like our Community Health) and the hospital system to teach them more about diabetes. She covered what diabetes is, insulin, hypoglycaemia, sick day management, injections, the impact of diabetes on the family, footcare and diabetes complications.

Angie said of the trip, "I found the trip to Fiji very rewarding and am grateful for the opportunity to meet with families and discuss with them their diabetes management."

Australian Diabetes Council hopes to continue the relationship with the people in Fiji, providing practical help and support for those with and at risk of diabetes.

Why Australia's oldest diabetes

Australian Diabetes Council has been working hard for over 70 years to provide vital support to people living with or at risk of diabetes.

As Chief Executive Officer, Nicola Stokes, explains on page 1, we had a legal imperative to change our name after we resigned from the federation. However, we also wanted to know what our key stakeholders thought of us as a charity that exists to meet the needs of the New South Wales diabetes community. We wanted to know what people thought of our name, Diabetes Australia-NSW, and our purpose. We wanted to know what we could be doing better.

So, in early 2010, we contacted a sample of our members and other key stakeholders such as allied health professionals, and conducted in-depth interviews and focus groups. We wanted to find out how people felt about their diabetes, the level of care, support and services they were receiving and how we as a charity could be of better service.

What we found

While we found overwhelming support for our existing services and genuine appreciation for our role in the community, people thought we looked too governmental and outdated. We uncovered general confusion about our organisation's name, which extended to

confusion about the variety of services we were providing.

People thought that our name was confusing and didn't accurately reflect our status as a charity that gave them a single point of access to local information and support services.

Choosing a new name

Armed with this information and determined to improve our services and act on our members' recommendations, we tested several ideas and asked the focus groups what they thought we should be called.

The consistent request was for us to create more forums, networks and "councils" where groups of our members could discuss and share their experience of diabetes with like members.

We also liked the idea of a council as it reflects the fact that we aim to foster discussion and cooperation between the many groups and health organisations working together here in New South Wales to fight the spread of diabetes. Some of the organisations we are working with include the Heart Foundation NSW, Kidney Health Australia, the Eye Foundation, Optometrists Association Australia (NSW/ACT), the Australian Medical Association (NSW) and Australian Podiatry

es charity changed its name

Association NSW & ACT.

As a council, we aim to bring the voice of our members here in New South Wales to light and advocate at local, state and federal levels on their behalf.

And finally, we needed a name that would resonate in the crowded public charity sphere, and Australian Diabetes Council became the preferred option.

Our new logo, the kaleidoscopic circle made up of complementary elements representing all the groups involved in diabetes in New South Wales, also reflects our desire to foster a shared voice for diabetes. It references the international symbol for diabetes, the blue circle of hope, and provides a visual link to our work with the International Diabetes Federation and the Hope Foundation on the global Life for a Child program. There will be more details on our involvement in the next edition.

Where we stand

Our name has changed but fundamentally, what we do hasn't.

We play a pivotal role in the management and prevention of diabetes in New South Wales by challenging, listening, educating, advocating and funding research.

As a non-government organisation, we continue to administer the National Diabetes Services Scheme (NDSS)

in New South Wales on behalf of the Australian Government, which provides subsidised products to people with diabetes.

Our call centre receives over 600 calls a day, connecting the diabetes community to our team of credentialled diabetes educators, accredited practising dietitians and accredited exercise physiologists. We also refer people to relevant health professionals and those professionals with educational material that can help them support their patients.

We run programs to help kids, teens, families and other community groups better manage the impact of diabetes on their lives. We produce publications and prevention programs that help manage the risk of developing diabetes from healthy eating recipe books to corporate health and exercise programs.

Through all these activities and more, we aim to foster a shared voice for diabetes in our community – to combat this growing threat wherever and whenever it's needed.

For more information about us, or about diabetes, diabetes management or prevention, visit australiandiabetescouncil.com or call 1300 DIABETES (1300 342 238) from anywhere in Australia for the cost of a local call.

Type 2 diabetes group education programs

Australian Diabetes Council, under Allied Health Group Services, runs group education programs for people with type 2 diabetes.

The program is delivered by credentialled diabetes educators, accredited practising dietitians and accredited exercise physiologists covering a variety of topics including:

- * Diabetes education
- * Food and nutrition
- * Physical activity – both theory and practical sessions.

All sessions are bulk billed, including the initial assessment.



Glebe

There are currently three programs running: Tuesday morning, Wednesday morning or Wednesday evening. For more information, call Ann Lockie 02 9552 9822 or 1300 DIABETES (1300 342 238) or email annl@australiandiabetescouncil.com.au.

Albury

For information on the program in the Riverina area, contact Mark Taylor on 02 6921 6483, or Ann Lockie on (02) 9552 9822, or 1300 DIABETES (1300 342 238).

Gloucester and Dungog

For information on the program in the Hunter region, contact Angela Blair on 02 4927 0474, or Ann Lockie (02) 9552 9822, or 1300 DIABETES (1300 342 238).

Bateman's Bay

For information on the program in the South Coast area of NSW, contact Ann Lockie 02 9552 9822 or 1300 DIABETES (1300 342 238).

Australian Diabetes Council
providing

ComDiab program

ComDiab is a Sydney South West Integration Program (SSWIP) initiative which aims to provide GPs with an alternative diabetes education referral pathway for people diagnosed as having uncomplicated type 2 diabetes.

It involves up-skilling community health nurses and practice nurses in basic diabetes education and management. Topics covered include acute and chronic complications, lifestyle / health coaching and small group skills. This program is designed to enable participants to facilitate diabetes education groups for people

diagnosed as having uncomplicated type 2 diabetes in their local community.

As part of the ComDiab initiative, GPs, community health nurses, practice nurses and diabetes services work together to assist people with 'low risk' type 2 diabetes achieve better outcomes in the management of their diabetes.

To find out more about ComDiab, phone Community Health Access Information Nursing (CHAIN) 1300 722 276.


 The logo for ComDiab features the word 'ComDiab' in a blue, sans-serif font. The 'D' in 'Diab' is significantly larger and more prominent than the other letters, and it has a white outline.

Diabetes education in the community

What are the benefits?

- 1 Quick and easy referral by the GP, using a standardised referral form, ie no GP Management Plan or Team Care Arrangement forms to fill out.
- 2 Patients and their carers are provided with a quality education program to assist them to better understand their diabetes within 4–6 weeks of GP referral.
- 3 Written feedback regarding patient's participation within one week of completion of the ComDiab program.
- 4 ComDiab participants may have follow-up individual appointments at a specialised Diabetes Service/ Centre if needed.

comprehensive help and support

Continuing Education Points

Continuing education points help you to keep up to date with developments in your field. The number of points required in your discipline by the certifying body or society will vary.

Registered nurses

As part of the Royal College of Nursing Australia's (RCNA) Life Long Learning Program, nurses who complete training, or other learning activities that are accredited by the RCNA, can receive Continuing Nurse Education (CNE) points to measure their involvement in learning. CNE points may also be used for registration auditing purposes.

One CNE point equates to 60 minutes of education. The College recommends that nurses aim to achieve at least 20 CNE points a year, that is at least 20 hours of professional development annually.

Pharmacists

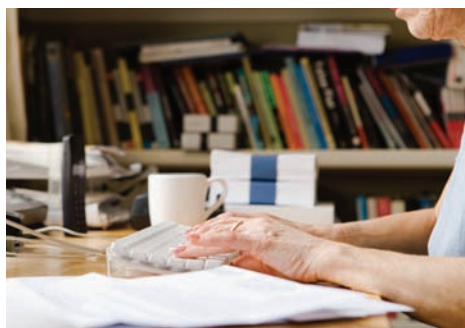
The Pharmaceutical Society of Australia (PSA) is continually strengthening the opportunities for pharmacists to maintain and extend their professional capability through the Continuing Professional Development and Practice Improvement (CPD&PI) program. PSA recommends pharmacists earn 40 CPD points a year.

General practitioners

The Royal Australian College of General Practitioners (RACGP) runs the Quality Assurance and Continuing Professional Development (QA&CPD) Program (currently 2008–2010). The new triennium program aims to ensure all GPs are provided with opportunities to participate in high quality educational activities that emphasise patient safety, increase the educational benefits GPs receive for the time they invest and, ultimately, improve patient outcomes. A minimum of 130 points is required for the triennium and must include two category 1 activities and completion of a basic CPR course.

More professions to come in our next edition...

Did you know? Many Australian Diabetes Council events, including the Diabetes & Diabetes Update Day, are accredited with continuing education points.



“Diabetes: what you need to know” series grows

These culturally and linguistically diverse (CALD) books provide comprehensive information on every aspect of diabetes management in simple language with a dietary section that has a culturally sensitive focus.

These helpful resources are available in the following languages: Arabic, Chinese, Greek, Italian, Vietnamese and Russian. We are excited to have these books in another ten languages available later this year.

Contact Australian Diabetes Council on 1300 342 238 for copies or more details.

Copies of these books are also available to download in English, Tongan and Samoan from our website: <http://www.australiandiabetescouncil.com/For-non-English-speakers.aspx>

Updated Aboriginal and Torres Strait Islander resources

Following a recent evaluation, these popular information sheets on diabetes prevention and management for use in Aboriginal and Torres Strait Islander communities have been updated and revised to follow current best practice guidelines and incorporate specially commissioned artwork.

The topics covered by these information sheets are:

- | | | | |
|---|--------------------------------|----|--|
| 1 | What is diabetes? | 6 | Smoking and diabetes |
| 2 | Physical activity and diabetes | 7 | Alcohol and diabetes |
| 3 | 10 ways to manage diabetes | 8 | Diabetes and your kidneys |
| 4 | Diabetes: Food for thought | 9 | Gestational diabetes (diabetes in pregnancy) |
| 5 | What is hypoglycaemia? (hypo) | 10 | Reduce your risk: it's up to you. |

To order these information sheets, contact Australian Diabetes Council on 1300 342 238. Postage and handling fees apply.

Copies of these information sheets are now free to download from our website:

<http://www.australiandiabetescouncil.com/Preventing-Diabetes/For-Indigenous-Australians.aspx>

COMING EVENTS

Diabetes Policy Conference

Informa Australia and Australian Diabetes Council are co-hosting the inaugural Diabetes Policy Conference in Sydney in December.

The Diabetes Policy Conference in NSW provides a platform to discuss the challenges of the diabetes epidemic to public health. In NSW, the Australian Diabetes Council registers an average of 2400 people with diabetes on the National Diabetes Services Scheme.

We would like to invite you to join key opinion leaders and international speakers to examine ways of dealing with this growing problem.

At such an important time of change in the health system, this conference provides an ideal opportunity to meet peers, health professionals and discuss issues.

- * Hear from renowned international experts
- * Featuring an outstanding panel of speakers

When: 1–3 December

Where: Crowne Plaza Hotel
Darling Harbour
Sydney

To register, contact Informa Australia:

T: 02 9080 4307

F: 02 9290 3844

E: registration@informa.com.au

W: [www.informa.com.au/
diabetespolicy](http://www.informa.com.au/diabetespolicy)

Diabetes & Diabetes Update Day 2010

Diabetes & Diabetes Update 2010 is an education day focusing on various diabetes complications and their prevention, detection and treatments. The speakers include prominent endocrinologists, cardiologists, vascular surgeons and physicians.

The event is aimed to benefit all health professionals and offers specific continuing education points for attendance.

Full details and registration can be found at www.australiandiabetescouncil.com.

When: Saturday 20 November

Where: Australian Technology Park
Bay 4, Locomotive Workshop
Eveleigh, Sydney South

Time: 8:30am–5:30pm

Nipro Australia

Nipro Australia takes over distribution of TRUTrack meter and associated products from Australian Diabetes Council.

One of Australian Diabetes Council's long held ideals has been to strive to ensure people with diabetes have access to affordable products to help manage their condition. It is an ideal that forms a key part of our purpose to make a positive difference to the lives of people with and at risk of diabetes.

In the earlier years, many people with diabetes could not afford basic diabetes care due to the high price of meters sold in Australia. Diabetes Australia-NSW, as we were then known, made a decision to enter into agreement with Home Diagnostics to make the affordable TRUTrack meter available to all Australians in the diabetes community.

In the years since then, competition in the meter market has increased and with this, the cost of meters has improved significantly. Having achieved our objective to provide affordable basic diabetes care, we decided to sell our meter business.

On 1 September 2010, in line with our long term strategy of being an independent advocate for people living with or at risk of diabetes, Australian Diabetes Council sold the rights to distribute TRUTrack meter and associated products to the Japanese-owned company Nipro Australia Pty Ltd.

TRUTrack™



Although no longer distributing TRUTrack, we will continue to stock TRUTrack products, as well as a variety of other well-known products in our diabetes resource centres, to provide the best selection of accredited diabetes products to the diabetes community.

We believe the sale enhances our ability to provide impartial and equal access to recommended products for people affected by diabetes.

Nipro Australia Pty Ltd is a subsidiary of Nipro Corporation Japan. Nipro Corporation was established in 1954 and since then has provided innovative products that improve the quality of life for patients and accurately meet the needs and requirements of front-line medical professionals.

NIPRO brand medical devices are used widely both in Japan and abroad, including dialysis-related products (artificial kidney) that lead the world market. The NIPRO brand is highly regarded worldwide for its technological superiority and high quality. For more information visit www.nipro.co.jp/en/index.html.

Partnering with NSW Health

Australian Diabetes Council would like to thank NSW Health for funding the following resources through a grant from the Australian Better Health Initiative.

Invigorate magazine: produced twice yearly for people at risk of diabetes

Risk reduction booklets: Reducing the risk of developing type 2 diabetes, and Reducing the risk of complications in type 2 diabetes

Are you at Risk leaflets: promoting awareness of type 2 diabetes and the risk factors

Access to Interpreter poster: promoting a free telephone interpreter service for non-English speaking people with diabetes

To order these resources, call 1300 DIABETES (1300 342 238). For further information, go to:

www.australiandiabetescouncil.com.

SYDNEY RESOURCE CENTRE

A: 26 Arundel Street, Glebe, NSW 2037

T: 1300 342 238

F: 02 9660 3633

E: membership@australiandiabetescouncil.com

Hours: Monday–Friday 9:00am–4:30pm
Meter demonstrations by appointment

NEWCASTLE RESOURCE CENTRE

A: 535 Hunter Street (cnr Union St), Newcastle, NSW 2300

T: 02 4929 6970

Hours: Monday–Friday 9:00am–4:30pm

WAGGA WAGGA RESOURCE CENTRE

A: 23 Baylis Street, Wagga Wagga, NSW 2650

T: 02 6971 8400

Hours: Monday–Friday 9:00am–4:00pm

WOLLONGONG RESOURCE CENTRE

A: 3 Station Street, (near cnr Crown St), Wollongong, NSW 2500

T: 02 4226 4379

Hours: Monday–Friday 9:00am–4:00pm

*a shared
Voice*
FOR DIABETES

Need more information?
Call our customer care line on

1300 DIABETES
1300 342 238

australiandiabetescouncil.com



Diabetes Australia – New South Wales
t/a Australian Diabetes Council

ABN 84 001 363 766 CHARITY NO. CFN12458

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