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Australian Edition

Type 2 Diabetes

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Australian Edition

***Type 2
Diabetes***

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**Professor Lesley Campbell
and The Diabetes Centre of
St Vincent's Hospital, Sydney
Alan L Rubin, MD**



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Professor Lesley Campbell, MBBS FRCP (UK) FRACP AM, is the Director of the Diabetes Centre and Services at St Vincent's Hospital, a Professor of Medicine at the University of NSW, a Senior Researcher at the Garvan Institute of Medical Research and a Senior Physician in clinical practice at St Vincent's Hospital. Her research focuses on type 2 diabetes mellitus and obesity. She's specifically interested in the role of central body fat and the genetic factors predisposing to insulin resistance syndrome and type 2 diabetes.

The **Diabetes Centre** at St Vincent's Hospital in Sydney was established in 1982 to promote greater knowledge about diabetes and optimise its management. The centre is a public specialist health service, staffed by a diabetes specialist, a registrar, diabetes educators and dietitian. It also draws on services including private diabetes specialists, general practitioners, podiatrists, ophthalmologists, psychologists and other health professionals. The aim of the Diabetes Centre's multidisciplinary approach is to help people with diabetes manage their diabetes on a day-to-day basis and facilitate and coordinate the medical, educational and nutritional resources that they need.

Alan L Rubin, MD, is one of America's foremost experts on diabetes. He's a professional member of the American Diabetes Association and the Endocrine Society and has been in private practice specialising in diabetes and thyroid disease for over 25 years.

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Dedication

We dedicate this book to the people with diabetes we've met over the years who have taught us so much and from whom we are still learning — Prof Lesley Campbell and the St Vincent's Hospital Diabetes Team.

This book is dedicated to my wife, Enid, and my children, Renee and Larry. Their patience, enthusiasm, and encouragement helped to make the writing a real pleasure — Alan L Rubin.

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Introduction

You may be thinking nothing is lucky about being diagnosed with type 2 diabetes; after all, it's a disease, isn't it? And you're right, nothing is lucky about the diagnosis, but the people who are diagnosed with diabetes early on in the 21st century are the luckiest group in history.

Those of you with diabetes have a decade or more in which to avoid the long-term complications of this disease. In a sense, a diagnosis of diabetes is both good news and bad news. It's bad news because you have a disease you would happily do without. It's good news if you use it to make some changes in your lifestyle that can not only prevent complications but also help you to live a longer and higher quality of life.

As for developing a sense of humour about it, at times you'll feel like doing anything but laughing. But scientific studies are clear about the benefits of a positive attitude. In a very few words: He who laughs, lasts. Another point is that people learn more and retain more when humour is part of the process.

Our goal isn't to trivialise human suffering by being comic about it, but to lighten the burden of a chronic disease by showing that it's not all gloom and doom.

About This Book

The book isn't meant to be read from cover to cover — although if you know nothing about diabetes, doing so might be a good approach. This book is your source of information on diabetes and the medical research under way at the time of writing into new drugs and techniques. So that you may stay abreast of the latest developments in diabetes care, the book also directs you to the best sources of reliable information on any medical advances that may occur after the publication of this edition.

We only cover type 2 diabetes in this book. If you're curious about other types of diabetes, including type 1 and gestational diabetes, *Diabetes For Dummies, 3rd Australian Edition*