

10 November 2021

## Showcase explores diabetes research

Community members can learn about the latest breakthroughs in diabetes care at this month's live and online Health Beyond Research & Innovation Showcase.

To be held on Wednesday 17 November from 12pm-1pm, the seminar will be chaired by Professor David Simmons, South Western Sydney Local Health District's Director of the Diabetes, Obesity, and Metabolism Translation Unit.

Professor Simmons is internationally recognised for his research and will talk about the benefits of an integrated model of diabetes care. In this model, GPs work together with endocrinologists in the community to support patients with diabetes.

"Diabetes is a complex condition but there is good evidence that this model, which combines prevention, diabetes services and integrated care, works to improve the community's health," Professor Simmons said.

"Effective diabetes management, and keeping blood sugar levels as close to normal as possible, is important to reduce people's chances of experiencing other medical issues, such as vision loss and amputation."

Professor Simmons also urged people with diabetes to take a holistic approach to their health.

"There are a variety of things that people can do, such as eating healthy food, being physically active, monitoring blood glucose levels, and taking any medication as advised," he said.

"Knowing enough to be able to reduce the risk of long-term diabetes complications is particularly important."

Western Sydney University PhD student Reetu Zarora will present her work on evaluating this integrated model of care, while Ingleburn's General Practitioner Dr Chee L Khoo will give a GP perspective.

The District's Chief Executive Amanda Larkin said diabetes was a critical health issue in south western Sydney and it was also timely to raise awareness about this important topic as November is Diabetes Awareness Month.

"I encourage everyone to join this important research seminar and to hear about the innovative diabetes research being conducted in south western Sydney that promises to help patients around the world," Ms Larkin said.

The District is proud to again partner with the Ingham Institute for Applied Medical Research to host the monthly seminars.

Research topics this year included obesity and arthroplasty, falls and frailty, and pancreatic cancer.

Community members can watch the seminar live or tune in to a previous event at [www.healthbeyondshowcase.org.au](http://www.healthbeyondshowcase.org.au)

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