

Deadly Lifestyles: diabetes soars in NSW

Facts



“NSW is suffering a diabetes epidemic, recording a 300 per cent increase in the number of people with the disease in the past 10 years.” (Sydney Morning Herald, April 2006)

“Cases of type 2 diabetes have doubled in the past five years, with the number of children diagnosed increasing by between 5 and 10 per cent annually,” Diabetes Australia-NSW said.

Type 2 diabetes has been called the "lifestyle disease" and is often a result of obesity and poor diet.

“Diabetes Australia-NSW said 1.2 million Australians had diabetes, and if trends continued, 2 million would have it by 2010.”

Tanita Can Make a Difference...

Diabetes Type 2 is preventable and monitoring your health and fitness levels using Tanita, can make a difference.

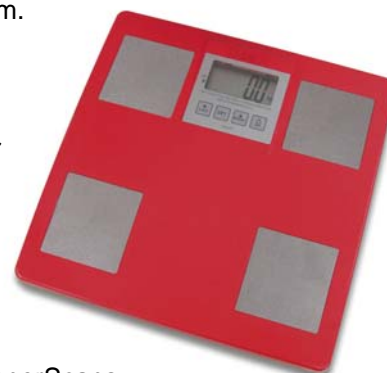
“The good news is that diabetes can often be prevented by healthy habits like a good diet and exercise.”
(American Kidney Fund)

Tanita can contribute towards these healthy habits as it's important to monitor levels such as; body fat %, hydration and weight levels. Keeping track of your health using a Tanita™ Health Monitor, along with maintaining a healthy lifestyle in terms of diet and exercise - is crucial in preventing diabetes.

Tanita monitors are even being used by hospitals such as remote kidney patients of Royal Perth Hospital. These patients are managing their own dialysis and need to provide the Home Dialysis Training Unit at Royal Perth with accurate weight measurements for the unit to assess them.

Tanita's large range of health monitors will suit many different individuals in terms of features and design. The Tanita™ UM 051 RED health monitor is one of the fantastic health monitors available from Tanita™.

Call Christine Goodwin now on (08) 9353 7815 or email christine.goodwin@milners.com.au, to secure your stock of the Tanita UM 051 RED health monitor – or ask her about our wide range of InnerScans and health monitors available!



References:

“Deadly lifestyles: diabetes soars in NSW”, Sydney Morning Herald, (<http://www.smh.com.au/news/science/deadly-lifestyles-diabetes-soars-in-nsw/2006/04/10/1144521243303.html>)
“Diabetes”, (http://www.kidneyfund.org/kf_diabetes.asp?qclid=CIWepebz1ogCFUBCGAodjwVJNg)