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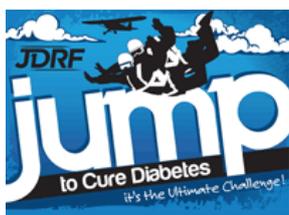
Health & Wellbeing Newsletter

Type 1 Diabetes Symptoms

Type 1 diabetes can occur at any age. In type 1 diabetes, a person's pancreas produces little or no insulin. Insulin allows the body to process sugar to create energy, without insulin, the body literally starves, as it cannot process food. Without insulin, the body literally starves, as it cannot process food

Symptoms may include

- extreme thirst
- constant hunger
- sudden weight loss
- frequent urination
- blurred vision
- nausea
- vomiting
- extreme tiredness
- infections



If you think you or someone you know has these type 1 diabetes symptoms, call a doctor immediately, and drink fluids WITHOUT SUGAR to prevent dehydration.

The Juvenile Diabetes Research Foundation (JDRF) is committed to supporting families who are affected by Juvenile Diabetes.

Cold and flu prevention

Good hygiene is one of the most important ways to help prevent colds and flu (influenza), some tips!

- ✓ wash your hands with soap and water after touching your nose or mouth and before handling food
- ✓ throw away tissues immediately after use and wash hands
- ✓ clean surfaces regularly such as keyboard, telephone and door handles
- ✓ don't share plates, cups and cutlery
- ✓ avoid sharing towels

The flu vaccine is free for the following people:

- anyone aged 65 years and over
- Aboriginal and Torres Strait Islander people aged 6 months to less than 5 years, and from 15 years of age
- pregnant women
- And some medical conditions, speak to your doctor



Kidney Health

The kidneys play a vital role in the daily workings of your body. However, 1 in 3 Australians is at increased risk of kidney disease. Kidney Health Week

(encompassing World Kidney Day on 9 March) is a national, community campaign to raise

awareness of the importance of our kidneys, and to shine a light on prevention and early detection of kidney disease, which affects an estimated 1.7 million Australians - 90% of whom do not know they have it.

Choosing water as your preferred drink will have a positive impact on the health of your kidneys. Water has a huge list of health benefits and it contains no kilojoules, is inexpensive and readily available. Water can also contain fluoride, which is good for your teeth.



March 8th is International Women's Day

International Women's Day celebrates the contribution and achievements of all women. It is an opportunity to remember the barriers that women have broken through, and the accomplishments they have made.



Meningococcal W Vaccine Now Available

Meningococcal disease is caused by different strains of disease designated by letters of the alphabet, including meningococcal strains A, B, C, W and Y.

The National Immunisation Program provides a free vaccine for children at 12 months of age, against meningococcal disease caused by the C strain.

In Victoria a one year free school-based Meningococcal W vaccination program will commence in term 2 of the 2017 school year for 15 to 19 year olds.



Four-in-one meningococcal vaccines are available to protect against A, C, W and Y strains of meningococcal disease.

Meningococcal B vaccine is recommended for infants, children, adolescents and young adults to protect against the meningococcal B strain.

Common immunisation side effects are usually mild and temporary (occurring in the first few days after immunisation).

The vaccine stimulates the immune system to produce antibodies against these types of meningococcal bacteria, without actually causing meningitis. The antibodies stay in the body so that if you are exposed to the bacteria, the immune system can recognise and attack them. This prevents them from causing these types of meningitis.

World's Greatest Shave

Every hour somebody in Australia is diagnosed with lymphoma, myeloma or leukaemia. Every second hour, somebody dies from one of these diseases.

The World's greatest shave has raised in excess of \$120 million since 1998, and uses the raised funds to support



patients and

families living with these blood disorders. Funds are also used to support blood cancer research to help find better treatments and cures.

If you would like some further information on how you can support this cause please email: wgsinfo@leukaemia.org.au or go online to www.worldsgreatestshave.com/ where you can donate online or be brave and shave!

Is BreastScreen for you?

BreastScreen Victoria is part of BreastScreen Australia, the national screening program for breast cancer. BreastScreen Victoria invites women aged 50-74 who do not have breast symptoms for a free breast screen every two years. BreastScreen Victoria is a free service and you don't need a doctor's referral. Clinics are located all over Victoria, so you can attend one that is most convenient for you

It's your choice

Breast screening is your choice ... and every woman is different. To help you make an informed choice on



whether or not screening is for you, visit breastscreen.org.au or talk to your doctor.

Book at breastscreen.org.au or call 13 20 50