



National Diabetes Week

In July 2018, National Diabetes Week raised awareness about the importance of early detection and early treatment for all types of diabetes as part of the "It's About Time" campaign.



[Diabetes Australia's "It's About Time"](#) campaign aims to raise awareness about the importance of early detection and early treatment for all types of diabetes.

Too many Australians are being diagnosed with diabetes too late. This is true for both type 1 diabetes and type 2 diabetes. The delay in diagnosis is putting many people at risk of major life threatening health problems.



"It's About Time" we detected all types of diabetes earlier and save lives.

"It's About Time" we knew the early signs of type 1 diabetes

Type 1 diabetes can occur at any age.

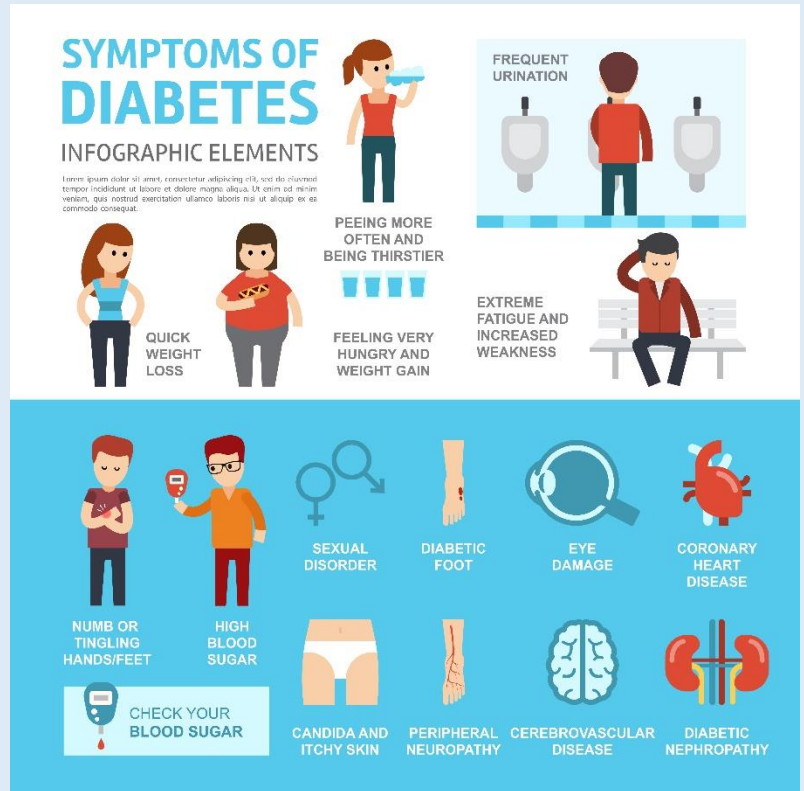
In type 1 diabetes, a person's pancreas produces little or no insulin. Insulin allows the body to process sugar to create energy, without insulin, the body literally starves as it cannot process food.



Type 1 diabetes symptoms can 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.



DIETETICS

Need help understanding Diabetes or other conditions?
OSCAR Hospitality's Fact Sheets can be a great resource for your business.

Written by our expert dietitians, these informative guides are jam packed with knowledge specifically catered for your facility, including an overview of each dietary condition and suggested dietary replacements. Please call or email via our contact details below.