



Diabetes myths exposed

PEOPLE often underestimate the seriousness of type 2 diabetes, a Deakin professor says.

To kick off National Diabetes Week, professor of behavioural and social research in diabetes, Jane Speight, has addressed some of the common myths around the disorder.

The top one was that people with type 2 were to blame for their condition.

"Type 2 diabetes is fast becoming Australia's number one burden of disease, yet there continues to be a lack of awareness among people, both with and without diabetes, about the condition," she said.

"Misconceptions can impact on how people manage their condition and how they feel about it."

Despite more than one million Australians having type 2 diabetes, with about 280 new cases diagnosed every day, she said many people struggle to separate fact from myth.

Prof Speight said all types should be taken seriously, busting the myth that insulin-dependent diabetes was the only serious form.