

Indigenous Australian Resources

These publications have been developed as culturally appropriate resources for health professionals to use with Aboriginal and Torres Strait Islander people for health promotion and the management of diabetes. These resources have clear and easy to read messages as to how people might feel with the signs and symptoms of diabetes.

◆ **Keep Culture, Life & Family Strong - Know Early About Diabetes Series**



The **'Keep Culture, Life & Family Strong, Know Early About Diabetes'**

This series looks at the:

- ◆ Signs and symptoms of diabetes
- ◆ Management
- ◆ Risk factors
- ◆ Medication

◆ **Keep Families Strong One Tucker, One Family**

The **'Keep Families Strong - One Tucker, One Family'** resource looks at the:

- ◆ Risk factors of Type 2 diabetes
- ◆ Signs and symptoms of Type 2 diabetes
- ◆ Long term complications
- ◆ Managing Type 2 diabetes
- ◆ Diabetes in Pregnancy



◆ **Keep Your Feet Healthy**

The **'Keep Your Feet Healthy'** resource is designed to increase awareness and knowledge of:

- ◆ What to do to keep feet healthy
- ◆ Everyday care for feet
- ◆ Preventing foot problems
- ◆ Managing foot problems



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Keep Culture, Life & Family Strong ♦ Flip Chart style ♦ A4 Landscape ♦ Full Colour ♦ Laminated ♦ Spiral Bound	Part 1 - How Do You Feel?		\$ 63.00	
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	Part 3 - What Do I Do?		\$ 70.00	
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Keep Families Strong ♦ Laminated ♦ Spiral Bound	A3 Landscape Flip Chart		\$ 155.00	
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