



**HEALTH FORUMS:** In an effort to educate people on how to prevent chronic illnesses Dr Ayman Shenouda will host a series of health seminars at the Glenfield Community Centre. Picture: Kerrie Stewart

## GLENFIELD DOCTOR TAKES ACTION

# Wagga health forums to prevent disease

IN A bid to stop people suffering and dying from preventable diseases, a Glenfield doctor has organised a series of health forums.

They will begin on Tuesday at the Glenfield Community Centre.

The first forum, hosted by founder of the idea, Dr Ayman Shenouda will educate on measures to prevent diabetes and how those with the disease can manage it effectively.

"Diabetes is the fastest growing illness in Australia and it is a life threatening condition but the good thing about it is that address it early then the outcome is really different," Dr Shenouda said.

"Prevention is better than cure so we try to get the message out for

people to check themselves earlier on (so) they can prevent it."

"The more educated the patient is the better the outcome; there is no doubt about that."

Dr Shenouda said that up to 60 patients had already expressed an interest in attending the seminar. The diabetes forum will be the first in a series including seminars planned on skin cancer, men's health and women's health.

"We will try to cover chronic diseases from all aspects and we will try to do it once every month," Dr Shenouda said.

Other allied health professionals will make presentations at the seminar, which begins at 6.30pm. For more information call 6926 5600.