

NDSS – National Diabetes Services Scheme

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government that commenced in 1987 and is administered by Diabetes Australia. The NDSS aims to enhance the capacity of people with diabetes to understand and self-manage their life with diabetes. The NDSS provides access to support and information services, diabetes programs and subsidised products to assist people to self-manage their life with diabetes.

NDSS subsidised products are available through NDSS Access Points (pharmacies). Burnt Pine Pharmacy is an NDSS Access Point. To access these products, you need to register with the NDSS which can be done on NDSS website <https://www.ndss.com.au>. Registration with the NDSS is free for all eligible individuals and only needs to be done once, or if you would like to speak with the NDSS helpline, call 1800 637 700.

Health & Wellbeing Expo 2024

The Health & Wellbeing team are in the process of organising the Health & Wellbeing Expo for this year. The Expo will be held on Saturday 3 August at Rawson Hall between 10am – 1pm. If you would like to be an Exhibitor or be a healthy food provider at the Expo this year, please contact Maria Massey on 22687 or email maria.massey@health.nlk.gov.nf and a form will be sent to you to fill in and return to secure your spot.



Norfolk Island Patients' Travel Accommodation and Assistance Service (NIPTAAS) Reminder

When your NIHRACS GP refers you to Australia for medical treatment or investigations please remember to collect a NIPTAAS claim form for accommodation and travel reimbursements before you leave Norfolk Island. Information about the Norfolk Island Patient Travel Accommodation Assistance Scheme (NIPTAAS) is available on the NIHRACS website under the "Information" tab.

The claim forms can be collected from the hospital front office or are available on the NIHRACS website www.norfolkislandhealth.gov.nf

Please be reminded that it is your responsibility to collect signatures from the hospital or clinic for each appointment in order to obtain your reimbursement.

World Glaucoma Week

World Glaucoma Week is 10-16 March, this year's theme is "Uniting for a Glaucoma-Free world". It is estimated that 300,000 Australians have glaucoma. Glaucoma is the name given to a group of eye diseases where vision is lost due to damage to the optic nerve. It causes irreversible vision loss due to damage to the optic nerve. The loss of sight is usually gradual and a considerable amount of peripheral (side) vision may be lost before there is an awareness of any problem.

To read more on this topic, please visit Glaucoma Australia website <https://glaucoma.org.au/what-is-glaucoma>