

Guidance and support for those with diabetes available at Easter Road on Saturday



Following World Diabetes Day on Monday, Match Fit will be back in Easter Road's East Stand concourse this Saturday and will focus on diabetes prevention and management with GameChanger partners, Living it Up and Diabetes Scotland.

11.5 million people in the UK are at high risk of developing Type 2 diabetes and 16,430 people in Edinburgh have been diagnosed with the disease, with numbers growing at an alarming rate.

The event was advertised on the Hibernian FC website.

A statement reads: "Guidance and support for those with diabetes will be available on Saturday, as will the ability to assess your risk and most importantly receive information on lifestyle changes which can help you avoid getting the disease.

"Having diabetes may mean you need to have medicine or injections every day for the rest of your life and it can lead to problems with eyesight, including blindness. It also increases your risk of a heart attack or stroke.

"Get all the information to know your risk and check out our Match Fit stands on Saturday at the East Stand concourse.

"We will be moving throughout the stadium over the course of the season, changing location for each game, so if you are not in the East stand, we will be coming your way soon."

For information on managing your health visit livingitup.scot.