

**MEDIA RELEASE**  
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## **“I am so grateful I had that blood test” - blister leads to surprise diabetes diagnosis**

TAMWORTH: Janet Glanville, 52 is grateful for her surprising diabetes diagnosis, which she received after her doctor ordered blood tests to find out why a stubborn blister on her foot would not heal.

Diabetes affects 1.7 million Australians, including an estimated 500,000 cases of undiagnosed Type 2 diabetes.<sup>1</sup>

“In hindsight, I had been feeling tired for a while but I put the symptoms down to stress,” said Tamworth resident Janet, “I just didn’t put 2 and 2 together.”

At the time, she was very stressed caring for her terminally ill parents and had also been through a miscarriage.

After noticing the blister was not healing she saw her doctor and was sent for blood tests. The test results showed that Janet had Type 2 diabetes.

“The diagnosis was completely out of the blue, I have no family history of diabetes and I was only forty-two,” said Janet.

Complications of untreated diabetes include eye problems, foot ulcers, bladder problems and kidney failure.

Early symptoms of diabetes such as Janet’s can be non-specific and the only way to diagnose and effectively manage the condition is via pathology testing.

Pathology results inform 70% of medical decisions and the Know Pathology Know Healthcare initiative aims to raise awareness of this vital but unseen part of healthcare.

Janet is now being regularly monitored through blood and urine tests. These check blood sugar levels, kidney function and can also pick up how the disease may be progressing.

“I am ever so grateful I had that blood test,” said Janet.

Although she has lived with the condition for around ten years, Janet does not require insulin injections and is able to manage her diabetes through modifications to diet and lifestyle.

Janet says she is thankful for pathology, for diagnosing her condition at an early stage and keeping her informed about her health.

“I have regular tests to monitor my diabetes and check for complications. Sometimes your levels go up and down so you need pathology to keep an eye on that and make adjustments if needed. Just knowing I have these tools available to help offset complications gives me security.”

Dr Peter Harman is an ambassador for the Know Pathology Know Healthcare initiative, he said; “Stories such as this show just how important pathology testing can be in picking up serious medical conditions and ensuring the best treatment. Early diagnosis and intervention is key for diabetes – meaning pathology is pivotal in saving lives.”

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Janet Glanville is available for interview

Dr Peter Harman is available for interview

<sup>1</sup><https://www.diabetesaustralia.com.au/diabetes-in-australia>

**Pathology Awareness Australia Limited**

Pathology Awareness Australia which is a not-for-profit company formed to improve understanding and recognition of Australia’s world class pathology services. The company represents 95% of the Australian pathology sector with members including the Royal College of Pathologists of Australasia, private pathology groups, public pathology groups, manufacturers and suppliers to industry and professional groups.

Pathology Awareness Australia runs the [Know Pathology Know Healthcare](#) to educate Australians on pathology tests improve personal healthcare.