



February 22, 2017

For immediate release

Rare award for 87 year-old Type 1 Diabetes patient

An 87 year-old New Lynn resident has received a rare honour for the long term management of Type 1 Diabetes.

Winsome Johnston was presented with the HG Wells Award from Diabetes UK by Health Minister Jonathan Coleman during a ceremony at Waitakere Hospital on February 22.

The medal is presented to people who have successfully managed the condition for 80 years or more.

Mrs Johnston is the first person in New Zealand to ever receive it and one of just three Type 1 Diabetes patients world-wide known to have survived beyond her eighth decade.

The presentation took place during the Waitemata DHB's first ever Living with Diabetes Awards.

Twenty one patients in total received certificates and flowers to recognise their own management of the disease over 50 years or more.

Event organiser and Waitemata DHB Clinical Nurse Specialist Rab Burtun says it's important to recognise the amount of self-discipline and commitment required to manage Type 1 Diabetes successfully.

"We clinicians hold these people up as examples for other patients to follow," he says. "Their stories are inspiring and show others that it is possible to live long and happy lives despite this disease."

Ends

Photo caption: Winsome Johnston, 87, pictured with her HG Wells Award

For further information contact:

Matt Gray
09 486 8920
021 410 178
matthew.gray@waitematadhb.govt.nz