

Central East **LHIN**



# Living with Diabetes

What you should know



**Ontario**  
Local Health Integration  
Network

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## Living With Diabetes – What you should know

Whether you've been living with diabetes for a long time or are newly diagnosed, it's important that you have as much information as possible to better understand your condition and what you can do to manage it.

There are many things you can do well – like eating healthy and being physically active – and this Guide aims to provide you with some introductory information you need to know about these subjects to live a full, healthy life with diabetes. This guide is not intended to replace a more thorough diabetes education that can be provided by your local diabetes educator.

Remember to talk to your healthcare team about all of these points and about your diabetes management targets, including blood sugar, blood pressure and cholesterol levels. And if you still need additional information or details, visit [diabetes.ca](http://diabetes.ca) or call the Canadian Diabetes Association at 1-800-BANTING (226-8464).

## About the Canadian Diabetes Association

The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard.

## Goals and Objectives

This guide will support the recently formed Central East Diabetes Network to educate and inform health care providers, physicians and people with diabetes about diabetes services in the CE LHIN and the recently announced Canadian Association's 2008 Clinical Practice Guidelines. The Network, which is comprised of health care professionals who specialize in diabetes education and care, will work together to ensure that the general public and health service providers are aware of the diabetes resources that are available in their own community.

For more information, please visit the Central East LHIN website – [www.centraleasthin.on.ca](http://www.centraleasthin.on.ca).

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# Diabetes: An Introduction

## What is diabetes?

There are three main types of diabetes:

- **Type 1 diabetes**, usually diagnosed in childhood and adolescence, occurs when the pancreas is unable to produce insulin, a hormone that ensures body energy needs are met. Approximately 10 per cent of people with diabetes have Type 1 diabetes.
- **Type 2 diabetes** occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. The remaining 90 per cent of people with diabetes have Type 2 diabetes. It usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed.
- **Gestational diabetes** is a temporary condition that occurs in approximately 3.5 per cent of all pregnancies. If a pregnant woman is diagnosed with gestational diabetes, both she and her child have an increased risk of developing diabetes in the future.

*More than two million Canadians have diabetes.*

## Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease and stroke
- Kidney disease
- Eye disease
- Erectile dysfunction (impotence)
- Nerve damage

The key to preventing or delaying the development of these complications is to work with your health care team to maintain good control of your diabetes.

## What are the risk factors for diabetes?

If you are 40 years old or over, you are at risk for Type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply to you, ensure that you are tested earlier and/or more often.

You are at a higher risk of developing Type 2 diabetes if you:

- Are a member of one of the following high-risk groups: Aboriginal, Hispanic, Asian, South Asian or African descent
- Are overweight – especially if you carry most of your weight around your abdomen
- Have a parent, brother or sister with diabetes
- Have any health complications associated with diabetes, such as eye, nerve or kidney problems
- Have heart disease
- Gave birth to a baby weighing more than 4 kg (9 lbs)
- Had gestational diabetes while you were pregnant
- Have a history of impaired glucose tolerance, impaired fasting glucose or prediabetes
- Have high blood pressure
- Have high cholesterol or other fats in the blood
- Have been diagnosed with any of the following conditions:
  - Polycystic ovary syndrome
  - Acanthosis nigricans (darkened patches of skin)
  - Schizophrenia

## What are the symptoms of diabetes?

The signs and symptoms of diabetes include:

- Unusual thirst
- Frequent urination
- Weight change (either gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

Keep in mind that many people with Type 2 diabetes display none of these symptoms.

## Is diabetes preventable?

*Scientists believe that changing your lifestyle can help prevent or delay the onset of Type 2 diabetes. Healthy eating, weight control and physical activity are important prevention steps.*

## How is diabetes managed?

People with diabetes can expect to live active, independent and vital lives as long as they commit to managing their diabetes carefully through:

- **Education:**

Everyone who has diabetes should access educational resources to learn how to best manage their diabetes.

- **Physical Activity:**

Regular physical activity can contribute to improved blood sugar control. It also promotes weight loss, reduces stress and enhances overall fitness.

- **Nutrition:**

What, when and how much you eat all play an important role in regulating blood sugar levels.

- **Weight management:**

Maintaining a healthy weight is especially important in the management of Type 2 diabetes.

- **Medication:**

Type 1 diabetes is always treated with insulin. In some cases, Type 2 diabetes can be managed with physical activity and healthy eating. However, oral medications are often prescribed and/or insulin may be required.

- **Lifestyle management:**

Stress can impact your blood sugar levels. Learning to manage your day to day stress may help you to maintain better control.

- **Blood pressure:**

Since high blood pressure can lead to eye disease, heart disease, stroke and kidney disease, you should try to maintain a blood pressure level at or below 130/80. To achieve this, you may need to change your eating habits and physical activity and/or take medication.

*More than 2.4 million Canadians are currently affected by diabetes, up to six million more have prediabetes, putting them at an increased risk for developing diabetes and its complications. ICES statistics for Diabetes Prevalence Rates for the Central East LHIN indicates that out of a population of 1,090,032 there were 103,944 cases of diabetes within the LHIN catchment area.*

*The 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada emphasize early identification of risk factors to prevent the onset of diabetes, and aggressive management of those risk factors in order to prevent serious complications associated with the disease, including heart disease and stroke.*

*The good news is that many people with identified risk factors can delay or prevent the development of Type 2 diabetes with healthy lifestyle changes and if required, medication.*

# Diabetes: Essential Information

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When you or someone you care about is diagnosed with diabetes, you may experience a range of emotions – from feeling scared and angry to shocked and overwhelmed. These are all normal. Learning as much as you can about diabetes should help reduce your fears. This directory is a great place to start and additional resources are listed at the back of this directory.

## Type 1 diabetes overview

Your body gets the energy it needs by making glucose (sugar) from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin, a hormone that is produced by the pancreas and that helps control the level of glucose in your blood.

If you have Type 1 diabetes, your pancreas does not produce insulin; that means glucose builds up in your blood instead of being used for energy.

People are usually diagnosed with Type 1 diabetes before the age of 30, most often as a child or teen. Though we don't know what causes Type 1 diabetes, we do know that it cannot be prevented and that it isn't a result of eating too much sugar.

### The good news

You can live a long and healthy life with Type 1 diabetes by keeping your blood sugar levels – or the amount of sugar in your blood – in the target range set by your doctor. You can achieve this by:

- Taking insulin as prescribed by your doctor,
- Eating healthy meals and snacks,
- Enjoying regular physical activity.

## Type 2 diabetes overview

Your body gets the energy it needs by making glucose (sugar) from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin, a hormone that is produced by the pancreas and that helps control the level of glucose in your blood.

With Type 2 diabetes, your pancreas either doesn't produce enough insulin to meet your body's needs or your body doesn't effectively use the insulin it makes. As a result, glucose builds up in your blood instead of being used for energy.

### The good news

By keeping the amount of sugar in your blood – also known as your blood glucose level – in the target range set by your doctor, you can live a long, active life. You can achieve this by:

- Eating healthy meals and snacks
- Enjoying regular physical activity
- Taking your diabetes medications as prescribed by your doctor. Since Type 2 diabetes is a progressive, life-long condition, it may be difficult to keep your blood glucose levels in your target range over the long term. Your healthcare team can help by advising you about healthy eating, activity and medications.

## Complications of diabetes

Over time, the high blood sugar levels associated with uncontrolled diabetes can cause a number of complications, including blindness, heart disease, kidney problems, nerve damage and erectile dysfunction. Fortunately, good diabetes care and management can prevent or delay the onset of these complications.

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## Managing your diabetes

Following these steps will help you manage your diabetes, and contribute to your overall health and wellness.

- Take your insulin and other medications as prescribed by your doctor
- Check your blood sugar levels regularly and try to keep them in your target range
- Don't smoke
- Make healthy food choices
- Keep your cholesterol and other blood fats in your target range
- Be physically active
- Maintain a healthy weight
- Monitor your blood pressure
- Manage your stress effectively
- Take care of your feet
- Make regular visits to your dentist, eye care specialist and doctor



## Assembling your healthcare team

Depending on your needs and the resources available in your community, your healthcare team might include a doctor (either your family doctor or a diabetes specialist), a registered nurse and registered dietitian. You may also draw on the expertise of a:

- Diabetes educator
- Pharmacist
- Social worker
- Psychologist
- Foot care specialist
- Endocrinologist (diabetes specialist)
- Eye care specialist

Together, this group of professionals will work with you to manage your diabetes. It is important for you to be an active member of your healthcare team when setting appropriate and achievable goals.

## Get the support you need

You may have difficulty accepting that you or a family member has diabetes. There are resources available to help you cope with your emotions:

- Contact your local diabetes education centre (see page 21)
- Talking to others who have diabetes or who are caring for family members with diabetes
- Asking your local Canadian Diabetes Association branch about attending an information session or joining a peer support group ([diabetes.ca](http://diabetes.ca))

# Prediabetes

## Heed the warning signs

**Prediabetes** refers to blood sugar levels that are higher than normal, but not yet high enough for diagnosis of Type 2 diabetes. Though not everyone with prediabetes will develop Type 2 diabetes, many people will.

Research has shown that some long-term complications associated with diabetes – such as heart disease and nerve damage – may begin during prediabetes. That's why it's important for you to know if you have prediabetes.

## Get tested regularly

Like Type 2 diabetes, prediabetes can develop without you knowing, so it's critical for you to be aware of the risk factors and get tested regularly. This is especially true if you have risk factors for diabetes and also have high blood pressure, high cholesterol, and if you tend to carry excess weight around your mid-section (abdominal obesity).

Since the risk for developing Type 2 diabetes rises as you grow older, the Canadian Diabetes Association recommends screening by testing fasting blood sugar for everyone once they reach 40, and every three years after that.

## Change your lifestyle, change your future

When you have prediabetes, you can delay or prevent Type 2 diabetes from developing by taking steps to manage your blood glucose, like making simple lifestyle changes such as increasing your physical activity and adopting healthy eating habits.

*Losing even a modest amount of weight (5 to 10 percent of total body weight) through healthy eating and moderate exercise – such as walking 30 minutes a day, five days a week – can make a huge difference to your health.*

The effectiveness of implementing lifestyle changes to prevent the progression from prediabetes to Type 2 diabetes has been proven in two significant studies: the Finnish Diabetes Prevention Study and the Diabetes Prevention Program. These studies showed that a low-calorie meal plan with reduced fat intake and moderate-intensity physical activity of at least 150 minutes per week resulted in a 58 per cent reduction in the number of people with prediabetes who went on to develop diabetes over the next four years, even though weight loss was modest.

Since prediabetes increases your risk of heart disease and stroke by 50 per cent, you should talk to your doctor about treatment for other cardiovascular risk factors such as smoking, high blood pressure and high cholesterol.

Remember: Prediabetes doesn't always lead to diabetes. Determining whether you have prediabetes will give you the chance to make the changes that will reduce the possibility of Type 2 diabetes being part of your future.

## Diabetes by the numbers

- **380 million:** *The number of people worldwide it's estimated will be living with diabetes by 2025.*
- **80 per cent:** *The percentage of people with diabetes who will die as a result of heart disease or stroke.*
- **41,500:** *The number of Canadians each year whose death is caused in part by diabetes.*
- **\$1,000-\$15,000:** *The cost incurred by a person with diabetes per year for medication and supplies.*
- **\$19.2 billion:** *The estimated amount diabetes will cost the Canadian healthcare system per year by 2020.*

# Diabetes Management: Just The Basics

## Here are some tips to help you until you see a registered dietitian

Diabetes is a condition in which your body cannot properly use and store food for energy. The fuel that your body needs is called glucose, a form of sugar.

Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

To control your blood sugar you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

Tips	Reasons
Eat three meals per day at regular times and space meals no more than six hours apart. You may benefit from a healthy snack.	Eating at regular times helps your body control blood glucose levels.
Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam and honey.	The more sugar you eat, the higher your blood glucose will be. Artificial sweeteners can be useful.
Limit the amount of high fat food you eat such as fried foods, chips and pastries.	High fat foods may cause you to gain weight. A healthy weight helps with blood glucose control and is healthier for your heart.
Eat more high fibre foods (whole grain breads and cereals, lentils, dried beans and peas, brown rice, vegetables and fruits).	Foods high in fibre may help you feel full and may lower blood glucose and cholesterol levels.
If you are thirsty, drink water.	Drinking regular pop and fruit juice will raise your blood glucose.
Add physical activity to your life.	Regular physical activity will improve your blood glucose control.

## Diabetes Management: Blood Glucose

### Blood glucose overview

People with diabetes cannot properly use and store glucose, a form of sugar needed for energy. Glucose comes from foods like fruit, milk, some vegetables, starchy foods and sugar. The amount of glucose in your blood at a given time is referred to as your blood glucose and controlling your blood sugar is critical to managing your diabetes.

You should check your blood sugar levels regularly to:

- Obtain a quick measurement of your blood sugar level at a given time;
- Determine if you have a high or low blood sugar level at a given time;

- Learn how your lifestyle and medication affect your blood sugar levels; and
- Enable you and your healthcare team to make the lifestyle and medication changes that will improve your blood sugar levels.

### Hitting the target

To delay or prevent the complications of diabetes, it's important to keep your blood sugar as close to target as possible. The target range for your blood sugar will depend on your age, medical condition and other risk factors – ask your doctor what your levels should be.

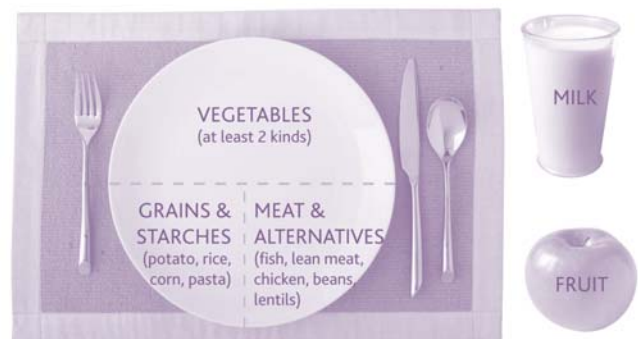
# Diabetes Management: Healthy, Balanced Eating

Healthy, balanced eating will help keep your blood sugar in its target range and is critical to successfully managing your diabetes.

Start by making healthy food choices:

- Enjoy a variety of vegetables, fruits, whole grains, low fat milk products, and meat and alternatives.
- Include high fibre foods such as whole grain breads and cereals, fresh fruits, vegetables and legumes, and grains (e.g. pasta, rice).
- Eat more vegetables – they're very high in nutrients and low in calories.
- Choose starchy foods such as whole grain breads and cereals, rice, noodles or potatoes at every meal. Starchy foods are broken down into glucose which your body needs for energy.
- Make lower fat choices – for example, use skim milk, lean ground beef and only small amounts of oil and salad dressings, and trim fat on meat, chicken, etc. This will help control your weight and blood cholesterol.
- Have a glass of milk and piece of fruit to complete your meal.
- Include fish, lean meats, low-fat cheeses, eggs or vegetarian protein choices as part of your meal.
- Alcohol can affect blood sugar levels and cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.

- Include fish, lean meats, low-fat cheeses, eggs, or vegetarian protein choices as part of your meal.
- Have a glass of milk and a piece of fruit to complete your meal.
- Alcohol can affect blood sugar levels and cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.

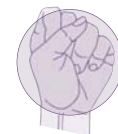


## Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

### Fruits\*/Grains & Starches\*:

Choose an amount the size of your fist for each of Grains & Starches, and Fruit.



**Vegetables\*:** Choose as much as you can hold in both hands.



**Meat & Alternatives\*:** Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



**Fats\*:** Limit fat to an amount the size of the tip of your thumb.



### Milk & Alternatives\*:

Drink up to 250 mL (8 oz) of low-fat milk with a meal.

\* Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

*A registered dietitian can answer your questions and help you develop a personalized meal plan that includes your favourite foods.*

## Plan for healthy eating

- Eat more vegetables. These are very high in nutrients and low in calories.
- Choose starchy foods such as whole grain breads and cereals, rice, noodles, or potatoes at every meal. Starchy foods are broken down into glucose, which your body needs for energy.

# Diabetes Management: Managing Weight And Diabetes

Here are some tips for a healthy lifestyle for adults.

## A healthy lifestyle and a healthy weight can:

- help you prevent or manage diabetes
- improve blood sugar, blood pressure and blood lipids (fats)
- reduce the risk of complications such as heart disease and stroke
- improve general well-being and energy levels

Healthy eating and physical activity are key lifestyle factors in managing weight. Many things can make managing weight a challenge including stress, low income levels, some medical conditions and certain medications.

## Who can help me?

There are many healthcare providers (e.g. dietitian, doctor, diabetes educator, pharmacist) who can help you. Check with them before taking any weight loss medications, supplements, starting intense exercise or changing your diet.

## A healthy weight can be measured in many ways including:

**Body Mass Index (BMI)** compares a person's weight to their height. For most adults aged 18 to 64, a BMI of 25 or higher\* is overweight.

**Waist Circumference (WC)** is also important. Too much fat around the waist (apple shape) is linked to health problems such as heart disease and high blood pressure. WC goals differ depending on ethnic background and gender. In general, a healthy WC for men is less than 40 in (102 cm) and for women it is less than 35 in (88 cm).

If you are overweight, losing 5 to 10% of your current body weight at a rate of 2 to 4 lbs (1 to 2 kg) per month is a healthy goal. For someone who is 200 lbs (90 kg), 5 to 10% is 10 to 20 lbs (4.5 to 9 kg). For more information on measuring and interpreting your BMI and WC, visit Health Canada at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

*Date* \_\_\_\_\_

	<i>My Goal</i>	
<i>Weight:</i>		
<i>BMI:</i> $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$		
<i>WC:</i>		
<i>5 to 10% weight loss:</i>		

\*Not including pregnant or lactating women, very muscular adults, adults with very lean build.

# Diabetes Management: Sample Meal Plan

The Canadian Diabetes Association recommends that all people with diabetes should receive advice on nutrition from a registered dietitian. Good management of diabetes includes healthy eating, staying active and taking required medication. Be sure to eat breakfast. It provides a good start to the day.

## For smaller appetites

### Breakfast:

Cold cereal (½ cup, 125 mL)  
Whole-grain toast (1 slice)  
1 orange  
Low-fat milk (1 cup, 250 mL)  
Peanut butter (2 tbsp, 30 mL)  
Tea or coffee

### Lunch:

1 sandwich

- 2 slices of whole grain bread or 6" pita
- meat, chicken or fish (2 oz, 60 g)
- non-hydrogenated margarine (1 tsp, 5 mL)

Carrot sticks  
Low-fat plain yogurt (¾ cup, 175 mL)  
Tea or coffee

### Dinner:

Potato (1 medium) or rice (2/3 cup, 150 mL)  
Vegetables  
Non-hydrogenated margarine (1 tsp, 5 mL)  
Lean meat, chicken, or fish (2 oz, 60 g)  
Cantaloupe (1 cup, 250 mL)  
Low-fat milk (1 cup, 250 mL)  
Tea or coffee

### Evening Snack:

Low-fat cheese (1 oz, 30 g)  
Whole-grain crackers (4)

## Follow a healthy lifestyle

- **Have at least 3 out of the 4 key food groups at each meal from Eating Well with Canada's Food Guide:**
  - *Vegetables and Fruit*
  - *Grain Products*
  - *Milk and Alternatives*
  - *Meat and Alternatives*
- **Have portion sizes that will help you reach or maintain a healthy body weight.**
- **Include high fibre foods such as whole grain breads and cereals, fresh fruits, vegetables and legumes, and grains (e.g. pasta, rice).**
- **Make lower fat choices (e.g. use skim milk, lean ground beef, trim fat on meat, chicken etc., and use small amounts of added fat such as oil and salad dressings).**
- **Healthy eating habits should be built around a healthy lifestyle – keep active every day.**

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## For bigger appetites

### Breakfast:

Cold cereal (½ cup, 125 mL)  
Whole-grain toast (2 slices)  
1 orange  
Low-fat milk (1 cup, 250 mL)  
Low-fat cheese (2 oz, 60 g)  
Tea or coffee

### Lunch:

Soup (1 cup, 250 mL)  
Sandwich

- 2 slices whole grain bread or 6" pita
- lean meat, chicken or fish (3 oz, 90 g)
- tomato slices
- non-hydrogenated margarine (1 tsp, 5 mL)

Carrot sticks  
Low-fat plain yogurt (¾ cup, 175 mL)  
Tea or coffee

### Afternoon Snack:

1 medium apple or small banana

### Dinner:

1 large potato or cooked noodles (1 ½ cup, 375 mL)  
Vegetables  
Green salad with low-fat salad dressing  
Lean meat, chicken or fish (4 oz, 120 g)  
1 medium pear  
Low-fat milk (1 cup, 250 mL)  
Tea or coffee

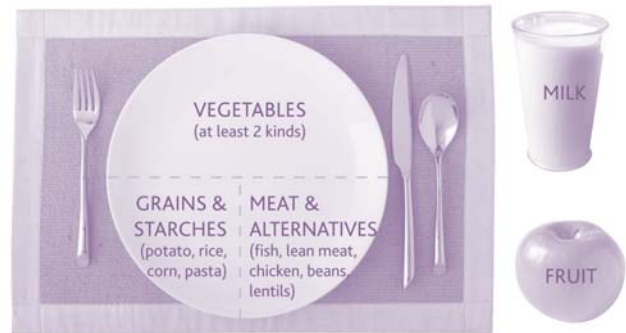
### Evening Snack:

Peanut butter (4 tbsp, 60 mL)  
Whole-grain crackers (4)  
Low-fat milk (1 cup, 250 mL)

*The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard.*

# Diabetes Management: Lifestyle Tips For A Healthy Weight

The key to reaching and staying at a healthy weight is to make lifestyle changes you can live with. Set realistic goals. Make one or two small changes at a time. When these changes are part of your daily routine, add new ones.



Goal	Tips	Changes I will make
<b>Build exercise into your day</b>	Exercise helps muscles use glucose and burn calories. Do aerobic exercises such as brisk walking, skiing, or biking for at least 150 minutes each week (e.g. 30 minutes, 5 days a week). If you can, increase the amount of time and intensity gradually. Add resistance exercises like lifting weights 3 times a week. Check with your doctor before starting.	
<b>Eat only when hungry</b>	Ask yourself if you are really hungry. Avoid eating out of habit, boredom or for emotional reasons. Try to figure out what it is that you really need.	
<b>Create a healthy eating environment</b>	Serve foods in the kitchen rather than at the table. Eat at the table rather than in front of a screen (TV or computer). Eat slowly. It takes your brain about 20 minutes to realize that your stomach is full.	
<b>Eat regular balanced meals</b>	Eating 3 meals a day reduces overeating. Start with a healthy breakfast. Each food group is important. Meals should be spaced 4 to 6 hours apart.	
<b>Choose appropriate portions</b>	Too much food, healthy or not, leads to weight gain. If you can, check your portions with measuring cups or scales. Talk to a dietitian about how much food is right for you. See <i>The Plate Method</i> above.	
<b>Eat fibre-rich foods</b>	High-fibre foods may help to keep you feeling full longer. Whole grains, vegetables, fruits and legumes (dried beans and lentils) are high in fibre.	
<b>Choose healthy beverages and snacks</b>	Satisfy thirst with water. Pop, sweetened hot or cold drinks, juice and alcohol can add many unwanted calories. Small snacks can help control hunger. Keep pre-cut vegetables and washed fruit handy for easy snacking. Avoid fried, salty and sugary snacks.	

# Diabetes Management: Physical Activity

Physical activity benefits everyone – regardless of whether or not you have diabetes. In addition to helping you maintain a healthy weight, staying physically active helps: strengthen your bones, improve your blood pressure, lower your chances of getting heart disease and cancer, and increase your energy levels.

## Increase your physical activity

- *Build time for physical activity into your daily routine.*
- *Try to be active most days of the week.*
- *Walk whenever you can, instead of taking the car.*
- *Start slowly and gradually increase your effort (e.g. progress from strolling to brisk walking).*
- *Involve the whole family – go swimming or skating instead of watching a movie.*
- *Learn a new activity – like ballroom dancing, playing basketball or riding a bike.*
- *Enjoy your improved sense of health and wellbeing, and keep it up!*

If you have Type 2 diabetes, then it is particularly important that you make physical activity a regular part of your life as it improves your body's sensitivity to insulin and helps manage your blood glucose levels. When you exercise, safety should always be a priority. That's why you should make sure to:

- Consult with your doctor before starting any exercise program that is more strenuous than brisk walking – especially if you've been inactive for a while.
- Wear comfortable, proper-fitting shoes.
- Wear your Medic-Alert® bracelet or necklace.
- Listen to your body. Speak to your doctor if you are very short of breath or experience chest pain.
- Check your blood glucose before, during and many hours after your activity to see how it affects your blood glucose levels.
- Carry some form of fast-acting carbohydrate in case you need to treat low blood glucose, such as Life Savers® or glucose tablets.

## What kind of activity is best?

People with diabetes can benefit from both aerobic and resistance exercise.

Aerobic exercise works your heart and lungs and carries oxygen to your muscles. Examples include brisk walking, running, swimming, dancing, hockey and skiing.

Resistance exercise, such as weight training, increases your muscle strength and complements the benefits of aerobic exercise. If you decide to begin resistance training, be sure to consult a qualified exercise specialist and start slowly.

## How much is enough?

Aim to do at least 150 minutes of moderate-intensity aerobic exercise each week, spread over at least three non-consecutive days.

Depending on your fitness level, you may have to start slowly, with as little as 5 to 10 minutes of exercise per day, and gradually build up to your goal. The good news is that multiple, shorter exercise sessions of at least 10 minutes each are probably as beneficial as a single longer session of the same intensity.

## Keep it up!

Adopting a new routine can be hard, so be prepared with a plan in case your motivation starts to fade. For instance, you should:

- Do something you like – it's much easier to stick with an activity you enjoy!
- Have a support network of family members, friends and co-workers willing to keep you motivated by joining you for a walk or a workout.
- Set small, attainable goals and celebrate when you reach them by rewarding yourself in healthy ways.
- Maintain a healthy weight.
- Seek professional help from a personal trainer or other specialist who can help you develop a fitness routine that will work for you.

*Regardless of your age, making the decision to become more physically active is one of the greatest gifts you can give yourself and the people who love you. Take that first step today!*

# Diabetes Management: Foot Care

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Diabetes affects the circulation and immune systems, ultimately impairing the body's ability to heal itself. Over time, diabetes can damage sensory nerves ("neuropathy"), especially in the hands and feet. As a result, people with diabetes are less likely to feel a foot injury, such as a blister or a cut. Unnoticed and untreated, even minor foot injuries can quickly become infected, potentially leading to major complications.

## Eight steps to better foot care

A good daily foot care regimen will help keep your feet healthy. Start by assembling a kit containing nail clippers, nail file, lotion, pumice stone and non-breakable hand mirror. Keeping everything together and close at hand will make it easier to follow these eight steps to healthy feet:

1. Wash your feet in warm, not hot, water, using a mild soap. Avoid soaking your feet as it will dry your skin.
2. While your feet are still wet, use a pumice stone to keep calluses under control.
3. Dry your feet carefully – especially between your toes.
4. Check both feet and between your toes thoroughly to ensure there are no cuts, cracks, ingrown toenails, blisters, etc. Use a hand mirror to see the bottom of your feet or ask someone to check them for you.
5. Clean cuts and scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.
6. Trim your toenails straight across and file sharp edges. Don't cut the nails too short.
7. Apply an unscented lotion to your heels and soles. Don't put lotion between your toes as the excessive moisture can promote infection. Wipe off excess lotion that is not absorbed.
8. Wear clean socks and proper-fitting shoes every day. Whenever possible, wear white socks – that way, if you have a cut or sore, the drainage will be easy to see.

## Best advice

**Do** wear proper-fitting shoes. They should be supportive, have low heels (less than 5 cm high) and should not rub or pinch.

**Do** wear socks at night if your feet get cold.

**Do** elevate your feet when you're sitting.

**Do** wiggle your toes and rotate your ankles for a few minutes several times a day.

**Do** exercise regularly to improve circulation.

**Do** inspect your feet daily and in particular feel for skin temperature differences between your feet.

**Don't** wear high heels, pointed-toe shoes, open toe or open heel sandals or worn out shoes.

**Don't** wear anything tight around your legs, such as tight socks or knee-highs.

**Don't** ever go barefoot, even indoors. Consider buying a pair of proper-fitting shoes just for inside.

**Don't** put hot water bottles or heating pads on your feet.

**Don't** cross your legs for long periods of time.

**Don't** smoke – it decreases circulation and healing, and significantly increases the risks of amputation.

**Don't** have pedicures by non-healthcare professionals.

## When to see your doctor

- If you have any swelling, warmth, redness or pain in your legs or feet, see your doctor right away.
- If you have any corns (thick or hard skin on toes), calluses (thick skin on bottom of feet), in-grown toenails, warts or slivers, have them treated by your doctor or a foot care specialist (such as a podiatrist, chiropodist or experienced foot care nurse). Do not try to treat them yourself.
- At least once a year, have your doctor check your bare feet and screen you for neuropathy and loss of circulation.
- Take your socks off and have your feet inspected at every diabetes-related visit to your doctor.

# Diabetes Management: Cholesterol Control

There are two types of cholesterol: **low-density lipoprotein (LDL)** and **high-density lipoprotein (HDL)**. Most adults with Type 1 or Type 2 diabetes are at high risk for cardiovascular diseases such as heart attack and stroke, even if their LDL-cholesterol is normal. If their LDL-cholesterol is elevated, they face an even higher risk.

If you have diabetes, you should have your cholesterol tested every one to three years, and more frequently if you're taking cholesterol medications.

## Lowering your cholesterol

Cholesterol is a fat substance that is naturally present in your blood and cells. Higher levels of LDL-cholesterol increase the risk of cardiovascular disease, while higher levels of HDL-cholesterol can reduce the risk of cardiovascular disease.



That's why it's important to control your cholesterol levels in general and lower your LDL-cholesterol in particular. In addition to taking cholesterol medications as prescribed, maintaining a healthy weight, practicing healthy eating habits and participating in regular physical activity all help you manage cholesterol and reduce your risk of developing cardiovascular disease.

## Nutrition tips

- Choose lower fat foods, such as a skim or 1% milk, low-fat yogourt and lean meats
- Limit saturated fats
- Avoid trans fats
- Limit food sources of cholesterol
- Choose high-fibre foods, such as whole, unprocessed fruit, fresh vegetables and grains like barley, brown rice and multigrain pasta

Be sure to read the **ingredient list** on food packages and check the **nutrition label** to get the full details of what you're eating.

## Get active

As described earlier, regular physical activity can help with your overall diabetes management and improve your cardiovascular health. Aim to get active at least 150 minutes per week, such as one 30-minute session or three 10-minute sessions, five days per week.

# Diabetes Management: Alcohol And Diabetes

As a general rule, there's no need to avoid alcohol because you have diabetes. It's okay to drink alcohol in moderation ONLY if you:

- Have your diabetes under control;
- Are free from health problems that alcohol can make worse, such as disease of the pancreas, eye disease, high blood pressure, high triglycerides, liver problems, nerve damage or stroke; and
- Know how to prevent and treat low blood glucose.

Otherwise, you should speak to your diabetes educator or healthcare professional before drinking alcohol. Whether you have diabetes or not, drinking alcohol in moderation means no more than two drinks per day if you are a man and no more than one drink per day if you are a woman.

## Risks for people with diabetes

Alcohol can:

- Affect judgment
- Provide extra calories that can make weight loss or management a challenge
- Increase blood pressure
- Contribute to sexual difficulties
- Damage the brain and nerves
- Increase your triglycerides
- Contribute to inflammation of the pancreas
- Lead to dehydration – this is very dangerous in someone with high blood glucose
- Increase the risk of various cancers over time
- Increase the risk of personality change such as depression or aggression
- Worsen eye disease
- Damage your liver over time

## Precautions to take

Drinking alcohol can increase your risk of having low blood glucose. To reduce this risk, take the following precautions:

### Before drinking alcohol:

- Eat regular meals, take your medication(s) and check your blood sugar level frequently.
- Always have a treatment for low blood sugar with you, such as three glucose tablets, six Life Savers® or 1/2 cup regular pop.
- Make sure someone with you knows your signs and symptoms of low blood sugar and how to treat it so they can help you.
- Be aware that glucagon, a treatment for low blood sugar, will not work while alcohol is in your body – make sure that someone knows to call an ambulance if you pass out.
- Wear diabetes identification such as a MedicAlert® bracelet.

### While drinking alcohol:

- Eat carbohydrate-rich foods when drinking alcohol.
- Eat extra carbohydrate-rich foods if you are dancing, playing sports or doing other physical activity.
- Always pour your own drinks. Use less alcohol and stretch your drinks with sugar-free mixes.
- Drink slowly. Make your second drink without alcohol.

### After drinking alcohol:

- Tell a responsible person that you have been drinking and ask them to check for low blood sugar symptoms.
- Check your blood sugar before going to bed. Eat a carbohydrate snack if your blood sugar is lower than usual.
- If you have Type 1 diabetes, be aware of the risk of morning hypoglycemia if alcohol is consumed two to three hours after the previous evening's meal.
- Set an alarm or have a responsible person wake you up through the night and early morning – a delayed low blood sugar can occur anytime up to 24 hours after drinking alcohol.
- Get up on time the next day for any food, medication or insulin you normally take. Missed medication or insulin can lead to high blood sugar, ketones and diabetic ketoacidosis (DKA).

# Financial Assistance Programs

In Ontario, there are a number of financial assistance programs to help offset some of the costs associated with diabetes care. For further information about a program, please call the number listed or visit the website.

Program	Contact Information	About The Program	Who is Eligible?	Additional Information
<b>Ontario Monitoring for Health Program (MFHP)</b> Administered by the Canadian Diabetes Association and funded by the Ministry of Health and Long-Term Care	Toll free: 1-800-361-0796 <a href="http://www.diabetes.ca/Section_Regional/ontario_mfhp.asp">www.diabetes.ca/Section_Regional/ontario_mfhp.asp</a>	The MFHP covers: 75% of the cost of blood testing strips and lancets, up to an annual limit of \$600 75% or \$75 (whichever is less) for a blood glucose meter, once every 5 years 75% or \$300.00 (whichever is less) towards the purchase of a 'talking glucose meter', when there is visual impairment, once every 5 years	Applicants must be: Taking insulin to manage diabetes or have gestational diabetes; Resident of Ontario with a valid Health Card; Receiving no other coverage for the supplies being claimed.	A doctor's note verifying visual impairment is required for anyone claiming for reimbursement of a 'talking meter' Ask your local pharmacy if they participate in Third Party Billing, whereby you will only be required to pay for 25% of the cost of supplies covered upfront
<b>Ontario Drug Benefit Plan (ODB)</b> Ministry of Health and Long-Term Care	Toll free: 1-888-405-0405 <a href="http://www.health.gov.on.ca/english/public/pub/drugs/odb.html">www.health.gov.on.ca/english/public/pub/drugs/odb.html</a>	Drug products must be prescribed by an authorized Ontario prescriber. The ODB Program covers: Approximately 3,000 quality-assured prescription drug products A number of limited-use drug products Some nutritional products and diabetes testing supplies	An Ontario resident with a valid Health Card; and Receiving Social Assistance, or Using the Trillium Drug Program, or A senior (65+), or A resident of a long-term care facility or Homes for Special Care, or People receiving professional services under the Home Care program	If a particular drug is not covered by the ODB, individuals are eligible to apply through the ministry's Individual Clinical Review (ICR/Section 8) mechanism on a case-by-case basis. Please speak to your physician about this process. Depending on income, some seniors may be required to pay a \$100 deductible and \$6.11 dispensing fee. All other ODB eligible people, including Trillium Drug Program recipients, may be asked to pay up to \$2 each time they fill a prescription

# Financial Assistance Programs

Program	Contact Information	About The Program	Who is Eligible?	Additional Information
<b>Trillium Drug Program (TDP)</b> Ministry of Health and Long-Term Care	Toll free: 1-800-575-5386 <a href="http://www.health.gov.on.ca/english/public/pub_drugs/trillium.html">www.health.gov.on.ca/english/public/pub_drugs/trillium.html</a>	The TDP is intended for Ontarians who have high prescription drug costs in relation to their net household income  The TDP provides coverage for prescription drug products listed on the Ontario Drug Benefit Formulary, a number of limited-use drug products, and some nutritional products and diabetes testing supplies	An Ontario resident with a valid Health Card; and  You don't have private insurance coverage or if your private insurance does not cover 100% of your prescription drug costs;  You are not eligible for drug coverage as another category of recipient under the Ontario Drug Benefit (ODB) Program	Before you receive coverage for eligible prescription drug products, your household must pay for a set amount of your prescription drug purchases. The deductible is paid in four installments over the program year and is based on net household income and household size.  To ensure coverage under the program, check with your pharmacist or health care provider to make sure your prescriptions are eligible drug costs.
<b>Assistive Devices Program (ADP)</b> Ministry of Health and Long-Term Care	Toll free: 1-800-268-6021 <a href="http://www.health.gov.on.ca/english/public/pub/adp/about.html">www.health.gov.on.ca/english/public/pub/adp/about.html</a>	ADP helps people who have long-term physical disabilities get needed equipment and supplies. (wheelchairs, prosthetic limbs etc..)	Any Ontario resident who has a long-term physical disability and a valid Health Card.	Contact ADP directly or go to the website to receive/view fact sheets and application forms for the equipment or supplies that you need.
<b>Syringes for Seniors Program</b> Ministry of Health and Long-Term Care, Assistive Devices Program	Toll free: 1-800-268-6021 <a href="http://www.health.gov.on.ca/english/public/pub/adp/diabetic.html">www.health.gov.on.ca/english/public/pub/adp/diabetic.html</a>	Provides assistance for the purchase of syringes and needles for Seniors (65+) Annual grant of \$170	Ontario resident with a valid Health Card; and  Senior (65+)	Ask your pharmacist for a note indicating that you take insulin and submit with application

# Financial Assistance Programs

Program	Contact Information	About The Program	Who is Eligible?	Additional Information
<b>Insulin Pump and Supplies Program</b> Ministry of Health and Long-Term Care, Assistive Devices Program	Toll free: 1-800-268-6021 <a href="http://www.health.gov.on.ca/english/public/pub/adp/insulin.html">www.health.gov.on.ca/english/public/pub/adp/insulin.html</a>	Provides 100% of an approved price (\$6,300) for the purchase of ADP registered insulin pumps Yearly grant of \$2,400 for related supplies (4 cheques of equal amounts)	Ontario resident with a valid Health Card and meets the established eligibility criteria. Currently the program only covers individuals with Type 1 diabetes.	An ongoing commitment to blood glucose monitoring, the safe and appropriate use of the insulin pump, participation in an insulin pump education program and regular diabetes clinic attendance must be demonstrated to an assessment team
<b>Lilly Canada Cares Insulin Assistance Program</b>	Toll free: 1-888-545-5972	Provides Lilly insulin products (up to a 3-month supply with each claim) to individuals who cannot afford them and do not have government or private insurance	Patients requiring insulin whose household incomes fall below Statistics Canada Low-Income Cut-Off levels Must have no other private or government health insurance	Ask your healthcare provider about how they can apply for assistance on your behalf by completing and submitting the required program application forms. Insulin will be delivered to the designated Diabetes Education Centre.

# Financial Assistance Programs

Program	Contact Information	About The Program	Who is Eligible?	Additional Information
<b>Social Assistance and Disability Support Programs</b> Ministry of Community & Social Services	Refer to your local Blue Pages for local phone numbers	Prescription drugs and test strips are covered through ODB 75% of the cost of lancets is covered by the MFHP (25% is covered by Social Assistance) Additional management costs should be worked into cost	Ontario residents receiving social assistance (Ontario Works, Ontario Disability Support Program)	For those on social assistance, but not using insulin, full coverage Is received from social assistance program If you disagree with a decision or feel that you have been unfairly assessed, you may contact the <b>Social Benefits Tribunal</b> to appeal the decision <b>1-800-753-3895</b>
<b>The Diabetes Hope Foundation</b>	Tel: (905) 670-0557 Email: info@diabeteshopefoundation.com www.diabeteshopefoundation.com	Assists children, adolescents and their families to cope with the financial strains and burdens associated with diabetes Includes scholarship opportunities and medical assistance programs	Contact the organization directly to find out more	
<b>S.U.G.A.R.</b>	Tel: 905-632-0932 Email: info@sugarcharity.org www.sugarcharity.org	Provides assistance for people with diabetes to access the devices and supplies that they need	Contact the organization directly to find out more	Assistance offered varies depending on donations and support to the charity

# Central East LHIN Diabetes Education Centres

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## **CENTRAL/DURHAM**

### **Brock Community Health Centre**

1 Cameron Street East  
PO Box 69  
Cannington, Ontario  
LOE 1E0  
Tel: 705 432-3322

### **Charles H. Best Diabetes Centre (Type 1 only)**

900 Victoria Street West  
Whitby, Ontario  
L1N 9Z5  
Tel: 905 666-7796

### **Durham Region Diabetes Network**

47 Liberty Street South  
Bowmanville, Ontario  
L1C 2N4  
Tel: 905 623-3331 ext 1596

### **Lakeridge Health Network**

47 Liberty Street South  
Bowmanville, Ontario  
L1C 2N4  
Tel: 905 576-8711 ext 3726

### **Lakeridge Health Network**

451 Paxton Street, Box 960  
Port Perry, Ontario  
L9L 1A8  
Tel: 905 576-8711 ext 3726

### **Markham Stouffville (Uxbridge Cottage) Hospital**

4 Campbell Drive  
PO Box 5003  
Uxbridge, Ontario  
L9P 1S4  
Tel: 905 852-9771

### **Oshawa Community Health Centre**

115 Grassmere Avenue  
Oshawa, Ontario  
L1H 3X7  
Tel: 905 723-0036

### **Rouge Valley Health System Ajax Pickering**

580 Harwood Avenue  
Ajax, Ontario  
L1S 2J4  
Tel: 905 683-2320

### **Saint Elizabeth Health Care System**

90 Allstate Parkway  
Suite 300  
Markham, Ontario  
Tel: 905 940-9655

## **EAST**

### **Campbellford Memorial Hospital**

146 Oliver Road  
Campbellford, Ontario  
K0L 1L0  
Tel: 705 653-1140 ext 2220

### **Northumberland Hills Hospital (NHH)**

1000 DePalma Drive  
Cobourg, Ontario  
K9A 5W6  
Tel: 905 372-6811 ext 3047

### **Peterborough Regional Health Centre (PRHC)**

1 Hospital Drive  
Peterborough, Ontario  
K9J 7C6  
Tel: 705 743-2121 ext. 2364

### **Port Hope Community Health Centre**

121-C Toronto Road  
Port Hope, Ontario  
L1A 3S6  
Tel: 905 885-2626

## **NORTH**

### **Haliburton Highlands Health Services(HHHS)**

7199 Gelert Road  
Haliburton, Ontario  
Tel: 705 457-1392 ext 228

### **Ross Memorial Hospital (RMH)**

10 Angeline Street North  
Lindsay, Ontario  
K9V 4M8  
Tel: 705 324-6111 ext 4427

## **WEST**

### **Rouge Valley Health System Centenary**

2867 Ellesmere Road  
Scarborough, Ontario  
M1E 4B9  
Tel: 416 284-8131

### **The Scarborough Hospital (TSH)**

**General Campus**  
3050 Lawrence Avenue East  
Scarborough, Ontario  
M1P 2V5  
Tel: 416 438-2911 ext 8149 or 6464

#### **Grace Campus**

3030 Birchmount Road  
Scarborough, Ontario  
M1W 3W3  
Tel: 416 495-2400 ext 5323

### **West Hill Community Services**

3545 Kingston Road  
Scarborough, Ontario  
M1M 1R6  
Tel: 416 847-4160

# Resource Guide **Contacts**

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## **Canadian Diabetes Association**

### **GTA Regional**

#### **Leadership Centre**

235 Yorkland Boulevard, Suite 200  
Toronto, Ontario  
M2J 4Y8  
Tel: 416 363-0177  
Fax: 416 491-8927  
www.diabetes.ca

### **Lindsay & District Branch c/o AXIS Victoria Drug Mart**

189 Kent Street West  
Lindsay, Ontario  
K9V 5G6  
Tel: 705 878-0131  
e-mail: cdalindsay@sympatico.ca

### **Peterborough Branch (Kawarthas/Lakeshore)**

294 Rink Street, Suite 102  
Peterborough, Ontario  
K9J 2K2  
Tel: 705 742-2733  
Fax: 705 742-1185  
E-mail: kawarthas@diabetes.ca

## **Canadian Mental Health Association**

### **Durham Region Branch**

60 Bond Street West  
Oshawa, Ontario  
L1G 1A5  
Tel: 905 436-8760  
Fax: 905 436-1569  
cmha@cmhadurham.org  
www.cmhadurham.org

### **Kawartha Lakes Branch**

2 Kent Street West, 2nd Floor  
Lindsay, Ontario  
Tel: 705 328-2704  
Fax: 705 328-2456  
www.cmhakawarthalakes.ca

## **Ontario Division**

2301 - 180 Dundas Street West  
Toronto, Ontario  
M5G 1Z8  
Tel: 416 977-5580  
Fax: 416 977-2813  
info@ontario.cmha.ca  
http://www.ontario.cmha.ca

### **Peterborough Branch**

466 George Street North  
Peterborough, Ontario  
K9H 3R7  
Tel: 705 748-6711  
Fax: 705 748-2577  
info@peterborough.cmha.on.ca  
www.peterborough.cmha.on.ca

## **Canadian National Institute for the Blind Central Region**

### **Serving areas surrounding Toronto, Oshawa and Peterborough.**

615 Davis Drive, Suite 200  
Newmarket, Ontario  
L3Y 2R2  
Tel: 905 898-6413  
Toll-free: 1 800 563-0887  
TTY: 905 898-1069  
Fax: 905 868-9572  
www.cnib.ca

## **Central East CCAC Branch Offices**

All branch offices are open Monday  
- Friday, 8:30 a.m. - 4:30 p.m. Service  
is available after 4:30 p.m. and on  
weekends and statutory holidays.  
Please contact your local branch  
for information.

### **Campbellford Branch**

119 Isabella Street, Unit 7  
Campbellford, Ontario  
K0L 1L0  
Tel: 705 653-1005  
Toll Free: 1 800 368-8053  
Fax: 705 653-1300

## **Haliburton Branch**

Box 793, 13321 Highway 118  
Haliburton, Ontario  
K0M 1S0  
Tel: 705 457-1600  
Toll Free: 1 800 368-8027  
Fax: 705 457-2651

### **Lindsay Branch**

370 Kent Street West  
Lindsay, Ontario  
K9V 6G8  
Tel: 705 324-9165  
Toll Free: 1 800 347-0285  
Fax: 705 324-0884

### **Peterborough Branch**

700 Clonsilla Avenue, Suite 202  
Peterborough, Ontario  
K9J 5Y3  
Tel: 705 743-2212  
Toll Free: 1 888 235-7222  
Fax: 705 743-9559  
TTY: 705 743-7939

### **Port Hope Branch**

151A Rose Glen Road  
Port Hope, Ontario  
L1A 3V6  
Tel: 905 885-6600  
Toll Free: 1 800 347-0299  
Fax: 905 885-6222

### **Scarborough Branch**

1940 Eglinton Avenue East  
3rd Floor  
Scarborough, Ontario  
M1L 4R1  
Tel: 416 750-2444  
Toll Free: 1 866 779-1931  
Chinese Line: 416 701-4806  
Fax: 416 750-8234

**Whitby Branch (Head Office)**  
209 Dundas Street East, 5th Floor  
Whitby, Ontario  
L1N 7H8  
Tel: 905 430-3308  
Toll Free: 1 800 263-3877  
Fax: 905 430 3297

**French Line:** 416 701-4646  
or 1 877 701-4646  
[www.ce.ccac-ont.ca](http://www.ce.ccac-ont.ca)

**Centre for Addiction and  
Mental Health (CAMH)**  
Tel: 416 535-8501  
[www.camh.net](http://www.camh.net)

**Community Resource  
Connections of Toronto (CRCT)**  
366 Adelaide Street East, Suite 230  
Toronto, Ontario  
M5A 3X9  
Tel: 416 482-4103  
Fax: 416 482-5237  
[crct@crct.org](mailto:crct@crct.org)  
[www.crct.org](http://www.crct.org)

**Heart and Stroke Foundation  
Durham Regional Office:  
Supporting Oshawa, Ajax,  
Pickering, Whitby**  
Supporting Oshawa, Ajax,  
Pickering, Whitby  
201 - 209 Dundas Street East  
Whitby, Ontario  
L1N 7H8  
Tel: 905 666-3777  
Fax: 905 666-9956  
[www.heartandstroke.com](http://www.heartandstroke.com)

**Peterborough: Supporting  
Haliburton, Victoria,  
Northumberland, Campbellford-  
Seymour & Lakeshore East**  
Supporting Haliburton, Victoria,  
Northumberland, Campbellford-  
Seymour & Lakeshore East  
60 Hunter Street East, Unit #1,  
2nd Floor  
Peterborough, Ontario  
K9H 1G5  
Tel: 705 749-1044  
Fax: 705 749-1470

**Toronto Office: Supporting  
the City of Toronto**  
Supporting the City of Toronto  
2300 Yonge Street, Suite 1300  
Toronto, Ontario  
M4P 1E4  
Tel: 416 489-7111  
Fax: 416 489-6885

**The Kidney Foundation  
of Canada  
Ontario Branch**  
700-15 Gervais Drive  
Toronto, Ontario  
M3C 1Y8  
Tel: 416 445-0373  
Fax: 416 445-7440  
Toll Free: 1 800 387-4474  
[kidney@kidney.on.ca](mailto:kidney@kidney.on.ca)  
[www.kidney.on.ca](http://www.kidney.on.ca)

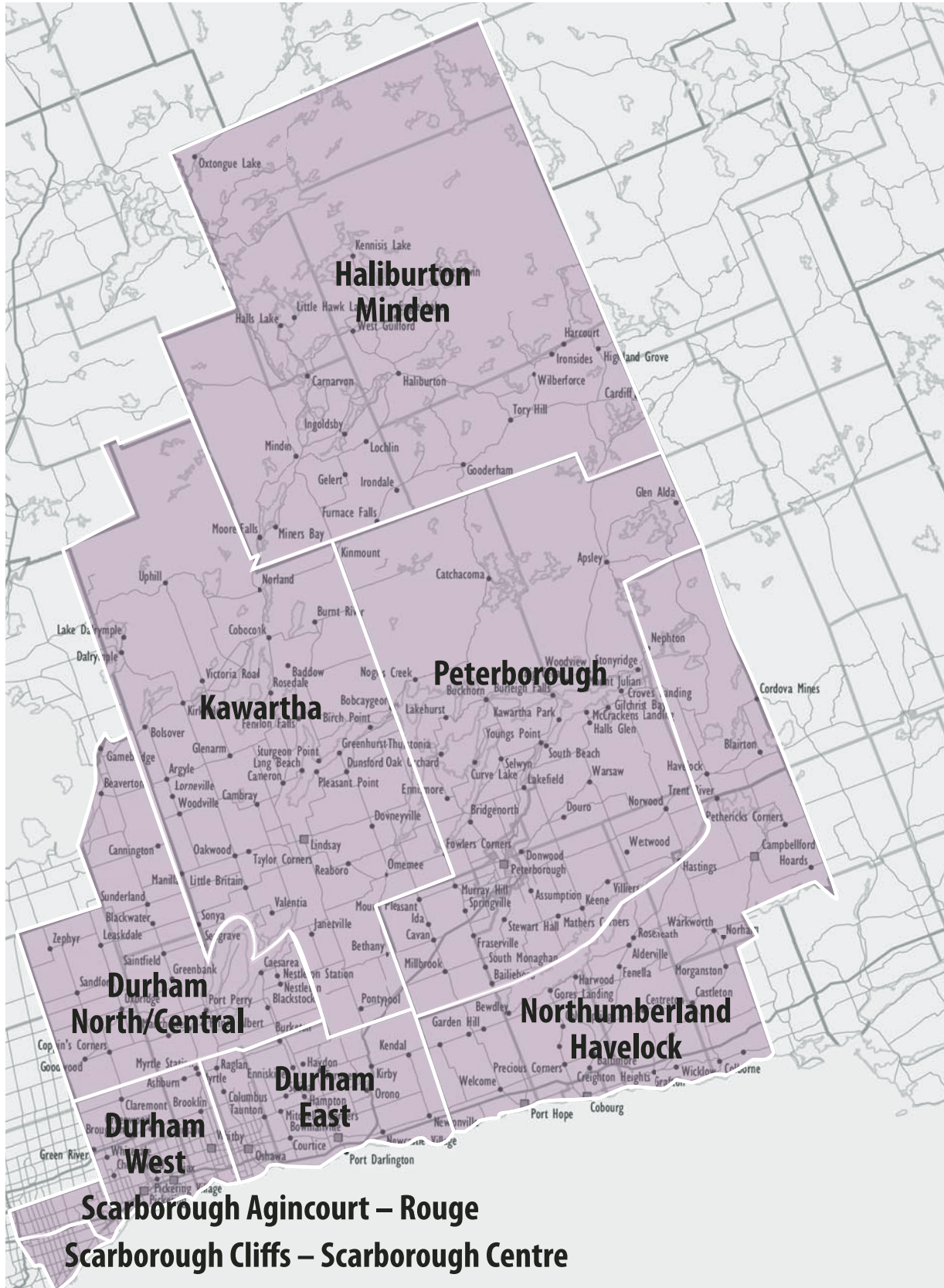
**Whitby Mental Health Centre,  
Metabolic and Weight  
Management Clinic**  
700 Gordon Street  
Whitby, Ontario  
L1N 5S9  
Tel: 905 668-5881 ext 6312

## WITH SPECIAL THANKS

### Central East LHIN Diabetes Project Team Members

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Janice Stringham  
Giselle Sicchia  
Jeanne Thomas, CE LHIN  
Murad Younis

# Central East LHIN: Map



# Getting the most out of life with diabetes

This means having confidence to manage all aspects of life – including emotions and daily activities as well as the medical side. We call these skills “self-management” skills.

There is a *free*, fun and effective self-management program available in our Central East region of Ontario called **Living a Healthy Life with Chronic Conditions**. This workshop was developed and researched at Stanford University and is now offered around the world!



Central East Self-Management Training Program

## FREE Six-Week Workshop

(2½ hours per week for six weeks)

Offered in communities all across  
Central East LHIN

**Caregivers welcome.**

You will receive a copy of the book  
“Living a Healthy Life with  
Chronic Conditions.”

### Session One

- Differences between acute and chronic conditions
- Using the mind for symptom management
- Action Plans (all 6 sessions)

### Session Two

- Difficult Emotions
- Intro to Physical Activity

### Session Three

- Better Breathing
- Muscle Relaxation
- Pain and Fatigue Management
- Endurance Exercise

### Session Four

- Healthy Eating
- Future Plans for Health Care
- Communication
- Problem Solving

### Session Five

- Medications
- Making Treatment Decisions
- Depression Management
- Positive Thinking
- Guided Imagery

### Session Six

- Working with your health care professional
- Working with the health care system
- Looking back and planning for the future

**Pre-registration required.**

**For more information about this program or to register please e-mail or call:**

[healthylifeworkshop@ce.ccac-ont.ca](mailto:healthylifeworkshop@ce.ccac-ont.ca)

**866 779 1931 x7200**

(After January 17, 2009: **866 779 1931 x5545**)

Coming Soon: [www.healthylifeworkshop.ca](http://www.healthylifeworkshop.ca)

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