Self-Management

Why is managing my diabetes so important?

Self-management includes:

- eating well
- maintaining a healthy weight
- being active
- taking prescribed medications
- monitoring your blood sugars
- checking your feet daily and seeking footcare as needed
- completing regular eye exams
- managing life stressors and seeking counseling support as needed

Living well with diabetes reduces your risk of complications.

Our diabetes educators are **Registered Nurses and Registered Dietitians.** We will meet with you individually for your first appointment and will follow-up with you as needed.



What is Type 1 Diabetes?

Type 1 diabetes develops when the pancreas **stops producing** insulin, preventing glucose from entering the muscle or other body cells.

Type 1 diabetes usually occurs under the age of 30.

What is Type 2 Diabetes?

Type 2 diabetes develops when the body does not respond properly to insulin. Insulin is still being made by the pancreas, but there may be less of it or it may not work effectively.

Type 2 diabetes is the most common type of diabetes and usually occurs in people over 30.

What is Prediabetes?

Prediabetes refers to blood glucose levels that are **higher than normal** but not high enough to be diagnosed with Type 2

Diabetes.



Diabetes Management Centre



Barrie Community Health Centre

490 Huronia Road (South of Big Bay Point Rd, behind the Urgent Care Centre)

> Phone: 705-734-9690 Fax: 705-719-4877

About our Diabetes Management Centre

The Barrie Community Health Centre's Diabetes Management Centre offers education and support to help you manage your diabetes.

Our Team

- Endocrinologists
- Registered Dietitians
- Registered Nurses
- Physiotherapists
- Community Health Workers

Different Program Options

As a client of ours, you can join any of Barrie Community Health Centre's programs:

- One-on-one counseling sessions
- Group education
- Follow up sessions
- Support groups
- Cooking demonstrations
- Walking programs
- Fitness for Health

WHAT we do

- Group sessions cooking demos, education, exercise
- Individual appointments with Nurses and/or Dietitians
- Specialist care
- Education and support for adults living with:
 - o Diabetes in pregnancy
 - Type 1 diabetes
 - Type 2 diabetes
 - o Prediabetes
- Insulin pump initiation and support
- On-going follow up directed by the needs of the individual living with diabetes
- On-going support can be in-person, by phone or video-conference via personal device

WHO is part of your team

- YOU are the leading member of your team.
- Your family or other support persons
- Your family doctor
- Your diabetes specialist
- Nurses
- Dietitians
- Other Health Care Professionals as needed to help you

HOW

you become part of the program

- You can be referred by:
 - Self-referral via referral form found on our website (www.bchc.ca) or for pick up at our location
 - Any health professional you see: doctor, nurse practitioner, nurse, dietitian, social work, etc
- Your family doctor or nurse practitioner can refer you to our diabetes specialists

WHERE

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