



Information vital in managing Diabetes

“Living with Diabetes” Resource Guide available across the Central East LHIN

NEWS

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A new resource guide entitled “Living with Diabetes – What you should know” is now available in pharmacies, doctors’ offices and Diabetes Education Centres across the Central East LHIN. This is welcome news for the over 100,000 people and their families who are currently living with diabetes in the Central East LHIN.

The guide, which provides information on preventing and managing diabetes, has tips on healthy eating and physical activity along with a listing of local resources that people can access for support and guidance.

Developed by a team of local diabetes experts, the guide aims to educate and inform health care providers, physicians and people with diabetes about diabetes services in the Central East LHIN and the recently announced Canadian Diabetes Association Clinical Practice Guidelines.

QUOTES

“The project team worked very hard on producing this resource guide,” said team member Heather Munro, a Certified Diabetes Educator and the Coordinator of the Scarborough Community Diabetes Program at West Hill Community Services in Scarborough. “Ensuring that the guide is delivered across the LHIN and having hosted two education sessions for diabetes providers were real accomplishments.”

“If left untreated diabetes can lead to serious complications including heart disease and stroke,” said Dr. David McNeill, project team member and primary care physician for the Whitby Mental Health Centre Metabolic and Weight Management Clinic. “The good news is that many people can delay or prevent Type 2 diabetes by changing their eating habits and exercising more.”

“Educational projects like this are an important tool in the fight against a serious and growing issue,” said David Caplan, Minister of Health and Long-Term Care. “Helping people prevent and manage diabetes means healthier, happier lives and fewer serious health complications in the long run.”

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QUICK FACTS

- The three main types of diabetes include Type 1 – usually diagnosed in children when the pancreas is unable to produce insulin; Type 2 – usually diagnosed in adults when the pancreas does not produce enough insulin or the body doesn't use it effectively; Gestational diabetes – a temporary condition that occurs in approximately 3.5 per cent of all pregnancies and can lead to an increased risk for the mother or child in the future.
- 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.
- The Canadian Diabetes Association recommends that people 40 and older be screened for Type 2 diabetes every three years.

LEARN MORE

Download a copy of the [“Living with Diabetes – What you should know”](#) resource guide from the Central East LHIN website.

Talk to your healthcare team about managing your diabetes targets including blood sugar, blood pressure and cholesterol levels. To learn more about these topics visit the Canadian Diabetes Association at diabetes.ca or call 1-800-BANTING (226-8464)

For more information:

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