



MONTFORT

Équipe de santé familiale académique
Academic Family Health Team

DIABETES PROGRAM



Are you ready to take your health into your own hands?



Without lifestyle changes, the majority of people who do not manage their diabetes will progress to **develop complications such as damage to their eyes, kidneys, nerves and blood vessels.**

What is Diabetes?

Diabetes refers to blood glucose (sugar) levels that are higher than normal. This can be caused by a lack of insulin production or the inability of your body to properly respond to insulin.

Insulin is the hormone responsible for keeping your blood glucose in check.

	Normal	Pre-diabetes	Diabetes
Fasting blood sugar	3.6 - 6.0	6.1 - 6.9	higher than 7
Blood sugar 2 hours after a meal	less than 7.8	7.8 - 11.0	higher than 11.1

If your blood glucose values fall within the values in the 'diabetes' column highlighted in gray in the table above, you might be eligible to participate in this program. Please talk to your healthcare provider for more information.

If your values fall within the 'pre-diabetes' column, talk to your healthcare provider about participation in our diabetes prevention program.

If your values fall within the normal range and you would like more information on diabetes prevention, consult the Canadian Diabetes Association website: www.diabetes.ca

The Monfort Academic Family Health Team's Diabetes Program

Our diabetes program will empower you to manage your own health. With this **free** program, you will learn ways to better manage your blood glucose (sugar) and prevent unfavorable health outcomes. The MAFHT multidisciplinary team of health care professionals will help you to increase your knowledge, skills, and confidence in adopting healthier lifestyle behaviors through:

- Group educational sessions with other participants who face similar challenges
- Interactive discussions and practical activities
- One-on-one clinical visits
- Medication review
- Risk assessment
- Individual goal setting

**YOU CAN
MANAGE
YOUR DIABETES!**



Overview of Educational Group Sessions

- *How Diabetes Works*

Overview of diabetes and modifiable risk factors. Learn how to better self-manage your high blood glucose (sugar) by setting SMART goals for healthier lifestyle behaviors.

- *Healthy Eating with Diabetes*

Overview of diet choices as they relate to diabetes. Learn about meal timing, portion size, plate method and how to read nutrition labels to make better food choices at home and on the go.

- *Keeping Active and Healthy Weight Loss*

Discover the link between excess weight and inactivity as it relates to diabetes. Explore strategies for healthy weight loss and learn about methods for staying motivated, coping with stress and dealing with negative thoughts.

- *Caring for your feet and Dealing with your Emotions*

Helpful tips on how to clean, care for, and protect your feet in order to prevent complications. Explore strategies to cope with the range of emotions you might experience with diabetes.

- *Program recap*

Meet with the team of health professionals to have all your questions answered. Receive a summary of your progress.

Studies have proven that lifestyle modifications can help improve weight management, fitness, blood sugar control and cardiovascular risk factors.

(CDA 2013)

Join us to learn how to manage diabetes!

- French or English sessions available.
- Sessions offered by a Registered Practical Nurse and a Registered Dietitian.
- A family member or friend is welcome to attend with you.
- Now accepting referrals.

Register today!

Talk to your health care provider to see if the Diabetes Program is a good option for you.

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