

How can I access these services?

Any person may contact the *Diabetes & Heart Health Centre* for an appointment.

Contact Information

(All services are free of charge)

Tisdale & Area

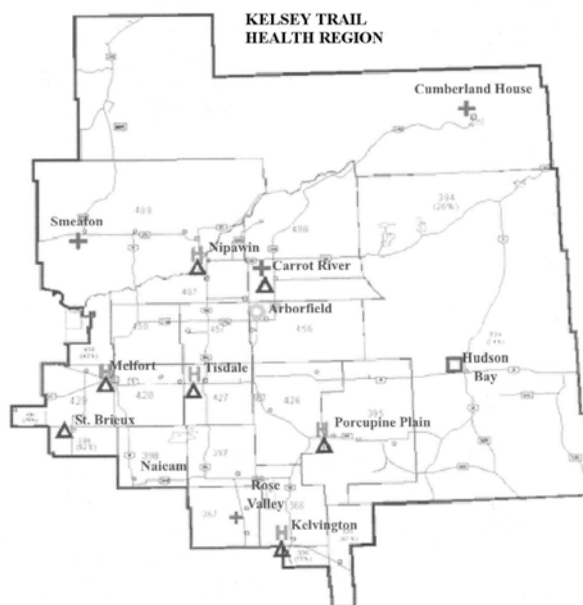
Call (306) 873-3760 to arrange for an appointment in Tisdale, Hudson Bay, Porcupine Plain, Rose Valley or Kelvington.

Nipawin & Area

Call (306) 862-9822 to arrange for an appointment in Nipawin, Carrot River, Arborfield, Smeaton, or Cumberland House.

Melfort & Area

Call (306) 752-8700 to arrange for an appointment.



Diabetes & Heart Health Centres are a service of the KELSEY TRAIL HEALTH REGION

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at (306) 873-6600 or visit our website www.kelseytrailhealth.ca



Provincial Health Line
24 hour health advice

HealthLine
1-877-800-0002



Diabetes & Heart Health Centre

- ♥ Diabetes ♥ Pre-Diabetes
- ♥ Heart Health ♥ Cholesterol
- ♥ Blood Pressure ♥ Nutrition
- ♥ Weight ♥ Physical Activity

*“Healthy people in
healthy communities”*

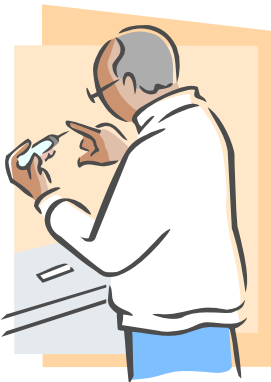
There are many health conditions that are affected by daily lifestyle choices. The ***Diabetes & Heart Health Centre*** provides information and assistance to those with or at risk of developing health conditions related to:

- ⇒ Diabetes
- ⇒ Heart attack and stroke
- ⇒ Blood pressure
- ⇒ Lipids or cholesterol
- ⇒ Nutrition
- ⇒ Weight

Diabetes

People with diabetes are key members of the health care team. This team includes the family doctor, nurse educator, dietitian, exercise therapist and other health care providers. (i.e. home care, pharmacist)

Diabetes Education helps people to take action and make informed choices about their health.



Diabetes Education is an ongoing process. People's needs change over time... routines change and so does the body's ability to use sugar for energy.



The Diabetes & Heart Health Centre provides up-to-date information. The nurse educator, dietitian, and exercise therapist provide group classes and individual follow-up sessions.

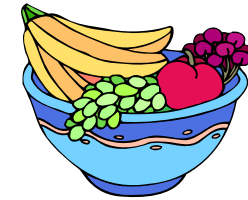
Some topics include:

- ⇒ Cause of diabetes
- ⇒ Types of diabetes
- ⇒ Nutrition (healthy recipes, label reading, fibre, alcohol, etc.)
- ⇒ Insulin and diabetes pills
- ⇒ Foot and skin care
- ⇒ Illness and diabetes
- ⇒ Complications of diabetes
- ⇒ Effects of stress on diabetes
- ⇒ Self monitoring of blood sugars
- ⇒ Developing an exercise program to suit your lifestyle and individual goals
- ⇒ Traveling with diabetes

Heart Health

Some issues may include:

- ⇒ High blood pressure
- ⇒ High cholesterol
- ⇒ Weight management
- ⇒ Identifying risk factors for developing heart disease
- ⇒ Dealing with heart attack & stroke
- ⇒ Understanding heart tests and procedures (i.e. angiogram, stents, bypass surgery, etc.)



Nutrition

General and therapeutic nutrition information. Some nutrition concerns may include:

- ⇒ Healthy eating
- ⇒ Food allergies
- ⇒ Diverticular disease
- ⇒ Gout
- ⇒ Inflammatory bowel disease
- ⇒ Gall bladder problems
- ⇒ Celiac disease