

For further information call us at:

Monday – Friday
8:00 am to 4:00 pm
Tel: 604-984-5752
Fax: 604-904-6172

Diabetes Education Centre

Join us for
information &
education

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The information in this document is intended solely for the
person to whom it was given by the health care team.
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North Shore Chronic Disease
Education Services
West Vancouver Community Health Centre
2121 Marine Drive, 2nd Floor #241
West Vancouver, BC V7V 4Y2
Tel: 604 984-5752
Fax: 604-904-6172

Education is an extremely important aspect of the treatment plan for people who have diabetes or prediabetes.

The Diabetes Education Centre has a team of health care professionals. They can help you learn or update the skills and knowledge you need for healthy living.

According to your needs, you have access to:

- Nurses
- Dietitians
- Physicians
- Exercise and Lifestyle consultant

Topics include

- Living with Diabetes and Prediabetes
- Meal Planning
- Carbohydrate Counting
- Exercise
- Taking Care of Your Feet
- Blood Sugar Monitoring
- Medications
- Insulin Pump Therapy
- Community Resources

and much, much more

Education is available for people of all ages and stages

Education for the Person with Newly Diagnosed Diabetes

Have you just been told you have diabetes? Join with others in learning what it is all about.

Prediabetes (Impaired Glucose Tolerance)

Join with others to learn how to prevent or delay diabetes.

Diabetes Education Update

If you have had type 1 or type 2 diabetes for some time, you will want to re-evaluate your present lifestyle and management.

Diabetes in Pregnancy

This is a must for pregnant women who have type 1, type 2 or gestational diabetes.

Diabetes and Prediabetes Children and Adolescents

Meet with a Pediatric Endocrinologist, Nurse and Dietitian to review your diabetes management.

Individual Counselling

Do you need help in achieving your goals in managing your diabetes? You can arrange to talk individually to a nurse or dietitian.