

Day 4 - Review Day

How are you doing?

Improve your health. Review and add to the information from your previous sessions.

Topics include:

Nurse

- Review your current and past blood tests.
- Goals for the future.

Dietitian

- Review food choices and meal planning.
- Exchange information. What worked for others can work for you too! Come share and learn.

For more copies, go online at <http://vch.eduhealth.ca> or email pheem@vch.ca and quote Catalogue No. **FL.815.Se57**
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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.
www.vch.ca

Diabetes
Education Centre

Are you a Senior with Type 2 Diabetes?

Here's what you
should know

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

Day 1 - The Basics

Learn the basics of diabetes self-management.

Topics include:

Nurse

- What is diabetes?
- How can I manage it?

Dietitian

- The ABC's of healthy eating

During this session you will have your blood sugar and blood pressure checked.

For clients who are currently smoking, a referral to a Tobacco Cessation Counsellor will be made for information on available programs and services.

Day 2 - Beyond the Basics

Learn more details about self-management.

Topics include:

Nurse

- Staying well with diabetes
- The importance of foot care
- Why do I have to do this?

Dietitian

- Carbohydrate foods-what are they and how much can I eat
- How does alcohol affect me?

During this session you will have your blood pressure and blood sugar checked.

At 12:00 p.m. half the group will have their feet checked.

**Wear comfortable shoes.
No nylons please.**

Day 3 - More Beyond the Basics

Review the previous education information and learn more.

Topics include:

Nurse

- Travel: what do I need to know when I go on a trip?
- Have a long and healthy life with diabetes

Dietitian

- Eating for your heart
- Focus on fats. Learn what those "lipid tests" mean and what to do to make them better.

During this session you will have your blood pressure and blood sugar checked.

At 12:00 p.m. the other half of the group will have their feet checked.

**Wear comfortable shoes.
No pantyhose please.**