

Day 4 - Review Day

How are you doing?

Improve your health. Refresh your memory of diabetes management.

Topics include:

Nurse

- Review your current and past blood tests.
- Review what you can do to prevent the complications of diabetes.

Dietitian

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

The Nurse and Dietitian are available for individual consultations. There may be up to 20 people in the group.

Day 5 – Looking Forward!

Graduation Day

By now you have lots of experience with diabetes self-management. Review and upgrade your knowledge.

Topics include:

- What's new in diabetes self management
- Healthy lifestyles
- Goals for the future
- Weight management
- Blood work results
- And much, much more.

There may be up to 80 people in the group. Smaller sessions of special interest will be offered after the main introduction. Bring your questions.

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **FL.815.T98**
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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

**I Have Type 2
Diabetes**

What will I do?

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?
- What do I need to know?

Dietitian

- The ABC's of healthy eating

During the morning 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

Lunch included

Learn more details about self-management.

Topics include:

Nurse

- Taking care of your feet
- Why do I need to do this?
- What raises my blood glucose?
Interpreting all those numbers.

Dietitian

- Carbohydrate foods – what are they and how much can I eat

Exercise & Lifestyle Consultant

- Exercise – how much and what kind.
Keep yourself motivated.

During this day you will have your blood sugar and blood pressure and feet checked. The Nurse, Dietitian, exercise consultant and counsellor will see you for individual consultations.

Wear comfortable shoes and no pantyhose please.

Day 3 - More Beyond the Basics

Review the previous education information and learn more.

Topics include:

Nurse

- Staying well. Traveling with diabetes. Preventing the complications of diabetes – “Live a long and healthy life.”

Dietitian

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

During this day you will have your blood sugar and blood pressure checked. The Nurse and Dietitian are available for individual consultations.