

Victoria Diabetes Education Centre

Victoria Diabetes Education Centre offers individual appointments, classes and group sessions, and drop-in appointments.

Contact us:

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Classes/Group Sessions

START NOW (2 HOURS)

For people diagnosed with Pre-diabetes.

Overview of type 2 (what is happening in the body, risk factors, diagnosis)	Management strategies (physical activity, stress reduction, smoking cessation)
Nutrition (Carbohydrates, protein, fat , meal balance, glycemic index, fibre, portion control, weight management, sugar/sweeteners, meal timing, moderation of treats/alcohol)	

LIVING WELL (2 HOURS)

For people diagnosed with Type 2 diabetes.

Overview of type 2 (what is happening in the body, risk factors, diagnosis)	Management strategies (physical activity, stress reduction, smoking cessation)
Blood sugar targets (blood sugar monitors are not provided during this class)	Staying healthy with diabetes (blood tests that should be done regularly, overview of possible complications)
Carbohydrates, protein, fat , meal balance, glycemic index, fibre, portion control, weight management, sugar/sweeteners, meal timing, moderation of treats/alcohol.	

CRAVING CHANGE (4 2-HOUR CLASSES)

For people who are looking to change their relationship with food. Length – 4 classes, each two hours long that take place over a six-week period.

Learn to understand why you eat the way you do	Learn to comfort yourself without food
*You must have an appointment with the Dietitian prior to attending this class	

INSULIN CLASS (2 HOURS)

For people who are no longer able to meet their blood sugar targets with oral medications and are now considering insulin.

Learn about the role of insulin in diabetes management

Ask questions and address concerns regarding insulin use

Drop-in

BLOOD SUGAR MONITORING INFORMATION/CERTIFICATION

- Assess which meter is best for you
- Provide the meter and sample strips
- Teach you how and when to test safely to get the most information
- Provide information on test strip coverage

INSULIN STARTS

- Role of insulin therapy
- Proper injection technique
- Self adjustment strategies
- Carbohydrate counting
- Regular follow up

VICTOZA START

- Role of Victoza
- Proper injection technique
- Diet strategies for minimizing side effects and promoting weight loss

CONTINUOUS GLUCOSE MONITORING ASSESSMENT

- For individuals who have unpredictable blood sugars and need medications adjustments (generally for people on Insulin)
- You wear a sensor that tests your blood every 5 minutes for 5-7 days while recording what you eat and your activity level
- We download the data, interpret it, and make suggestions

INSULIN PUMP SERVICES

- Before going on a pump ask questions about if it would be work for you
- Non-biased information about all the pumps available in Canada
- In house pump training with regular follow up
- Samples of infusion sets
- Learn how to use more features of your pump