

# Campbell River Diabetes Education Centre

Campbell River Diabetes Education Centre offers individual appointments, and group classes

## Contact Us:

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## Classes/Group Sessions

### **PRE-DIABETES (2 HOURS)**

- What is pre-diabetes and what is going on in your body?
- Helpful lifestyle changes (adding physical activity., decreasing stress, smoking cessation)
- Healthy eating (food choices, portions and balancing meals)

### **NEWLY DIAGNOSED TYPE 2 DIABETES – 3 SESSIONS**

#### **Living Well with Diabetes #1 (LWD 1) 2 ½ hours with RN and RD**

How diabetes is diagnosed	Healthy eating
Lifestyle changes to control your blood glucose levels	Blood glucose monitoring

(A Pharmacare Certificate of Training will be given)

#### **LWD # 2 – 90 mins.**

1:1 in person or virtual f/u from LWD # 1	with Nurse (RN) or Dietitian (RD)
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#### **LWD # 3 – 2 ½ hours with RN, RD, DR, Fitness Specialist**

Working with your health team to avoid developing complications	Your targets for cholesterol, glucose and blood pressure and other lab values
Tips for handling stress, travelling with diabetes and managing sick days	Our doctor discusses how you can prepare for your medical visits
Our exercise therapist motivates you to be active	Medication options
Review healthy eating	Living with diabetes- the challenges!

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## **STARTING INJECTION THERAPY (INSULIN OR VICTOZA):**

Feel confident about managing injections by learning:

Proper injection technique	Carbohydrate counting
Self-adjustment strategies	Regular follow up

## **INSULIN PUMP SERVICES (ADULTS AND CHILDREN)**

Find out if a pump is a good option for you	Information provided about all the pumps available in Canada
In house pump training with regular follow up	Learn about the advanced features of your pump

**CGM – Dexcom and Libre data sharing available.**