

November is Diabetes awareness month

Diabetes is a condition that affects many people in our province. The Canadian Diabetes Association estimates over 60,000 people have diabetes in Newfoundland and Labrador. They also estimate that in 9 years that number will increase by 40%.

How do you know if you're at risk for developing type 2 Diabetes? It's recommended that everyone over the age of 40 be tested for diabetes every 3 years. When visiting your doctor ask if you've ever been checked for diabetes and whether or not you're at risk. Some of the risk factors include:

- Having high blood pressure
- Having high cholesterol
- Being overweight, especially if the weight is mostly in the tummy
- Having a parent, brother or sister with diabetes
- Being a member of a high risk group (Aboriginal, Asian, Hispanic)

If you have one or more risk factors for diabetes then you should be checked more frequently.

You can also check to see if you are at higher risk for prediabetes or type 2 diabetes by taking a 2 minutes test. Take the test by visiting: <http://www.take2minutes.ca/>. Knowing your risk can help you to make healthy choices that will reduce your risk or even prevent you from developing diabetes.

If you have already been diagnosed with prediabetes or type 2 diabetes there are many steps you can take to self-manage your condition. These include things such as:

- Taking your medication as directed
- Checking your blood sugars and knowing how to treat a low or high blood sugar
- Working with your health care team (diabetes providers, family doctor, nurse practitioner, etc.)
- Reducing stress in your life
- Making good decisions about healthier meal options
- Incorporating physical activity into your daily routine
- Enroll in the *Improving Health: My Way*, where you can learn self-management skills to minimize the effects of diabetes on your body.

There are resources to help you or your loved one if you are living with diabetes. In the Western region there are seven local diabetes teams where a diabetes educator and dietitian can help you manage your condition.

If you're interested in seeing a diabetes educator please contact the diabetes team that's closest to you.

Bay St. George . . (709) 643-5111 ext. 458
Bonne Bay (709) 458-2381 ext. 260
Burgeo (709) 886-1550
Corner Brook (709) 637-5388

Deer Lake (709) 635-7830
Port aux Basques (709) 695-6285
Port Saunders (709) 861-9126 ext. 6



Here is some additional information about our services:

- ✓ *We offer services for those with prediabetes, type 1 and type 2 diabetes or if you're pregnant and have developed diabetes.*
- ✓ *We currently accept self-referrals*
- ✓ *Services can include but are not limited to: understanding diabetes and how it affects your body, learning how to prevent complications related to diabetes, linking you with supports and resources in your community to help you eat well, be active and manage your diabetes, getting started with using insulin or an insulin pump, meal planning, foot assessments, problem solving and goal setting.*

Visit www.westernhealth.nl.ca to learn more.

Its flu season - Did you know?

People with diabetes are considered 'risk high' for developing influenza. If you are living with diabetes and receive the flu shot you may be less likely to be admitted to hospital for myocardial infarction, stroke, or heart failure. If you haven't already got your flu shot please visit the Western Health webpage at www.westernhealth.nl.ca or speak with your family doctor.

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