

How can I access these services?

Any person may contact the *Diabetes & Heart Health Centre* for an appointment.

Contact Information

(All services are free of charge)

Tisdale & Area

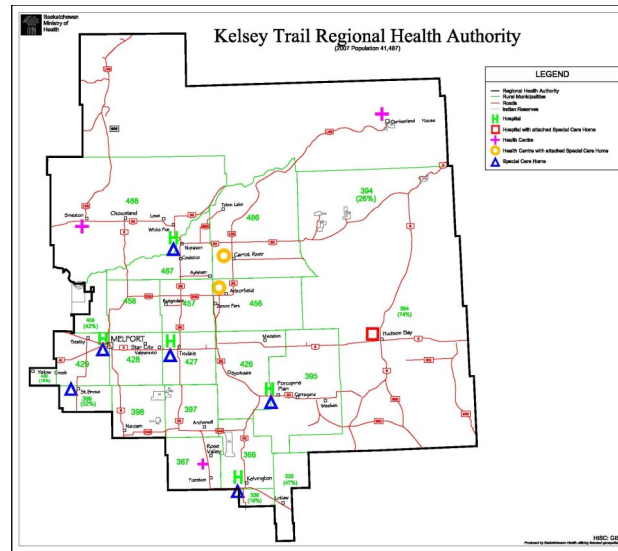
Call 306-873-3760 to arrange for an appointment in Tisdale, Hudson Bay, Porcupine Plain, Rose Valley or Kelvington.

Nipawin & Area

Call 306-862-9822 to arrange for an appointment in Nipawin, Carrot River, Arborfield, Smeaton, or Cumberland House.

Melfort & Area

Call 306-752-8700 to arrange for an appointment.



Diabetes & Heart Health Services are a service of the KELSEY TRAIL HEALTH REGION

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at 306-873-6600 or visit our website www.kelseytrailhealth.ca

Provincial Health Line — 24 hour health advice



KTHR Quality of Care Coordinator
1-877-573-6601



D H H C



Diabetes & Heart Health Centres



- ♥ Diabetes ♥ Pre-Diabetes
- ♥ Heart Health ♥ Cholesterol
- ♥ Blood Pressure ♥ Nutrition
- ♥ Weight ♥ Physical Activity

Healthy People in Healthy Communities

There are many health conditions that are affected by daily lifestyle choices. The ***Diabetes & Heart Health Centre*** provides information and assistance to those with or at risk of developing health conditions related to:



- ⇒ Diabetes
- ⇒ Heart attack and stroke
- ⇒ Blood pressure
- ⇒ Lipids or cholesterol
- ⇒ Nutrition
- ⇒ Weight

Diabetes

People with diabetes are key members of the health



care team. This team includes the family doctor, registered nurse, dietitian, exercise therapist and other health care providers (i.e. home care, pharmacist).

Diabetes Education helps people to take action and make informed choices about their health.

The Diabetes & Heart Health Centre provides up-to-date information about diabetes management.

The registered nurse, dietitian, and exercise therapist provide group classes and individual follow-up sessions.

Some topics include:

- ⇒ Cause of diabetes
- ⇒ Types of diabetes
- ⇒ Nutrition (healthy recipes, label reading, fibre, alcohol, etc.)
- ⇒ Insulin and diabetes pills
- ⇒ Foot and skin care
- ⇒ Illness and diabetes
- ⇒ Complications of diabetes
- ⇒ Effects of stress on diabetes
- ⇒ Self monitoring of blood sugars
- ⇒ Developing an exercise program to suit your lifestyle and individual goals
- ⇒ Traveling with diabetes

Heart Health

Individual and small group sessions are available to discuss issues such as:

- ⇒ High blood pressure
- ⇒ High cholesterol
- ⇒ Weight management
- ⇒ Identifying risk factors for developing heart disease
- ⇒ Dealing with heart attack & stroke
- ⇒ Understanding heart tests and procedures (i.e. angiogram, stents, bypass surgery, etc.)



Nutrition

General and therapeutic nutrition information. Some nutrition concerns may include:

- ⇒ Healthy eating
- ⇒ Food allergies
- ⇒ Diverticular disease
- ⇒ Gout
- ⇒ Inflammatory bowel disease
- ⇒ Gall bladder problems