



Type 2 diabetes *can* lead to:

Heart disease and stroke

Amputations

Nerve damage

Kidney disease

Blindness

Depression and anxiety

But it *doesn't* have to

Help prevent these complications by:

Healthy diet

A healthy diet that includes all food groups in moderation is a key component of diabetes management. Those living with diabetes don't have to follow a special diet, they just need to pay attention to portion sizes and food combinations. A Registered Dietitian can help you improve your diet through personalized advice.

Being active

Aim for 150 min/week of cardio exercise as well as resistance exercise 2-3x/week. Make sure to check with your physician before engaging in anything more strenuous than a walk.

Medication and bloodwork

Take medication as prescribed and be sure to complete blood work when a requisition is provided to you. In general you can expect to check your average blood sugar (A1C) every 3 months and cholesterol annually. Your doctor will order other bloodwork depending on your personal health information.

Monitoring your blood sugar

Self monitoring blood sugar can provide yourself and your healthcare team with a lot of information about how diet, physical activity, stress and medications are impacting your diabetes control. How often/if testing is needed is decided between you and your healthcare provider.

Annual eye exam

Over time, high blood sugars can damage your eyes, if uncontrolled this can lead to blindness. Fortunately, regular eye exams, early intervention and good blood sugar control can prevent serious eye complications.

Annual feet exam

Over time, high blood sugars can lead to nerve damage in your feet (tingling, lack of temperature and pain sensation). It is important to complete a foot exam every year to prevent and ensure problems are caught early.

Stress management

Stress contributes to elevated blood sugars as well as having a negative impact on your emotional and physical health. Try to do something you enjoy everyday (walk, talking with a friend, getting a massage etc.).

Join us on Friday November 2nd at our Bathurst Finch site for Diabetes Awareness Day!

★ Connect with others who are living with diabetes

★ Learn how to make a healthy snack

★ Get eye exam (for clients who have registered)

★ Attend workshop on oral health and foot care

★ Get free massages