



at peace with
DIABETES



Kateri Memorial Hospital Centre
Diabetes Care Program

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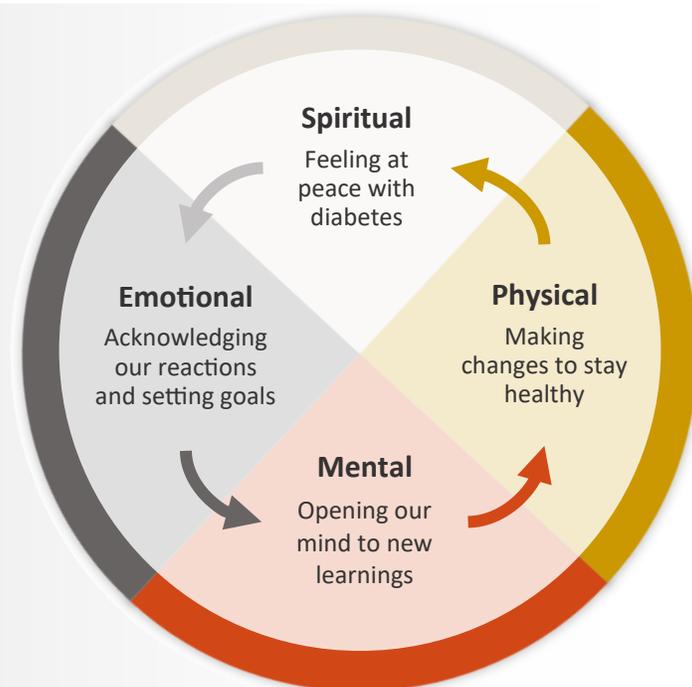
Welcome to Kateri Memorial Hospital Centre Diabetes Care Program

First learning you have diabetes may be scary or even hard to believe. Because after all, you probably don't feel much different than you felt before you were told you have diabetes. You might be worried that you won't be able to do things the way you used to or eat the foods you like. But what you might not know is that for many Kahnawákeró:non, learning about their diabetes was the first step towards finding their balance. At KMHC, many people are available to share with you useful knowledge that could help you make decisions that will help you continue enjoying life! We hope to make you feel empowered and at peace with **DIABETES**.

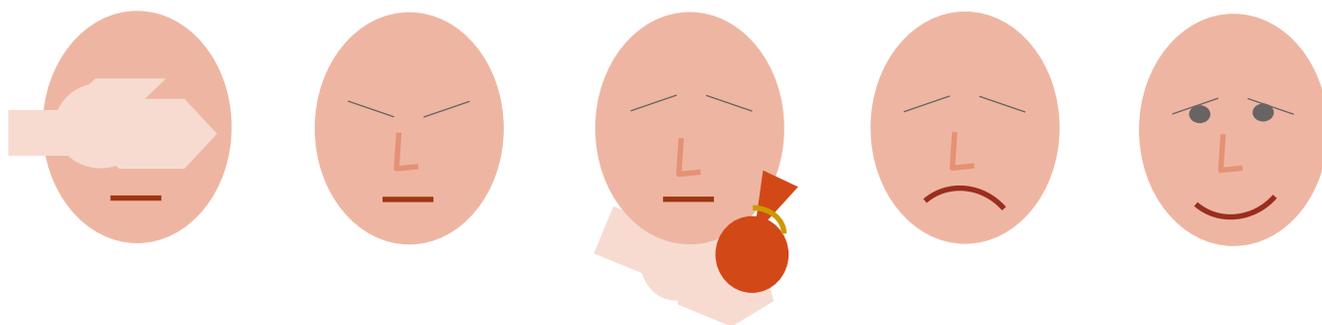


The teachings of the **medicine wheel** tell us that taking care of our body starts with acknowledging our emotions. As you begin or continue your diabetes journey, you may notice you go through mood changes. At times, you may not find the motivation to do what is needed to manage your blood sugar.

This is a **natural** and **temporary** process.



Common Feelings About Diabetes:



NUMBNESS	FEAR / ANGER	BARGAINING	SADNESS	ACCEPTANCE
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Once you feel at peace with **DIABETES**, it will become easier to make the lifestyle changes that will help you keep diabetes in check !

What is Diabetes ?

When you eat, sugar found in certain foods (**carbohydrates**) travels from your intestine, through the blood and into your body cells where it is stored for future demands of energy.

Sugar travels in the blood carried by insulin.

Think of insulin as a canoe transporting sugar.



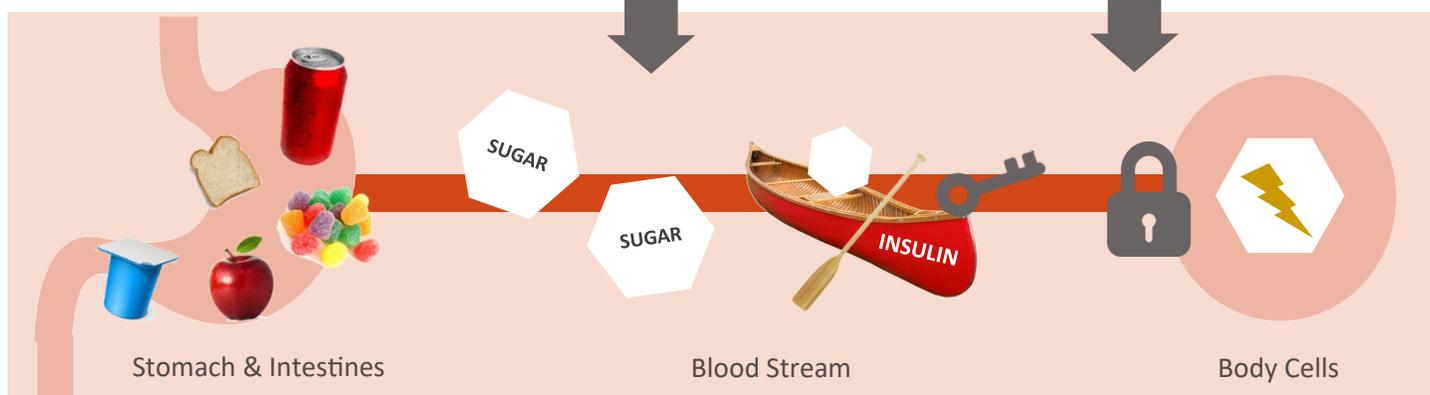
Before you had diabetes, your body could send as much insulin as it needed to match the amount of food you ate. Your blood sugar (**glucose**) level stayed normal no matter the size and timing of your meals. **With diabetes, 1 of 2 things happens :**

1

Insulin canoes are no longer produced on demand. Sugar accumulates in the blood if you eat too much or not at the right time.

2

Insulin canoes can not enter into your cells to empty their sugar load.

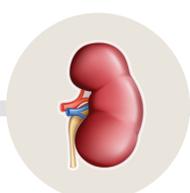


When sugar accumulates in the blood, it becomes thicker, similar to maple syrup. It matters that you take actions and keep your blood sugar within targets to help prevent damage to body organs where tiny blood vessels are found.



EYES

Blindness



KIDNEYS

Failure



FEET

Numbness
Slow Wound Healing



HEART

Attack



BRAIN

Stroke

Actions you can take



Measure Your Blood Sugar

Blood sugar within the target range will tell you if the actions you and your health care team are taking to control diabetes are sufficient.

	TARGETS	MON	TUE	WED	THU	FRI	SAT	SUN
Before breakfast	4 – 5.5	●				●		
2 hrs after eating	5 – 8	●				●		
Before lunch	4 – 5.5		●				●	
2 hrs after eating	5 – 8		●				●	
Before supper	4 – 5.5			●				●
2 hrs after eating	5 – 8			●				●
Bed time	4 – 5.5				●			

Did You Know ?



You can **drink water** and **burn off fuel** to help lower blood sugar level when it is over targets.

You can get better blood sugar control by **losing 5-10 % of your actual weight**.

Once your blood sugar level is within targets, **measuring your blood sugar occasionally** will be sufficient if you are not on insulin.

Work with your health care team to achieve ...

		YOU	TARGETS	
 A1C	The A1C is the average of your blood sugar levels over the 3-month period before your blood test.	_____ %	_____ %	
 Pressure	A good blood pressure is essential to protect your heart from the damage caused by diabetes.	_____ / _____	less than 130 / 80	
 Cholesterol	Keeping blood vessels clear of “bad cholesterol ” is also necessary to protect your heart.	_____ mmol per L	less than 2.0 mmol per L	
 Exercise	Allowing your body to burn off fuel is key to good diabetes control and quality of life!	_____ minutes per day	_____ minutes per day	
 Smoking Cessation	<p>Together, the combination of high blood sugar and smoking really increases damage to the blood vessels that feed the heart, brain, eyes, kidneys and nerves, speeding up the long-term complications of diabetes.</p> <p>Would you be interested to quit or reduce smoking ?</p> <p><input type="checkbox"/> I am a non-smoker <input type="checkbox"/> YES, please help me <input type="checkbox"/> Maybe later</p>			



Offer your feet special care !

**WASH**

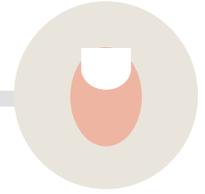
In warm water

**DRY**

well

**MOITURIZE**except between toes**INSPECT**

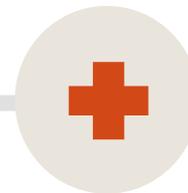
for cuts or blisters

**TRIM**toenails straight;
file the edges**WEAR**

loose clean socks

**WEAR**

low heel shoes that fit

**WALK**with socks or shoes,
not barefoot**CONSULT**health professional if you find something
abnormal

Next Appointment

Bring your **METER** and **LOGBOOK**



Keep track of what you **EAT** and **DRINK**

With the help of the nutritionist, you will learn
how to keep eating foods you like !



List any **QUESTIONS** you may have



Please call us if you need to **RESCHEDULE**



Find us at KMHC

(450) 638-3930



Diabetes Education

Tanya Diabo, Diabetes Education and Wellness Nurse / Certified Diabetes Educator
Monday-Friday, 8:30-16:30 Ext. 2216



Nutrition

Joëlle Emond, Registered Dietitian / Certified Diabetes Educator
Tuesday-Friday, 8:30-16:30..... Ext. 2349



Eye Care

Dr. Lyne Simon, Optometrist / Dr. Robert Koenekoop, Ophthalmologist
Dale Beauchamp, Administrative Assistant Ext. 2225



Foot Care

Clifford Dailleboust, Foot Care Nurse Ext. 2220



Smoking Cessation

Candida Rice, Tobacco Strategy Prevention Worker..... Ext. 2241



Exercise Group (Vitality / Vitality Too)

Juanita Belanger, Active Living Nurse Ext. 2322

For urgent issues with diabetes or assistance outside of office hours, please dial 811.

Pharmacy

KMHC (Uniprix) (450) 638-5760
Old Malone (Proxim)..... (450) 638-7777



Medical Transport

..... (450) 632-0424



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Kateri Memorial Hospital Centre
Kahnawá : ke Mohawk Territory, Quebec

www.kmhc.ca