

Self-Management

Why is managing my diabetes so important?

Self-management includes:

- eating well
- maintaining a healthy weight
- being active
- taking prescribed medications
- monitoring your blood sugars
- checking your feet daily and seeking footcare as needed
- completing regular eye exams
- managing life stressors and seeking counseling support as needed

Living well with diabetes reduces your risk of complications.

Our diabetes educators are **Registered Nurses and Registered Dietitians**. We will meet with you individually for your first appointment and will follow-up with you as needed.



What is Type 1 Diabetes?

Type 1 diabetes develops when the pancreas **stops producing** insulin, preventing glucose from entering the muscle or other body cells.

Type 1 diabetes usually occurs under the age of 30.

What is Type 2 Diabetes?

Type 2 diabetes develops when the body **does not respond properly** to insulin. Insulin is still being made by the pancreas, but there may be **less** of it or it may **not work** effectively.

Type 2 diabetes is the most common type of diabetes and usually occurs in people over 30.

What is Prediabetes?

Prediabetes refers to blood glucose levels that are **higher than normal** but not high enough to be diagnosed with Type 2 Diabetes.



Diabetes Management
Centre



**Barrie Community
Health Centre**

490 Huronia Road

(South of Big Bay Point Rd, behind
the Urgent Care Centre)

Phone: 705-734-9690

Fax: 705-719-4877

About our Diabetes Management Centre

The Barrie Community Health Centre's Diabetes Management Centre offers education and support to help you manage your diabetes.

Our Team

- Endocrinologists
- Registered Dietitians
- Registered Nurses
- Physiotherapists
- Community Health Workers

Different Program Options

As a client of ours, you can join any of Barrie Community Health Centre's programs:

- One-on-one counseling sessions
- Group education
- Follow up sessions
- Support groups
- Cooking demonstrations
- Walking programs
- Fitness for Health

WHAT we do

- Individual appointments with Nurses and/or Dietitians
- Specialist care
- Education and support for adults living with:
 - Diabetes in pregnancy
 - Type 1 Diabetes
 - Type 2 Diabetes
 - Prediabetes
- Insulin pump starts and support
- Group sessions – cooking demos, education, exercise
- On-going follow up
- On-going support can be in-person, by phone or video-conference via personal device

WHO is part of your team

- YOU are the leading member of your team
- Your family/other support persons
- Your family doctor
- Your diabetes specialist
- Nurses
- Dietitians
- Other Health Care Professionals as needed to help you

HOW you join the program

You can be referred by:

- Self-referral via referral form found on our website (www.bchc.ca) or for pick up at our location
- Any health professional you see: doctor, nurse practitioner, nurse, dietitian, social work, etc
- Your family doctor or nurse practitioner can refer you to our diabetes specialists

WHERE are we?

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