

Your Risk Assessment

(Check the boxes that apply)

- I am over 40 years old
- I have a parent, brother or sister with diabetes
- I am a member of a high risk group (Hispanic, Asian, South Asian, African descent, Aboriginal)
- I have health complications that are associated with diabetes (heart, kidney, eye disease and nerve damage)
- I gave birth to a baby who weighed over 4 kg (9 lbs) at birth
- I had gestational diabetes (diabetes during pregnancy)
- I have been told I have impaired glucose tolerance (IGT) or impaired fasting glucose (IFG)
- I have high blood pressure
- I have high cholesterol or other fats in my blood
- I am overweight and carry most of my weight around my middle
- I have been diagnosed with the following conditions:
 - Polycystic ovary syndrome
 - Acanthosis Nigricans (darkened patches of-skin)
 - Schizophrenia

Individuals with any of the above risk factors should talk to a health professional about how to lower their risk

Our Clients

- Adults with Type 2 Diabetes
- Adults at risk for developing Type 2 Diabetes (pre-diabetes)

Our Diabetes Team:

- Registered Dietitian
- Diabetes Nurse Educator

Our Team Provides:

- Individual appointments
- Group classes
- Community information sessions

UPCOMING WORKSHOPS

9:30am to 11am

Introduction to Smoking Cessation:

Tues, Sept 28

Caring for your Feet:

Wed, Oct 27

Holiday Eating:

Wed. Nov 24

Please Register in Advance

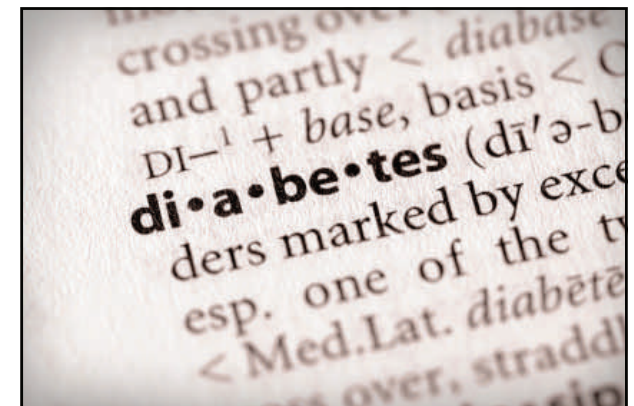
905-723-0036

What is Diabetes?

Diabetes is a condition in which your body is unable to properly use the sugars obtained from foods for energy. In order to use these sugars to fuel your body, insulin, a hormone secreted by your pancreas, is necessary. In clients with type 2 diabetes, the insulin produced by your body is not properly used for many reasons. Diabetes can't be cured but it can be managed.

The goal of the Diabetes Team is to educate clients to successfully manage their diabetes by achieving healthy blood sugar levels and learning lifestyle modifications. The topics discussed in the classes include:

- Overview of Diabetes
- Blood glucose monitoring
- Diet/Healthy Eating Guidelines
- Exercise/ Weight management
- Medications
- Foot care
- Managing sickness
- Stress management
- Travel tips
- Short and long term complications
- Community Resources





Oshawa Community Health Centre Diabetes Education Program

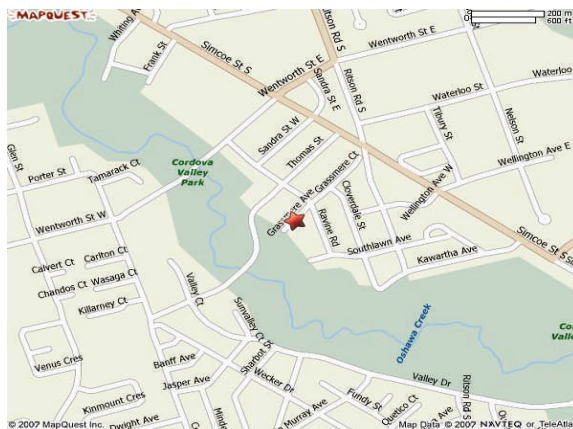
Dr. Bryce A. Brown Wellness Centre
115 Grassmere Avenue
Oshawa, Ontario
L1H 3X7

Telephone: (905) 723-0036

Fax: (905) 723-3391

www.ochc.ca

Public transportation:



Bus #1 Simcoe Southbound

Community Centre office hours
Monday & Wednesday 8:30-8:00

Tuesday 8:30-5:00

Thursday and Friday 7:00-5:00

Supported by Oshawa Community Health Centre

Funded by Central East LHIN

I am interested in attending the Diabetes Education Program

Name: _____

Address: _____

Phone: _____

Other programs/services at Oshawa Community Health Centre that I attend are:

Four horizontal lines for listing other programs/services.

I am interested in attending:

- Introduction to Smoking Cessation
Caring for your Feet
Holiday Eating
Diabetes Education

Phone: 905-723-0036

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115 GRASSMERE AVE.
OSHAWA, ONTARIO
L1H 3X7



Diabetes Education Program



YOUR JOURNEY TO WELLNESS
All Diabetes Education Services are FREE

Self Referrals Accepted

Family and Friends Welcome

Alternate Class Locations / Times
