

## **Our programs support people of all ages and stages of diabetes.**

Education is an important part of the treatment plan for diabetes. We are here to help you learn or update your skills and knowledge for healthy living. Depending on your needs, your care team may include a Diabetes Nurse, Dietitian, Foot Care Nurse, Occupational Therapist, and/or Physician.

### **Group Education Program**

Topics covered in our group education series include:

- ✓ Living with Diabetes or Prediabetes
- ✓ Meal Planning
- ✓ Carbohydrate Counting
- ✓ Exercise
- ✓ Taking Care of Your Feet
- ✓ Blood Sugar Monitoring
- ✓ Medications
- ✓ Insulin Pump Therapy
- ✓ Information on Community Resources
- ✓ And much, much more!

Individual appointments with a diabetes nurse and dietitian may be offered to those needing more specialized support and teaching.

### **Diabetes Foot Care Program**

This program provides individual assessment, treatment and education on diabetes foot health with a special focus on prevention of foot ulcers and amputations.

### **Diabetes in Pregnancy Clinic**

This clinic is a must if you are a pregnant with type 1, type 2 or gestational diabetes. You will receive education and regular follow-up during your pregnancy to support you and your baby's health.

### **Child & Adolescent, Young Adult Diabetes Clinics**

At each clinic visit you meet with your care team to review and plan your diabetes management. Our Young Adult Clinic supports you to become more independent and confident to manage your diabetes before you fully transition to adult care.

## **How do I get referred? Where do I attend appointments?**

Health Care Provider referral is required, and many medical offices carry our Chronic Disease Services Referral form. If requested by your provider, our office can arrange for an Interpreter to support your appointment with us. Appointments take place in our Offices in Room 241 on the 2nd floor of the West Vancouver Community Centre (2121 Marine Drive, West Vancouver BC V7V 4Y2).

**For more information, or for a copy of our referral form, please call us at 604-984-5752, ext. 2**



Making better  
decisions together  
with patients  
and families

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