

Get to Know Your Diabetes Team!

Stay Connected!

An appointment would include:

- Meeting with a Registered Dietitian and/or Registered Nurse
- Learning about blood sugars, blood work & diabetes medications and/or insulin
- Healthy eating education
- Physical activity education
- Developing problem solving skills
- Sick day management guidelines
- Travelling with diabetes
- Healthy coping strategies & strategies for reducing risks
- Etc.

Family & significant others welcome at appointments

www.huronperthdiabetes.com

diabetes HURON PERTH

Education | Support | Management

Call us at 519-272-8210 Ext. 2365

Or

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www.huronperthdiabetes.com

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*The Huron Perth
Diabetes Program* offers
services for adults
(18 years or older)

- Newly diagnosed with diabetes
- Who have been living with diabetes
- Who have pre-diabetes or are at risk of developing diabetes
- Who have gestational diabetes and/or diabetes in pregnancy
- Who are on an Insulin Pump (at ADP approved sites)
- Who are transitioning from a pediatric diabetes program

The care provided at the *Huron Perth Diabetes Program* is based on Diabetes Canada Clinical Practice Guidelines



Free Services in Huron & Perth County offered by the Diabetes Outreach Team

(SERVICES SUBJECT TO CHANGE AT ANY TIME)

Staff In-Services to Healthcare Professionals & University Students based on recent Clinical Practice Guidelines

Long Term Care/Retirement Home staff (RN, RPN, PSW, food services) presentations

Craving Change Classes learn strategies to manage problematic eating behaviours

Monthly Virtual Diabetes Support Group to learn more about diabetes management

Various Guest Speaking Topics to Community Groups (by request only):

- Salt & blood pressure management
- Foot care & diabetes
- Diabetes self-management strategies
- Importance of fibre
- Cooking for one or two & cooking on a budget
- Gestational diabetes & postpartum care
- Heart health
- Carbohydrate counting & label reading
- Etc.

Contact our Outreach Team at
519-272-8210 Ext. 2366 or email
hpdpoutreach@hpha.ca

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You can **self-refer** by calling your local Diabetes Program

Alexander Marine & General Hospital
Goderich, ON
(ADP Approved Site)
519-254-8689 Ext. 5621

Listowel Memorial Hospital
Listowel, ON
519-291-3125 Ext. 6454

Seaforth Community Hospital
Seaforth, ON
519-272-8210 Ext. 2365

St. Marys Memorial Hospital
St. Marys, ON
519-272-8210 Ext. 2365

Stratford General Hospital
Stratford, ON
(ADP Approved Site)
519-272-8210 Ext. 2365

South Huron Hospital Association
Exeter, ON
519-235-5175

Wingham & District Hospital
Wingham, ON
519-357-3711 Ext. 5273

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