

ST. PAUL'S
HOSPITAL
DIABETES HEALTH

1081 Burrard Street
Burrard Building
4th Floor
P: 604-806-8357
F: 604-806-8572

Hours of Operation:
Monday-Friday
8:00 am to 4:00 pm

Website:

[http://
diabetes.providence
healthcare.org/](http://diabetes.providencehealthcare.org/)

Upcoming events/courses:

- World Diabetes Day Celebration: Come stop by the St. Paul's Cafeteria November 16th from 11:30-1:30 p.m. for some information, fun quizzes and special giveaways!
- Self Management Classes: Live Webinar Series Mondays from Jan 15 to Feb 26, 2018 from 4:00-6:00 p.m. Call 604-682-2344 ext 63045 to register!
- Ongoing Type 2 education offered Tuesday morning, Tuesday afternoon, Thursday evening and Saturdays. Please call clinic to register!

Diabetes Newsletter

FALL / WINTER 2017

World Diabetes Day - November 14

November 14th is **World Diabetes Day**. World Diabetes Day (WDD) was created in 1991 by the International Diabetes Foundation and the World Health Organization in response to the growing health threat posed by diabetes. WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries.

The theme for WDD 2017 is **Women and Diabetes**.

The World Diabetes Day 2017 campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to

achieve optimal diabetes outcomes and strengthen their capacity to prevent type 2 diabetes.



There are currently over 199 million women living with diabetes and this total is projected to increase to 313 million by 2040. Diabetes is the ninth leading cause of death in women globally, causing 2.1 million deaths each year. Two

out of every five women with diabetes are of reproductive age, accounting for over 60 million women worldwide. Women with diabetes have more difficulty conceiving and may have poor pregnancy outcomes. Without pre-conception planning, type 1 and type 2 diabetes can result in a significantly higher risk of maternal and child mortality and morbidity.

Approximately one in seven births is affected by gestational diabetes (GDM), a severe and neglected threat to maternal and child health. Many women with GDM experience pregnancy related complications including high blood pressure, large birth weight babies and obstructed labour. A significant number of women with GDM also go on to develop type 2 diabetes resulting in further healthcare complications and costs.

WOMEN AND DIABETES



world diabetes day
14 November

199 MILLION WOMEN WITH DIABETES
313 MILLION BY 2040



OUR RIGHT TO A HEALTHY FUTURE

Young and T1 Diabetes Support Group



Young & T1 Diabetes
Support Group

Young and T1 (YTI), is a volunteer driven organization made up of over 350 individuals 18+ with type 1 diabetes (T1D) in the BC Lower Mainland. They say we are young, but really we mean “Young at Heart!!” YTI connects folks living with T1D as an adult and their loved ones (Type 3’s!) with each other, the diabetes community, as well as their community at large.

YTI meets in person at our hosted events, but also

connects on social media to learn and share from our struggles, successes and personal knowledge. They also share funny T1D memes, but that’s just a bonus.

Questions are always encouraged and topics brought up include tax credits, pregnancy, university/working with T1D, new technology/ research- and of course how to bolus for “Pizza/Chinese food/Sushi!!”

Welcome to a community who gets the ‘ups’ and ‘downs’ of

life with T1D! Meet up- online or in person.

Please visit:

www.youngandt1.com for more details on their initiatives and how to get involved!

Or email:

youngandtype1@gmail.com with any questions, or check out their website for current contact information of the volunteer leadership team.

“Looking forward to meeting you!”

“adding MORE physical activity to your day is one of the MOST IMPORTANT things you can do to help manage your diabetes”

“Avoid lingering around the treats area”



Diabetes and the Holiday season

The holiday season can be a really tough time to stay on top of your workout routine. It’s cold out, and there are fun places to go and friends to see. But considering the amount of rich and sugary food that are so common around this time of year — cookies, candies, eggnog, you name it — it’s especially important to keep moving. According to Diabetes Canada adding more physical activity to your day is one of the MOST IMPORTANT

things you can do to help manage your diabetes and improve your health! As you know, during physical activity, active muscles use glucose as a source of energy. Here are some recommendations this time of year to keep you going, even when all you want to do is curl up with more hot chocolate!!

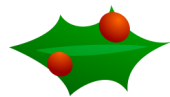
- 1) *Look for every opportunity to squeeze something in!* You don’t necessarily need to carve out a full 30

minutes every day. If you can only get a 10 minute brisk walk in twice a day, that’s better than nothing!

- 2) *Find a workout buddy!* Talk with a friend or your partner about your holiday fitness goals, and have them help you stay on track!

For more tips on exercise check out:

[Health Link BC and Physical Activity Diabetes Canada Website](#)



Holiday Eating Strategies



With the holiday season just around the corner, it is time to think ahead and prepare yourself so that you can more easily navigate around rich foods without overindulging. Here are a few tips:

1. Make healthy foods more available. Bring a healthy dish of your choice to a gathering so you know you

can count on having something healthy as the foundation of your meal.

2. Avoid lingering around the treats area. It can be very easy to reach out and eat mindlessly if the munchies are so close by!

3. Always have a healthy snack prepared on hand. Avoid going out on an empty

stomach because it will be harder to resist decadent foods when you are hungry!

4. Have sensible portions. Use smaller plates and serving utensils to help you serve up less food without even having to think about it.

5. Have a game plan around treats. Choose your favourite treats to indulge in and skip the ones you do not really care for.