



# Diabetes Newsletter

Fall / Winter 2018

Have you been on the Diabetes Canada website lately?

Diabetes.ca offers...

- Ongoing webinar series on different topics delivered by health care professionals and people living well with diabetes
- Introduction to different forms of exercise and simple plans to help you get started
- Over 1000 recipes to inspire you to try new ingredients and prepare better meals
- Healthy Living Resources on numerous topics such as diet & nutrition, blood sugar & insulin, dental care and foot care. There are even resources in different language, for example Spanish, Chinese, and Punjabi
- Sign up for their free monthly newsletter, Diabetes Current, to find out the latest news regarding diabetes and other articles such as interesting profiles on people living with diabetes, event listings and tips for healthy living

## Diabetes Canada Free to Move Campaign

On September 26, Diabetes Canada challenged BC's Workforce to put their health first! Diabetes Canada enlisted many different fitness groups across the province to become Perk Partners to offer complimentary or discounted access to classes and healthy snacks! The Free to Move initiative is one of the many ways that Diabetes Canada is trying to make

an impact and raise awareness for diabetes. The generous donations from these campaigns will benefit the Canadians living with diabetes or prediabetes. This is the second year of the campaign and \$3500 was raised from this event.

Diabetes Canada is trying to emphasize the message that we need to take care of ourselves

first, take care of our greatest asset, our health, so that we can better take care of each other.

Stay tuned at Diabetes Canada's website ([diabetes.ca](http://diabetes.ca)) for future events and different ways to support the organization and help raise awareness for diabetes!

**DIABETES  
CANADA**

Free to

**RUN  
MOVE  
CYCLE  
HIKE  
PADDLE**

## Say Hello to Tanya

This year has been a year of change for us at the Diabetes Centre. In previous issue, we introduced our new two front desk staff and this

time we would like to introduce our new nurse, Tanya! She is no stranger to the Diabetes Centre. She has worked as a casual nurse at the clinic for many years but was never a permanent staff until now. She comes to us with a wide array of clinical experiences, in particular working with

Health Canada.

Tanya did a lot of travelling in her earlier years but now enjoys spending time with her two young kids at home. In the future, she hopes to return to doing more outdoor activities and taking her family backcountry hiking.

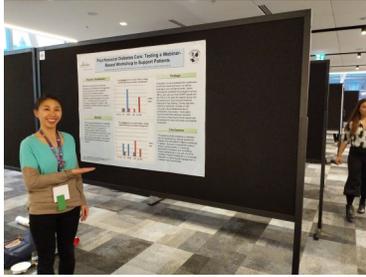


# Maureen and Stephanie at the Diabetes Canada Conference 2018

Each year the Diabetes Centre sends two staff members to attend the annual professional Diabetes Canada conference that takes place in a different city each year in Canada. This year the conference was held in Halifax, NS.

The lucky staff this year were Maureen and Stephanie as they participated in a poster presentation at the conference to share their findings in a pilot project they did earlier this year at the Centre.

The two dietitians modified and delivered



a 6-week self-management workshop series in a webinar format. Previously the workshop was only available as an in-person series. However, many patients reported that it was difficult to attend due to time and transportation barriers of coming to St. Paul's Hospital. Thus, the pair decided to address that

barrier by offering the 6-week program as webinars so that patients can attend in the comfort of their own space.

Recruiting the help of Media Services, Maureen and Stephanie were able to include participants from not only the Greater Vancouver area, but also from more remote areas such as Revelstoke and McBride.

At the end of the 6 weeks, participants were asked to evaluate the program through a short questionnaire. The responses showed that the webinar series

addressed the barriers that prevent patients from attending the in-person workshop and was effective in raising motivation and confidence to better self-manage their diabetes.

Based on these findings, the Centre is looking into including more self-management workshop in the future, both in-person as well as webinar format.



## What to do during this Flu Season?

Influenza can hit hard. Unfortunately people with diabetes are at more risk during flu season. This is because diabetes can impact the immune system's ability to fight infection. Being sick also makes blood sugar control more challenging, leading to either really high or really low sugars. Avoiding the flu is highly recommended!

The flu virus is transmitted through droplets either in the

air from someone coughing or sneezing or through direct contact on surfaces. The first way to avoid the flu is proper cough etiquette, **frequent hand washing** and avoiding people who are sick. But it is also essential to get the flu vaccine.

**What does the flu shot do?** The flu shot prepares your body to fight the flu by helping it develop influenza specific antibodies (which fight infection). The vaccine is updated

every year and the immunity provided fades over time, which is why you need to get the flu shot every year. It is also important to know that it takes up to 2 weeks for the flu shot to take effect in your body, so don't wait, get it as soon as you can. The pneumococcal vaccine, which protects against pneumonia, is also recommended; ask your doctor, community health nurse or pharmacist if you are eligible.

**What if you do get sick?** Rest and stay hydrated. Drink around

8 glasses of sugar-free, caffeine-free liquid a day and try to eat small amounts every hour. Check your blood sugar regularly throughout the day (if you are on diabetes medications). If you do not know what to do about really high or low values, please call either 811, our clinic (604-682-2344 x66149) or your doctor. If you are unable to eat and stay hydrated, you should also talk to your doctor or pharmacist about which medications you may need to stop taking.

**Take care of yourself this flu season!**

Get the  
**FLU**  **SHOT**  
not the flu!