

Diabetes Newsletter

What's new at the Centre

- The St. Paul's Diabetes Health Centre went under major renovations in 2015
- We now have state of the art teaching tools and technology
- Currently offering 6 week Self Management Classes 3x/year
- Will be offering evening and weekend Diabetes Education starting in June
- New initiative partnering with First Nations Health Authority to provide diabetes support via Telehealth

Did you know that...

As of February 13, 2017 the Canadian Diabetes Association became Diabetes Canada.

This was done to shed light on the diabetes epidemic Canada is facing. It's taking a monumental toll on our health and now the organization will speak with a stronger, clearer voice and raise the profile of diabetes and bring more Canadians to the cause.

DIABETES CANADA

Your Diabetes Team



Helpful websites and resources:

Diabetes Canada - check out their website to learn more about their cause.

www.diabetes.ca

Dietitians of Canada Eatracker tool - find out nutrition content of foods, analyze recipes and help plan your meals.

www.Eatracker.ca

Health Canada: Canadian Food Guide - a visual guide to help you learn more about food groups and portion sizes.

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Do you have a diabetes story to share with us and help inspire others with diabetes? Please share your story. Connect with a Diabetes Team member today!

World Health Day



On April 7, 2017 the World Health Organization decided to make World Health Day about **Depression**. For millions of people, chronic illness and depression is a fact of life.

A chronic illness is a condition that lasts for many years and usually cannot be cured. However, some illnesses can be controlled, and managed very well, through lifestyle and medication. A chronic illness can make it hard to do the things you enjoy and it can wear away at your self-confidence. It's no surprise, then, that people with chronic illnesses often feel despair and sadness. With diabetes being a chronic condition, a

period of grieving is normal when diagnosed, however, prolonged sadness may be a sign of depression.

According to Diabetes Canada, depression is more common among people with diabetes compared to the general population. Symptoms of depression affect 30% of people with diabetes, while 10% of them experience major depression. A depressive mood can make it more difficult to manage diabetes.

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Canadian Mental Health Association:
www.cmha.ca

World Health Organization:
[www.http://www.who.int/campaigns/world-health-day/2017/en/](http://www.who.int/campaigns/world-health-day/2017/en/)



Talk to your doctor if you continue to feel 'down' for more than a couple of months after your diagnosis, or if you have other signs of depression. Depression can be effectively treated with medication, counseling, or both.



Spring Produce—what's in Season?

In April, asparagus and apples are great options. In May, why not try a recipe featuring collard greens or rhubarb? From June onward, we are gifted with a beautiful selection of summer squash and summer berries.

To find the complete list of produce in season during the different months, check out the detailed list from the BC Association of Farmers' Markets (www.bcfarmersmarkets.org/fresh-market/whatsinseason).

For recipe inspirations, check out the recipe database at Diabetes Canada (www.diabetes.ca/diabetes-and-you/recipes) and the Heart and Stroke Foundation (www.heartandstroke.ca/get-healthy/recipes).



In BC, we are fortunate to have a wide variety of fruits and vegetables available to us all year around. However, it is best to choose fresh and local produce that are in season as they tend to be the most nutritious and delicious!