

Other resources

We recommend the web sites and apps listed below if you are looking for more information on diabetes, diet and exercise, or quitting smoking.

Websites

BC Children's Hospital Endocrinology & Diabetes Unit: bcchildrens.ca/Services/SpecializedPediatrics/EndocrinologyDiabetesUnit

BC Dairy Association (recipes): bcdairy.ca/milk/recipes

Canadian Diabetes Association: diabetes.ca

Healthlink BC: healthlinkbc.ca

Heart and Stroke Foundation: heartandstroke.com

My eHealth: myehealth.ca

PAL (Physical Activity Line): physicalactivityline.com

Pharmacare: health.gov.bc.ca/pharmacare

QuitNow BC: quitnow.ca

USDA Nutrient Database: ndb.nal.usda.gov

Apps

Calorie King: calorieking.com

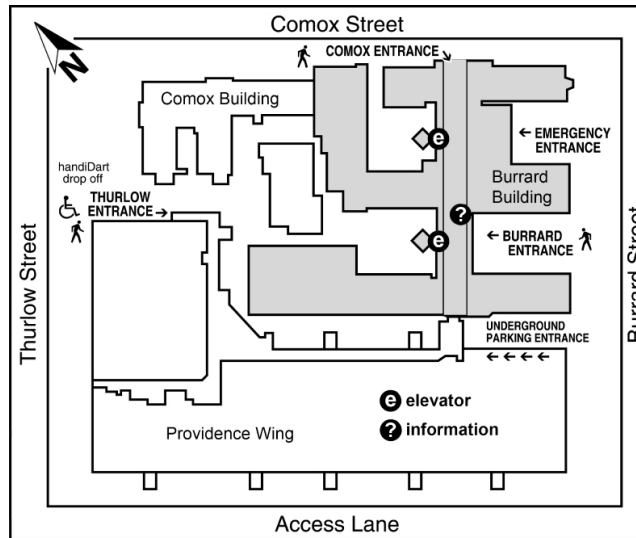
Diabetes App (blood sugar control, glucose tracker and carb counter): itunes.apple.com/us/app/diabetes-buddy-control-your/id387128141?mt=8

Glucose Buddy: glucosebuddy.com

MyFitnessPal: myfitnesspal.com

Directions to our clinic

1. Enter St. Paul's Hospital from either Comox Street or Burrard Street entrance. You will be in the Burrard building.
2. From the Burrard building, take the elevator or stairs to the 4th floor
3. Find the long corridor from the middle of the hallway
4. Go up the corridor and you will find the reception desk on your left



This material has been reviewed and approved by patients, families and staff.



How you want to be treated.

www.providencehealthcare.org



St. Paul's Diabetes Health Centre

St. Paul's Hospital
4th Floor, Burrard West Building
1081 Burrard Street
Vancouver, BC V6Z 1Y6

Phone: 604-806-8357

Fax: 604-806-8572

Hours: 8:00 a.m. to 4:00 p.m.

Website: <http://diabetes.providencehealthcare.org/>

For detailed directions to find the Diabetes Health Centre, or if you have any other questions or concerns, please contact us at the number above. For basic directions see the last page.

Do you, or does a family member, have diabetes?

The St. Paul's Hospital Diabetes Health Centre can help you learn about your condition and how to successfully fit diabetes into your life. To access our services, you will need a referral from your family doctor.

For the referral form, please see our web site at the address above.

We are a team of nurse educators, dietitians and endocrinologists. (An endocrinologist is a doctor who specializes in treating diabetes.) We provide tools and education to support people in managing their diabetes.



We offer a variety of programs to help educate and support people living with diabetes. Our programs are made up of group classes, with some individual appointments as noted below. Our classes are taught by a nurse and a dietitian. Our education programs are interactive and supportive. A family member is welcome to attend with you if space is available. More details are available on our web site.

Programs offered by the St. Paul's Hospital Diabetes Health Centre

Program	Suggested for:	Description
Basic Diabetes Education	Anyone diagnosed with diabetes.	This program provides education and resources to help patients self-manage their diabetes. It provides a good opportunity for people to learn about diabetes. Our health care professionals will provide support tailored to your individual needs and concerns.
Pre-Diabetes	Anyone at risk for developing type 2 diabetes.	This program provides education and resources to help people prevent or delay the development of type 2 diabetes.
Gestational Diabetes	Pregnant women who have been diagnosed with gestational diabetes.	Learn how to self-manage with individualized support from the diabetes team.
Carbohydrate Counting	People using mealtime insulin.	The class offers lessons in carbohydrate counting and how to best manage blood sugars.
Insulin Pump Follow-Up	Insulin pump users looking for guidance and support.	Learn to make the most of using an insulin pump and keep your diabetes well controlled.
Self-Management Workshop	Anyone with diabetes wanting to improve their health and self-manage their condition more effectively.	A 6-week intensive workshop designed to help you improve your health and self-manage your diabetes care, one step at a time.

Our goal is to prepare people living with diabetes for a lifetime of healthy living!