

# Nanaimo Adult Diabetes Education Centre

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Nanaimo Adult Diabetes Education Centre offers individual appointments, classes and group sessions, and drop-in appointments.

## Contact us:

Nanaimo Regional General Hospital:  
Ambulatory Care Building  
1200 Dufferin Crescent, Nanaimo, BC

**Phone:** 250.716.7733

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## Classes/Group Sessions

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### SWEET SUCCESS

#### Three classes (each 2.5 hours long)

For people newly diagnosed with Type 2 diabetes.  
Classes with Nurse and Dietitian. Physician involved with one class.

Overview of type 2 (what is happening in the body, risk factors, diagnosis)	Management strategies (physical activity, stress reduction, smoking cessation, medications)
Self monitoring of Blood Glucose reviewed –a blood glucose meter can be obtained at a local Pharmacy as they are not provided in class -a Pharmacare Certificate of Training in Blood Glucose monitoring is given at this class	Nutrition Therapy /healthy eating guidelines ( meal balance, glycemic index, portion control, weight management, sugar/sweeteners discussed)

#### Follow Up Group (1 class of 3 hours in length)

This class will help you stay or get back on track. Class provided by Nurse, Dietitian and Physician.

For people living with Type 2 diabetes who have had previous Diabetes Education	Review of type 2 diabetes and management strategies
Medications including insulin management of diabetes discussed	Blood sugar targets and monitoring of Blood glucose reviewed
Nutrition therapy for blood glucose control including review of carbohydrates, protein, fat, glycemic index, weight management and healthy eating for cholesterol lowering	Staying healthy with diabetes (overview of possible complications including foot care)

#### INSULIN START CLASS (1 CLASS OF 2 HOURS IN LENGTH)

For people who are no longer able to meet their blood sugar targets with oral medications and are now considering insulin.

Learn about the role of insulin in diabetes management	Ask questions and address concerns regarding insulin use
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Small group class with the Nurse and Physician. Type 1 and pump group follow up classes available.

### CARBOHYDRATE COUNTING (1 CLASS OF 2 HOURS WITH DIETITIAN) NEW FOR 2014!

Learn how to count Carbohydrates to plan your meals and control your blood glucose.	Ideal for those using mealtime insulin and prepump start.
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### INSULIN STARTS

Role of insulin therapy	Proper injection technique
Self adjustment strategies	Carbohydrate counting
Regular follow up	

### STARTING INJECTION THERAPY STARTS (VICTOZA/BYETTA)

Role of Victoza or Byetta	Proper injection technique
Diet strategies for minimizing side effects and promoting weight loss	

### CONTINUOUS GLUCOSE MONITORING ASSESSMENT- 2 APPOINTMENTS OF 1HOUR

For individuals who have unpredictable blood sugars and need medication adjustments (generally for people on Insulin)	A sensor is worn that tests blood glucose every 5 minutes for 5-7 days. During this time a record must be kept of what is eaten and activity performed plus four blood glucose tests taken with the home blood glucose meter
The data is then downloaded and interpreted.	* Client purchases the sensor

### INSULIN PUMP SERVICES

Non biased information about all the pumps available in Canada provided	Insulin Pump starts and Pump training with regular follow up
Advanced pump training-Learn how to use more features of your pump	Training for Continuous Glucose Self Monitoring provided

### PUMP STARTS

Pre-pump education including nutrition education & carbohydrate counting	Navigation through pump screen
Insertion of infusion sets	Post pump follow up