

What is diabetes?

Diabetes is a chronic often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. This results in sugar building up in the blood instead of being used as energy.

If left untreated, the high level of “blood sugar” can damage eyes, kidneys, nerves, and the heart, and can also lead to coma and death.

Risk Factors:

Anyone over the age of 40 should be tested for diabetes every three years. If you have one or more of the following risk factors, you should be tested more frequently:

- Having a parent, brother, or sister with diabetes;
- Being a member of a high-risk group (Aboriginal, Hispanic, South Asian, Asian, or African descent);
- Having health complications that are associated with diabetes;
- Having given birth to a baby that weighed more than four kilograms (nine pounds) at birth or having had gestational diabetes (diabetes during pregnancy);
- Having been diagnosed with prediabetes (impaired glucose tolerance or impaired fasting glucose);
- Having high blood pressure;
- Having high cholesterol or other fats in the blood;
- Being overweight, especially if that weight is mostly carried around the tummy;
- Having been diagnosed with polycystic ovary syndrome;
- Having been diagnosed with Acanthosis nigricans (darkened patches of skin);
- Having been diagnosed with psychiatric disorders: schizophrenia, depression, bipolar disorder;
- Having been diagnosed with obstructive sleep apnea;
- Having been prescribed a glucocorticoid medication by a doctor

Reduce Your Risk!

- **Manage your weight:** excess weight is the most important cause of type 2 diabetes
- **Increase physical activity:** hard-working muscles use insulin and absorb glucose better
- **Eat a more balanced diet:** choose whole grains over highly processed carbohydrates; reduce your sugar intake; choose good fats over bad fats; limit red meat consumption, and avoid processed meat
- **If you smoke, try to quit**
- **Moderate your consumption of alcohol**
- **Understand your risk factors and talk to a doctor!**

<p style="text-align: center;">Diabetes Canada's Virtual Health Coaching www.diabetes.ca Sign up: 1-800-BANTING or info@diabetes.ca</p> <p>A free, telephone-based service with a certified health coach who will help you prioritize your health goals.</p> <p>The service is free across Canada to adults living with prediabetes, type 1 diabetes or type 2 diabetes. By signing up, you will receive:</p> <ul style="list-style-type: none"> • Two 45-minute one-on-one telephone sessions with a certified health coach • A 20-minute follow-up session to evaluate your success 	<p style="text-align: center;">Calgary Insulin Pumpers 403-281-2703 www.calgaryinsulinpumpers.org</p> <p>A self-help support group that provides support, information, practical help and advocacy for those living with diabetes and for people using or supporting someone on multiple daily injections or using an insulin pump. We also investigate cost-saving options and host guest speakers.</p> <p>Membership is free, and is open to anyone interested in insulin pump technology and/or diabetes in general.</p> <p>The group meets the second Tuesday of every month (Sept-June) from 7-9:00pm at 2nd floor, Diabetes and Hypertension Clinic, at 1820 Richmond Rd. SW</p>
<p style="text-align: center;">Indigenous Health and Nutrition Team – Chronic Disease Management indigenoushealthprogram@ahs.ca</p> <ul style="list-style-type: none"> • Provides support for indigenous adults age 18+ with a condition like diabetes, high blood pressure, obesity, etc., or wanting help to reduce smoking • No referral required <p>Service Locations Sheldon M. Chumir Health Centre, 7th floor, Elbow River Healing Lodge 1213 4 St. SW, Calgary, AB, T2R 0X7 Phone: 403-955-6624 Siksika Health and Wellness Centre Hwy 1 and Hwy 547, Siksika, AB, T0J 3W0 Phone: 403-955-6624</p>	<p style="text-align: center;">Alberta Health Services – Diabetes Essentials 403-943-2584 Registration hours: Mon-Fri 8am-4pm</p> <ul style="list-style-type: none"> • Education for those with type 2 diabetes • Facilitated by registered dietitians and nurses • 5 to 8 hours of instruction offered as one full day or two half days. In these sessions you will learn: <ul style="list-style-type: none"> • What diabetes is • How to eat healthy with diabetes • Ways to lower your blood sugar • What your lab tests mean

**For more information and resources contact:
Diabetes Canada Calgary and District Branch
220 6223 2nd St. SE, Calgary, Alberta, T2H 1J5
Phone: 403-266-0620
Fax: 403-269-8927
Office Hours: 8:30 a.m. to 4:30 p.m. Mon-Fri**