



*Minto-Mapleton*  
Family Health Team

*Mount Forest*  
Family Health Team

*Upper Grand*  
Family Health Team

**Tuesday, November 06, 2012**

## **Diabetes education often key to prevention**

November 14<sup>th</sup> is World Diabetes Day a global campaign highlighting the importance of diabetes education.

With the campaign focus on *Understanding Diabetes - Take Control* the Centre and North Wellington Diabetes Care Network is doing just that. “Nearly one in four Canadians lives with diabetes or pre-diabetes.” states Dr. Rob Norrie, Physician Lead of the Diabetes Care Network. “Without diabetes education, people with diabetes are less prepared to make informed decisions, and, ultimately, may be ill-equipped to manage their diabetes effectively”

The Diabetes Care Network in Centre and North Wellington would like to remind those living with or showing signs of diabetes that resources are available within our communities at local hospitals and doctors offices to help prevent and manage diabetes. Education and support is available to help people maintain a healthy lifestyle.

The Network consists of the Groves Memorial Community Hospital (GMCH) Diabetes Education Centre, North Wellington Health Care (NWHC) Diabetes Education Centres (operating at both hospital sites) and the Family Health Teams of Mount Forest, Minto-Mapleton, and Upper Grand.

“Each team has a variety of staff specializing in diabetes care.” states Vicky LaForge, Chronic Disease Management Nurse, Minto-Mapleton FHT. “Nurses, dietitians, social workers, doctors, pharmacists, health promoters, foot care specialists, nurse practitioners specializing in diabetes management work in a variety of the centres to help people with diabetes manage their health.”

“Staff work in the hospitals at a Diabetes Education Centre (DEC) and in your doctor’s offices as part of the Family Health Team (FHT). They are all part of one network working together, to help improve the health of our community.” explains Cara Croll, Diabetes Educator, NWHC.

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“Diabetes takes people on many different journeys. For some it starts when they learn they are at high risk of developing diabetes. Risk factors may include high blood sugars, high blood pressure, high cholesterol, family history of diabetes, being overweight and not getting enough physical activity.” states Corinne Malette-Wolter, Diabetes Nurse Educator, GMCH. “Depending on the patients condition they may be managed by their Family Physician, the Hospital’s Diabetes Education Centre, or the local Family Health Team.”

“Poor management will result in poor health outcomes and an increased likelihood of developing complications.’ says Dr. Norrie. “Education is of the utmost importance in the prevention of diabetes complications.”

Signs or symptoms of diabetes are frequent urination, weight change, unusual thirst, extreme fatigue or lack of energy, frequent or recurring infections, tingling or numbness in your hands or feet, trouble getting and maintaining an erection and blurred vision. Those living with or showing signs of diabetes are advised to contact their doctor’s office or one of the sites within the Diabetes Care Network.”

**Contact:**

Rob Young,  
Chair, Diabetes Care Network  
(519) 843-2010 x 3250  
[ryoung@gmch.fergus.net](mailto:ryoung@gmch.fergus.net)