

Pre-Diabetes

Diabetes

What is pre-diabetes?

People with pre-diabetes have higher than normal blood sugars but not high enough to be diagnosed as type 2 diabetes.

Is it serious?

Not all people with pre-diabetes develop diabetes but many people will. Some of the long-term complications of diabetes may begin during pre-diabetes.

Are you at risk?

- Over 40 years old
- Close relatives with type 2 diabetes
- Have symptoms of diabetes such as eye, nerve or kidney problems
- Have heart disease
- Have had diabetes in pregnancy
- Have high blood pressure
- Have high cholesterol
- Are overweight

How do you treat it?

The goal of treatment is to stop progression to diabetes. It all starts with education and lifestyle changes focused on:

- Physical activity
- Nutrition
- Weight management
- Blood pressure

What is diabetes?

Diabetes is a condition of high blood sugars.

Is it serious?

High blood sugars can affect your blood vessels and most of your organ systems leading to:

- Heart disease
- Kidney disease
- Eye disease
- Problems with erections (impotence)
- Nerve damage

What are the symptoms?

Diabetes may not have symptoms but some people experience:

- Increased thirst and urination
- Blurred vision
- More infections
- Cuts that heal slowly
- Numbness and tingling in the hands or feet
- Trouble getting or maintaining erections

How do you treat it?

Just like pre-diabetes, education and lifestyle changes are part of the management of diabetes. People with diabetes may also need medications prescribed by the doctor.



Blue Sky

Family Health Team
Équipe Santé familiale

Do you have Pre-Diabetes or Type 2 Diabetes?

Do you have questions or concerns?

Ask your Dr. for a referral to the Blue Sky Family Health Diabetes Team





Blue Sky Family Health Diabetes Team

Dietitian

With good weight control through diet and exercise many people can bring their blood sugars back to normal.

Our dietitians are here to help support the lifestyle changes you are ready to make

Benefits of a dietitian in diabetes management include:

- Weight management
- Lower cholesterol and blood pressure
- Understanding food labels
- Healthy meal planning
- Following a balanced diet

Diabetes Nurse Educator

Our Registered Nurse is here to help people with diabetes or at risk for diabetes through one-on-one counselling sessions. The sessions are aimed at giving you the knowledge and skills needed to manage your diabetes. Come to learn or refresh your memory.

- Basic facts about diabetes
- Lifestyle management to reduce risk and prevent complications
- BP check/management
- Foot check/foot care education
- Monitoring blood sugars and understanding the numbers
- Signs and symptoms of high and low blood sugars and how to self manage
- Your medications/insulin, how they work, how to take them and potential side effects
- Understanding blood tests

Healthy You Weight Management Program

Healthy You is a group weight management program that may help you to get started towards a healthier you.

The program focuses on a lifestyle approach to managing your weight and may help you to make long-term lifestyle changes



Ask your doctor for a referral today