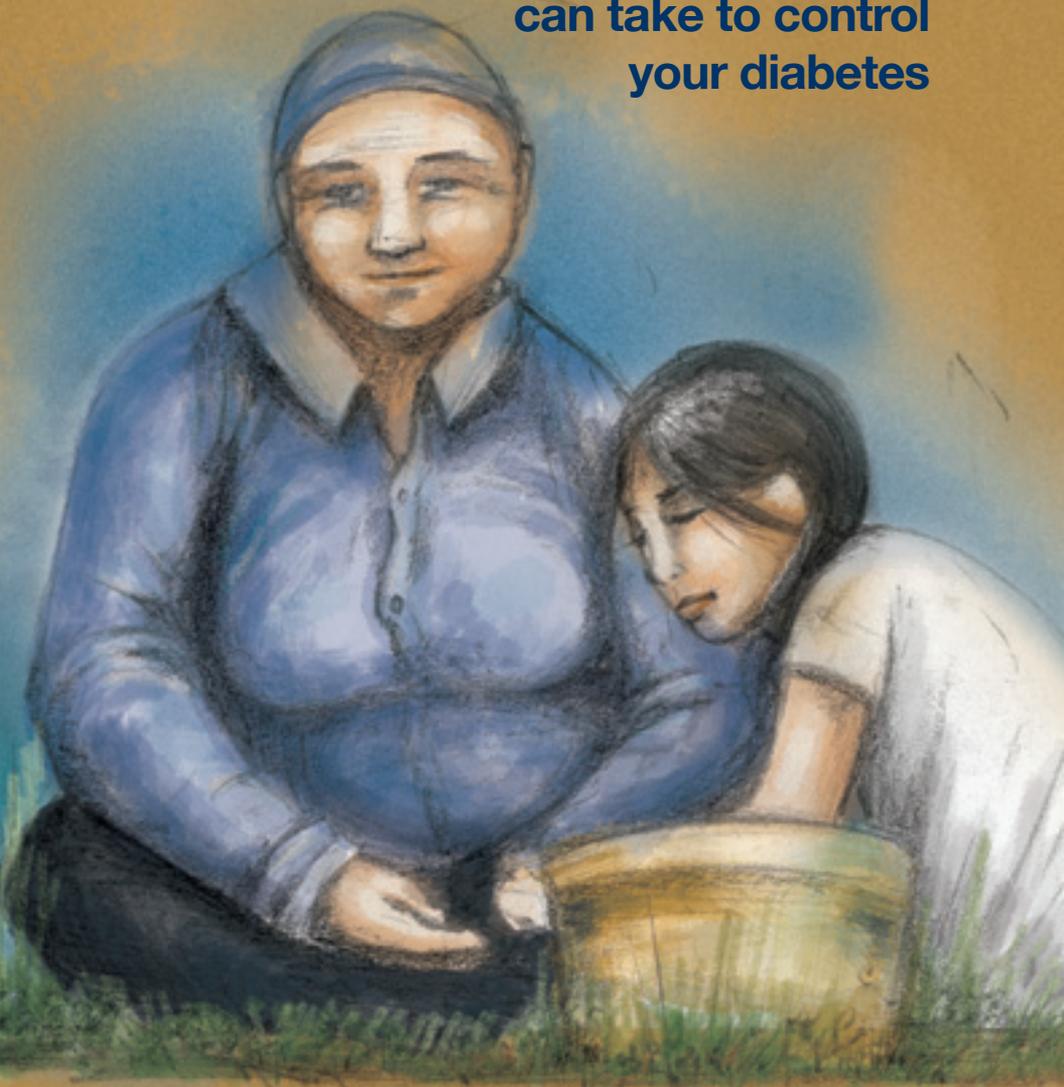


YUKON DIABETES RESOURCE GUIDE

**Positive steps you
can take to control
your diabetes**



4th Edition

This Diabetes Resource Guide was put together by the Diabetes Reference Group and its partners as an aid for people living with diabetes and their families. This guide is for your information only. It does not replace one-on-one advice from a health care practitioner. Changes in how you eat or your activity level can affect your blood sugar control, and possibly your medications. If you have diabetes, it is essential to discuss any changes in your diet, medications, or activity level with your doctor, community health care provider, chronic disease nurse or diabetes educator before you make a change.

If you do not have diabetes, but have concerns about diabetes, please discuss this with your doctor, or community health care provider to get tested.

The authors of this resource guide could not consider all possible resources and do not necessarily endorse the ones listed.



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*"The First Wealth is Health."
- Ralph Waldo Emerson*

INTRODUCTION

Diabetes is a disease that prevents your body from properly controlling the level of sugar in your blood. When you eat, your pancreas releases a hormone called insulin, which moves sugar (glucose) out of the bloodstream and into your cells, where it is needed for energy.

Without enough insulin, or when insulin doesn't work well, someone with diabetes will end up with high blood sugar. High blood sugar has a serious effect on blood flow (the circulation system) that affects the body. Problems with blood flow or circulation can lead to heart disease, kidney failure, nerve damage and blindness. Through blood sugar control, a person with diabetes can live a long and healthy life.

In **Type 1** diabetes (about 10% of cases), the pancreas does not make insulin at all. People living with Type 1 diabetes have to take insulin and monitor their blood sugar daily. Healthy eating and an active lifestyle are still essential to help delay or prevent complications.

In **Type 2** diabetes (about 90% of cases), the body either does not make enough insulin or the insulin it has does not work properly (insulin resistance) causing blood sugars to rise.

A third type of diabetes is **gestational** diabetes, which can occur when hormones from the pregnancy increases insulin resistance. This type of diabetes goes away when the baby is born but it leaves mom and the baby at a higher risk of developing type 2 diabetes in years ahead.

Pre-diabetes is when a person's blood sugar numbers are higher than normal, but are not yet high enough to be diagnosed with type 2 diabetes.

*"Nothing is impossible,
the word itself says I'm possible!"
- Audrey Hepburn*

It is estimated that more than 9 million Canadians are living with diabetes or pre-diabetes. Diabetes often begins years before symptoms occur and diagnosis takes place.

There are many positive actions you can take to control your diabetes. This resource guide outlines some basic steps you can take, and provides additional information on local resources for people with diabetes. It also lists several resources available from outside sources such as phone help lines and web sites.

This booklet offers suggestions that could be adopted by the whole family to help them delay or prevent developing diabetes, while they support you in dealing with this complicated condition.

We encourage all Yukoners to adopt a lifestyle that helps prevent or delay diabetes and its complications.

LEARN MORE

If you have recently been diagnosed with diabetes, you may have many questions or concerns. For example: What can I eat? Do I need to test my blood sugars? How much do I exercise? Do I need medication? Why me? There are a variety of places you can go to find answers and support. Learning as much as you can about diabetes is one of the best ways to help yourself control your blood sugar.

RESOURCES

1. DIABETES EDUCATION

The Yukon Diabetes Education Center at Whitehorse General Hospital is staffed with a Registered Nurse and a Registered Dietitian. They are Certified Diabetes Educators and provide services to adult clients with diabetes. You can access the center with a referral from your doctor, community health centre or the Home Care Program.

867-393-8711 for more information.

Telehealth Videoconferencing for people who live outside Whitehorse, and can not travel, is also a great way to connect with the centre. It is free of charge and available at all Yukon community health centres. Please check with your local health centre for more information on Telehealth Videoconferencing.

You also may be able to access diabetes education services outside of the Yukon. These services may be covered under Yukon Health for children and patients who need to see a specialist outside the territory. Talk to your doctor.

*"We can't help everyone,
but everyone can help someone."
- Ronald Reagan*

2. CHRONIC CONDITIONS SUPPORT PROGRAM

The Chronic Conditions Support Program supports patients with chronic conditions, including diabetes. The program has on staff Nurse Specialists in Chronic Disease Management, a Health Coach and a Clinical Exercise Specialist who can help you manage your diabetes in a variety of ways.

In Whitehorse our health professionals offer one-on-one consultation and groups to support diabetes care. In the communities staff work with the Primary Health Care Nurses at local health centres to help them ensure the best possible care for all patients with a chronic condition.

In Whitehorse, contact your doctor's office; in the communities, contact your local health centre or the program manager, Lucie Wright at 867-393-7487 to find out about services available to you.

3. CANADIAN DIABETES ASSOCIATION (CDA)

The Canadian Diabetes Association's mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while they work to find a cure.

1-800-BANTING (226-8464) a toll-free phone hotline that gives you access to knowledgeable personnel who will answer your questions, help refer you to the resources you need and also provide you with information on national programs.

The CDA website contains excellent information, including pamphlets to download and print off. www.diabetes.ca

You can also email CDA customer care representatives at info@diabetes.ca

BC/Yukon Region CDA
hotline: 1-800-665-6526

4. NATIONAL ABORIGINAL DIABETES ASSOCIATION (NADA)

The National Aboriginal Diabetes Association seeks to be the driving force in addressing diabetes and aboriginal people as a priority health issue.

NADA works with people, aboriginal communities and organizations in a culturally respectful manner to promote healthy lifestyles among aboriginal people today and for future generations.

Online information and resources are available on their website along with other links to diabetes resources.

Phone NADA toll free 1-877-232-NADA (6232) email diabetes@nada.ca or at www.nada.ca

5. FIRST NATION HEALTH PROGRAM

First Nations Health Program staff advocate for First Nation people at Whitehorse General Hospital (WGH), to ensure quality and culturally sensitive holistic health care.

There are eight programs currently offered for WGH patients:

- First Nations Health and Social Liaison Workers
- Child Life Worker
- Traditional Diet
- Traditional Medicine
- Interpretation Services
- In-service Training/ Education
- Community Liaison
- Discharge Planning

Contact the First Nations Health Program for more information.
867-393-8758

6. 811 YUKON

Easy access to non-emergency health information and services, 24/7. Ask to speak with a nurse, dietitian or pharmacist.

811

www.ykhealthguide.org
www.healthlinkbc.ca

7. DIABETES REFERENCE GROUP

This group is comprised of health professionals working in the field of diabetes. The website is dedicated to sharing information and links to other resources and projects, including an events page promoting healthy lifestyle programs and diabetes events Yukon wide.

www.yukondiabetes.ca

*"Be the change you wish to see in the world."
- Mahatma Gandhi*

8. DIABETES WEBSITES

www.diabetes.ca

Canadian Diabetes Association

www.dietitians.ca

Dietitians of Canada

www.eatright.org

Academy of Nutrition and
Dietetics

www.niddk.nih.gov

National Institute of Diabetes &
Digestive & Kidney Diseases

www.diabetes.org

American Diabetes Association

www.idf.org

International Diabetes Federation

www.childrenwithdiabetes.com

Children with Diabetes, online
community

www.jdrf.ca

Juvenile Diabetes Research
Foundation of Canada

www.nada.ca

National Aboriginal Diabetes
Association

www.diabeteaters.com

Diabetes Specialty Shop

www.csep.ca

Canadian Physical Activity
Guidelines & Sedentary
Behaviour Guidelines

www.insulinpumps.ca

Insulin Pumpers Canada

**[www.phac-aspc.gc.ca/cd-
mc/diabetes-diabete](http://www.phac-aspc.gc.ca/cd-mc/diabetes-diabete)**

Public Health Agency of
Canada – diabetes page

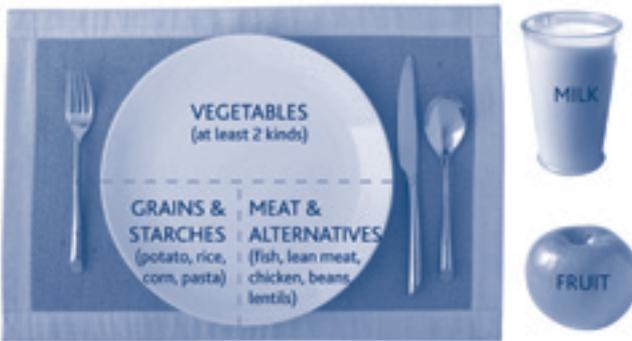
www.eatrightontario.ca

Eat Right Ontario

HEALTHY EATING

With diabetes, your body may not properly store and use food for energy. The fuel that your body needs is called glucose, or sugar. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

The best way to control your blood sugar is to eat healthy foods, be active, and you may need to take pills or insulin. Portion size is an important part of healthy eating. Below is a sample of what a healthy plate can look like.



Ministry of Health and Long Term Care Ontario, www.mhp.gov.on.ca

Have at least 3 out of 4 key food groups at each meal from the Canada's Food Guide. The 4 food groups are:

1. Vegetables and Fruit
2. Grains & Starches
3. Milk and Alternatives
4. Meat and Alternatives

HEALTHY EATING TIPS

REASONS WHY...

Eat three meals per day at regular times and space meals no more than six hours apart. (You may benefit from a healthy snack.)

Eating at regular times helps your body control blood sugar levels.

Be sure to eat breakfast.

It provides a good start to your nutrition for the day

Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam and honey.

The more sugar you eat, the higher your blood sugar will be. (Artificial sweeteners can be useful if you have a sweet tooth.)

Limit the amount of high-fat food you eat such as fried foods, chips and pastries.

High-fat foods may cause you to gain weight and may increase your cholesterol. A healthy weight helps with blood glucose control and is healthier for your heart.

Eat more high-fibre foods such as whole grain breads, cereals, lentils, dried beans and peas, brown rice, vegetables and fruits.

Foods high in fibre may help you feel full and may lower blood sugar and cholesterol levels.

If you are thirsty, drink water.

Drinking regular pop and fruit juice will raise your blood sugar.

NUTRITION RESOURCES

The following resources are available to help you learn more about healthy eating in the Yukon.

1. REGISTERED DIETITIANS

If you are diagnosed with diabetes, you can be referred by your doctor, community nurse or the Home Care Program to see a Registered Dietitian at the Yukon Diabetes Education Centre. If you are not diagnosed with diabetes but would like to see a Registered Dietitian, you can be referred by your doctor to the Outpatient Dietitian at Whitehorse General Hospital. 867-393-8711

Yukon Health and Social Services, Health Promotion Unit has a Community Dietitian who is available to support a variety of healthy eating activities throughout the Yukon.

The Community Dietitian can provide community nutrition education programs in settings such as schools and workplaces.

867-456-6160 or email health.promotion@gov.yk.ca

The Traditional Diet Coordinator with the First Nations Health Program at Whitehorse General Hospital may be available to provide diabetes-related nutrition education to First Nations groups upon request. 867-393-8758

*"I may not have gone where I intended to go,
but I think I have ended up where I needed to be."*

- Douglas Adams

2. REGISTERED NATUROPATHIC DOCTORS

Registered NDs use natural remedies and foods rather than synthetic drugs. Naturopathic medical practice includes many different modalities. Practitioners emphasize holistic approach to patient care, and may recommend that patients use conventional medicine alongside their treatments.

Joanne Leung, ND
604 Wheeler St, Whitehorse
867-334-3283 or
nd@joanneleung.net
Assists clients with diabetes management in Whitehorse and in the Yukon communities.

Janice Millington, ND
303 Hawkins St, Whitehorse
867-456-4151 or
janice@northwestel.net

Martina Knopp
4-404 Hanson St, Whitehorse
867-335-1589

Gord Smith, ND
Whitehorse Naturopathic
Centre, 405 Ogilvie St,
Whitehorse.
Available to travel to
communities for consultations
and workshops 867-633-8975
or rthonmoi@hotmail.com

3. CANADIAN DIABETES ASSOCIATION (CDA)

An excellent guide to healthy eating and other downloadable resources and recipes are available at www.diabetes.ca.

4. 'EATING WELL WITH CANADA'S FOOD GUIDE'

Based on national standards in nutrition science in Canada. There is also a First Nations, Inuit and Metis version of the guide and it is available on the same website.
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
for a downloadable copy or to order

5. SEE 'WEIGHT MANAGEMENT'

section for other support groups, online resources and classes.

ACTIVE LIVING

Being physically active is one of the most important and positive things you can do to improve your overall health, especially with diabetes.

Technology and modern living have made it harder for us to get regular physical activity into our lives. It is important to think about being physically active every day.

When you exercise there are immediate positive benefits to being active.

- Activity will lower your blood sugar within 1 hour.
- Activity gives you more energy and strength during the day.
- Activity decreases stress, anxiety and fatigue.
- Activity improves relaxation and sleep.
- Activity improves confidence and well-being.
- Activity increases blood flow improving your circulation.

Becoming active can be challenging, and many people will need help starting an exercise routine. The following are some local resources to help you get moving.

1. WALKING

Check out the City of Whitehorse's Millennium Trail. The Millennium Trail is an urban multi-use 5-km trail that loops around the Yukon River. Enjoy the scenery and maybe visit the longest wooden fish ladder!

The Black Street Stairs are also great way to get exercise!

During a break at work, why not head to the end of Black Street near the clay cliffs and climb the city's Black Street Stairs. Enjoy the view and get your heart rate up!

2. FUN ACTIVITIES

Dance! Try Hip Hop, Tap, Jazz, Burlesque, private dance lessons or other types of social dancing.

- Leaping Feats Creative Danceworks, 867-393-2623
- Northern Lights School of Dance 867-668-6683 or www.nlsdyukon.com

Tai Chi Yukon offers a variety of classes for beginners, seniors and returning students. Tai Chi can help you learn techniques to calm the mind, relax the body, increase strength and flexibility, relieve stress and improve general health.
867-668-3814
www.taichi-yukon.ca

Pilates is an excellent low impact exercise on specialized equipment focusing on stretching and strength-building. Designed to improve posture, flexibility and your health.

- Barbara Robinson
128 Copper Road,
Whitehorse
867-456-7415
- The Studio. Where yoga and pilates meet under one roof, located in the Granger Mall
867-456-2748
www.yukonpilatesyoga.com

Yoga is another excellent way to attain your physical and spiritual well being by focusing on flexibility, strengthening and balance.

- Shanti Yoga
303 Hawkins Street,
Whitehorse
867-456-7123 or at
www.sabuyoga.com
- Yoga in the Alpine
411 Alexander St,
Whitehorse
867-393-4440 or
www.yogayukon.ca
- Midnight Sun Yoga Studio
Dawson City
867-993-5185
- Breath of Life, Yukon
Wellness Collective
Waterfront Station
867-336-FLOW
www.breathoflifestudiocom

3. PERSONAL TRAINERS

Personal trainers can be a great way to get you going and keep you motivated.

- OPTIMUM Health, Fitness & Sport, Lisa-Marie Vowk
867-334-3650 or email
optimum@northwestel.net
- Danielle Fendrick
BCRPA certified
867-668-8677

4. EXERCISE PHYSIOLOGISTS

Perform assessments, prescribe and supervise exercise for healthy individuals and or people with medical conditions, functional limitations or disabilities associated with musculoskeletal, cardiopulmonary, metabolic, neuromuscular and ageing conditions.

- Lana Welchman
867-993-2520, email
getrealfit@me.com or
www.getrealfit.ca
- Shelley Gellatly
867-335-0070 or email
sgellatly@shaw.ca
- Verena Koenig
867-336-3234

5. FIRST NATIONS HEALTH & SOCIAL PROGRAMS

Yukon First Nations Health & Social Programs are offered to their members. Activities may vary depending on the time of year. Contact your local First Nation Health & Social Director to find out more information about active living programs in your area.

6. RPAY

(Recreation Parks Association of the Yukon)

Non-profit organization that works in partnership with Yukon groups, agencies, and individuals to promote and support healthy, active lifestyles in the Yukon. RPAY provides various programs for individual healthy living and community requests.
509 Hanson Street,
Whitehorse 867-668-3010 or
1-866-961-WALK or
www.rpay.org

7. CANADA GAMES CENTRE

The Canada Games Centre (CGC) in Whitehorse offers all ages the opportunity for active fun all year long. Offering daily recreation drop-in opportunities, diverse and interactive programming along with national and international events that bring individuals and families together...the opportunities are endless. Open 7 days a week, the CGC has an indoor fitness track, fitness centre and studio, flexi hall, fieldhouse, 2 skating rinks, aquatic centre, hot tub and sauna, and child play area. Located at 200 Hamilton Blvd.

For more information phone 867-667-4FUN (4386) or go to www.canadagamescentre.whitehorse.ca

Discounts are available for seniors and people with a permanent physical disability with a doctor's note.

The City of Whitehorse publishes The Active Living Guide three times a year. The guide contains information on recreation, sport activities and other various educational opportunities offered in Whitehorse. Available online at www.whitehorse.ca/alg or you can pick up a copy of the guide in person at the Canada Games Centre.

8. SENIORS DAY AT THE CANADA GAMES CENTRE

Every Wednesday from September to June is Senior's Day at the Canada Games Centre from 10:00 am to 2:00 pm. Join in the games (carpet bowling, floor shuffleboard, and other fun activities) and use the Canada Games Centre facility such as the fitness centre, indoor fitness track and aquatic centre.

For more information contact: 867-633-2363 for Michael or 867-668-2919 for Ken

9. SWIMMING

Get wet during summer months at one of the swimming pools available in Yukon communities.

- Carmacks Swimming Pool 867-863-6512.
- Dawson City Swimming Pool 867-993-7412.
- Faro Swimming Pool 867-994-2375.
- Mayo Swimming Pool 867-996-2220.
- Dennis Ball Memorial Pool, Watson Lake. 867-536-8030
- Shakwak Valley Community Pool, Haines Junction. 867-634-7105.
- Takhini Hot Springs Km 10 Hot Springs Road Whitehorse 867-456-8000

10. GYMS

Gyms offer personalized programs to get you active at any stage. The following gyms are available in Whitehorse. In the communities, check with your recreation director for local fitness facilities.

- Better Bodies
Crosstraining Ctr.
122 Industrial Rd,
Whitehorse
867-633-5245 or www.betterbodieswhitehorse.ca
- Peak Fitness,
95 Lewes Blvd,
Riverdale, Whitehorse
867-668-4628 or www.peakfitnessyukon.com
- Curves offers a circuit-training program designed just for women. Curves staff will discuss your goals and support you to reach them.
#102-100 Main Street
Horwoods Mall,
Whitehorse
867-393-3443

11. ORGANIZED SPORT

There are many sports organizations listed with Sport Yukon such as curling, soccer, cycling, skating, skiing, martial arts, tennis and many others. 867-668-4236 or www.sportyukon.com for a detailed contact list, news and upcoming Yukon wide events.

12. GOLF

Golfing can be a great way to get out and have fun with friends!

- Meadow Lakes Golf and Country Club, Whitehorse south, 867-668-4653
- Mountain View Golf Club
867-633-6020 or www.mountainviewgolf.ca
- Top of the World Golf Course, 867-993-5888 in Dawson City

*"It is not in the stars to hold our destiny
but in ourselves."*

- William Shakespeare

WELL BEING

Living with diabetes can add to your daily stress. Stress also has an effect on blood sugar levels. Learning to manage stress can have a positive impact on blood sugars. Along with having a support network, healthy eating and active living, focusing on positive feelings, and learning more about yourself can help maintain your well being.

1. PATHWAYS TO WELLNESS

A website dedicated to improving wellness for Yukoners. Check it out at www.yukonwellness.ca and sign up for weekly e-tips.

2. YUKON WHOLISTIC HEALTH NETWORK

is a volunteer organization that focuses on education, networking and advocacy of holistic health. They can connect you with various practitioners here in the Yukon. www.ywhn.org

- East West Health Centre
208 Alexander Street,
Whitehorse
867-633-6157
- Prime Meridian
Physiotherapy
403 Lowe Street,
Whitehorse
867-393-2610 www.whitehorseintegratedhealth.ca

- Barbara Robinson
128 F Copper Road,
Whitehorse
867-456-7415
- Holistic Haven,
Louise Dawson
7-5110 5th Avenue,
Whitehorse
867-334-8252
www.holistichaven.ca
- Alpine Meadow Wellness
Centre
3-404 Hanson Street,
Whitehorse
867-667-6067
www.alpineayurveda.com

3. MASSAGE

This is a great relaxation tool. For a list of massage practitioners, check the Yellow Pages under “Massage – Registered Therapists”

4. STRESS MANAGEMENT AND COUNSELLING SERVICES

Counselling can help you cope emotionally with life's challenges. All counselling services are confidential. Costs may be covered under your Employee Assistance Program (EAP) or sliding scale.

- Many Rivers Counselling and Support Services, 4071 4th Avenue, Whitehorse
www.manyrivers.yk.ca.
Beaver Creek
867-634-2111
Burwash Landing
867-634-2111
Carcross
867-667-2970
Carmacks
867-667-2970
Dawson City
867-993-6455
Destruction Bay
867-634-2111
Haines Junction
867-634-2111
Lower Post, BC
867-536-2330
Mayo
867-993-6455
Pelly Crossing
867-993-6455
Teslin
867-667-2970

Watson Lake
867-536-2330
Whitehorse
867-667-2970

- Barbara Nimco and Associates
867-668-4058
- Celtic Harp Counselling
867-668-2358
- Sue Grabner
867-668-2229
- Judy Laird
867-334-1742
- Mark Kelly
867-668-3900
- Margaret Nefstead
867-668-3440

5. PSYCHOLOGISTS

- Creative Works Psychological Services, Nicole Bringsli
867-334-1534
- Shannon Baskerville
867-668-2229
- Marilyn Smith
867-633-2476
- Bill Stewart
867-633-6010

6. MENTAL HEALTH SERVICES

Counselling and resource services are available to those experiencing mental health issues. For more information on how they can help please call 867-667-8346.

7. FIRST NATIONS HEALTH HEALING ROOM

The Healing Room is available at Whitehorse General Hospital as a place for family members to gather, to be with a patient, to pray and to practice traditional ceremonies and private rituals. The Healing Room is open for use by all people who respect First Nation traditional beliefs. Contact the First Nations Health Program for more information.
867-393-8758

8. ONLINE SELF-MANAGEMENT PROGRAM

The online Chronic Disease Self-Management Program is a free six-week educational workshop giving you the tools to live a healthier life. Available to adults living with diabetes or any other chronic disease. This program is confidential, interactive and includes a free resource book. Register for next workshop online at www.selfmanage.org/onlinebc
1-866-902-3767



WEIGHT MANAGEMENT

Reaching and maintaining a healthy body weight will help control your diabetes and prevent its complications. A healthy weight helps with blood glucose control and is healthier for your heart.

Weight isn't just about how heavy you are; it's about the amount of muscle you have compared to the amount of fat your body is storing. Gaining muscle helps control your blood sugar, since muscle uses more energy than fat.

When your body is overweight, you may develop “insulin resistance,” meaning your insulin isn't working well. This leads to high blood sugar. Healthy eating, physical activity and weight loss can help reduce insulin resistance, which means your insulin works better and can do its job to bring down blood sugar levels. This is really important, because insulin resistance can lead to heart disease, diabetes, and other health problems, and to complications in someone who is already living with diabetes.

If you are overweight, even a small weight loss will have a positive effect on your blood sugar.

Here are some positive steps you can take to help you reach a healthy weight:

1. NUTRITION COUNSELLING

Registered Dietitians (RDs) provide nutrition counselling. If you are diagnosed with diabetes, you can be referred by your doctor to a Registered Dietitian at the Diabetes Education Center. Appointments can be in-person or via the free Telehealth Videoconferencing service that is available to all Yukon communities.

If you are not diagnosed with diabetes but would like to see a Registered Dietitian, you can be referred by your doctor to the Outpatient Dietitian at Whitehorse General Hospital 867-393-8711, booking line for the Diabetes Education Centre and the Outpatient Dietitian.

2. OVEREATERS ANONYMOUS

Based on a 12-step recovery program for those with eating and food issues. There are no weigh-in's and no dues. Groups meet weekly in Whitehorse. email oayukon@gmail.com or www.aa.org for more information.

3. TAKE OFF POUNDS SENSIBLY

TOPS is a weight-loss support group that uses a sensible eating plan following the Canada's Food Guide. Groups meet weekly in Whitehorse. All are welcome and encouraged to join. 867-667-7002 Elaine Sumner for more info or www.tops.org.

4. WEIGHT WATCHERS

Weight watchers is a proven weight loss program that is flexible and uses the latest weight loss science. The program is available online and provides interactive tools, tracking and recipes. www.weightwatchers.ca In person, local meetings provide guidance, encouragement and confidential weigh-ins. Meetings are held in the basement of the Whitehorse United Church 601 Main Street. Drop by and check out a local meeting.

5. COOKING CLASSES

- Various classes are available through the City of Whitehorse's Active Living Guide. Check out www.whitehorse.ca/alg for class availability.
- Cooking classes are available once per year at the Seventh Day Adventist Church along with other healthy living programming. Check with the church for availability 867-633-5385
- Yukon College offers Continuing Education "In The Kitchen" courses. Check out www.yukoncollege.yk.ca for more info, or drop by Yukon College 867-668-8800

WEBSITES

- Dietitians of Canada
www.dietitians.ca
- DASH Diet
www.dashdiet.org
- Healthy Canadians
www.healthycanadians.gc.ca
- Heart and Stroke Foundation
www.heartandstroke.com
- Canadian Diabetes Association
www.diabetes.ca
- Eat Right Ontario
www.eatrightontario.ca

*"The greatest discovery of all time is that a person can change his future by merely changing his attitude."
- Oprah Winfrey*

STOP SMOKING

Smoking greatly increases your chances of developing complications of diabetes, especially heart, blood vessel, kidney, nerve and eye diseases, and erectile dysfunction.

More reasons to get down to that last cigarette...

- If you smoke a pack a day, you could easily spend over \$3200 in the Yukon in one year!
- Smoking is the number one preventable cause of death and disease in Canada.
- Not every smoker who quits experiences cravings or withdrawal symptoms.
- The average smoker attempts to quit smoking five to seven times before they succeed.

HOW TO QUIT

1. SMOKERS' HELPLINE

Operated by the Ontario Division of the Canadian Cancer Society (CCS). This is a free, confidential service providing personalized support, advice and information about quitting smoking. Bilingual services offered in English and French 7 days a week.

Hours of operation
(Yukon time)

Monday—Thursday:

5:00 am—6:00 pm

Friday: 5:00 am—3:00 pm

Saturday and Sunday:

6:00 am—2:00 pm

To receive support call toll-free 1-877-513-5333 or visit www.smokershelpline.ca for resources.

2. FAMILY DOCTOR

Your family doctor can be an excellent person to talk to about quitting smoking. They can recommend nicotine replacement therapy such as patches, gum, inhalers or lozenges along with medications like Zyban or Champix. You can also discuss other options like acupuncture, or hypnotherapy to help you to stop smoking. Some of these treatments may be covered under Yukon Health Insurance or your employee benefits package.

3. TOBACCO REDUCTION IN THE YUKON

The Health Promotion Unit of the Department of Health and Social Services has developed a program to help smokers 18 and older to become smoke-free.

QuitPath provides information, resources and support to:

- those who want to quit
- those who may be thinking about quitting
- those who have stopped and need support to remain smoke-free

QuitPath provides a number of services and we encourage you to choose the support that is best for you:

- Intake survey with follow up at 3 and 6 months over the phone (mandatory)
- Two-hour Getting Started sessions, in person or through Telehealth Videoconferencing

- A Quitpack full of quitting resources
- A workbook – A guide to becoming smoke free
- A free three-month supply of nicotine patches (Nicoderm) available in three levels
- One-hour sessions on stress and coping and relapse prevention
- One-on-one coaching over the phone or in person
- Weekly drop-in sessions – ‘Quit Time’ (in Whitehorse)

If you are living in rural Yukon ask at your health centre for QuitPath resources and local support or www.quitpath.ca
1-866-221-8393 toll free
667-8393 in Whitehorse

MEDICAL CHECKUPS

Regular doctor visits, laboratory tests, and specialist appointments help monitor diabetes, its complications, and can help prevent or delay the onset of complications.

1. FAMILY DOCTOR / MEDICAL CLINIC

Have regular appointments with your family doctor to monitor your diabetes. Your doctor or a chronic disease nurse can check your blood pressure, your feet, review medications and send you for lab work to check your blood.

2. LABORATORY BLOOD TESTING

You will need to visit the lab for your regularly recommended A1C blood test (average blood sugar), cholesterol levels, urine and blood test for kidney function, and an annual quality assurance check on your blood sugar monitor. In Whitehorse, Whitehorse General Hospital and Whitehorse Medical Clinic provide services for testing. In the communities blood work is taken at the health centres and sent to Whitehorse.

3. SPECIALISTS

Physician specialists provide consultative and surgical expertise at Whitehorse General Hospital on a rotating schedule at the Specialist's Clinic. You need a referral from your doctor to see a specialist. If you require other specialists not available at Whitehorse General Hospital or additional diabetes education, you will need to travel outside the Yukon. Travel expenses may be covered through your Yukon Health Care Insurance Plan. Talk to your health care provider.

4. EYE EXAMS

It is recommended that you have a dilated eye exam every year, as vision problems from diabetes may be prevented with early diagnosis. Diabetic eye exams are covered by the Yukon Health Insurance Plan.

- Polar Eyes Optometry
402 Hawkins Street,
Whitehorse
867-633-3377 or www.polareyesoptometry.ca
- Northern Lights Optometry Group
2093 2nd Avenue,
Whitehorse
867-668-2020 or www.northernlightsoptometry.ca

Your optometrist can also refer you, if needed, for an appointment with a visiting ophthalmologist (specialist eye doctor) in the Specialist Clinic at Whitehorse General Hospital.

5. ERECTILE DIFFICULTIES (ED) RESOURCE CENTRE

Can provide you with information and answers to your questions, visit www.edhelp.ca.

*"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default."
-J.K.Rowling*

DIABETES MEDICATION AND SUPPLIES

Whether it is medications, personal glucose monitors, strips, or other diabetes supplies like sharps containers, there are added financial expenses when living with diabetes.

1. PHARMACIES

- Dawson Medical
Dawson City
867-993-5744
- Drugstore Pharmacy,
Real Canadian Superstore,
2270 2nd Avenue
867-456-6635
- Medicine Chest Pharmacy
406 Lambert Street,
Whitehorse
867-668-7000 or
1-800-661-0404
- Parhelion Medical Services
Watson Lake
867-536-2568
- Shopper's Drug Mart
211 Main Street,
Whitehorse
867-667- 2485 or
1-800-661-0506
- Shopper's Drug Mart,
Qwanlin Mall
303 Ogilvie St,
Whitehorse
867-667-6633 or
1-800-661-0413
- Wal-Mart Pharmacy
Quartz Road and 2nd
Avenue, Whitehorse,
867-667-7641 or
1-866-806-9056

2. YUKON HEALTH CARE INSURANCE PLAN

Yukon Health Care Insurance Plan (YHCIP) coverage is free for Yukon residents who are Canadian citizens or have landed immigrant status. They have available programs like the Chronic Disease Program, Seniors Plan, and the Pharmacare and Extended Benefits Program which help to cover the costs of diabetes medications and supplies. You may also need to contact YHCIP when travelling for specialist medical appointments. YHCIP is located on the fourth floor of the Financial Plaza, 204 Lambert Street in Whitehorse. 867-667-5092 or 1-800-661-0408 ext. 5092 or visit www.hss.gov.yk.ca and search "chronic disease program."

3. NON-INSURED HEALTH BENEFITS (NIHB)

Non-Insured Health Benefits provide some supplementary benefits for status First Nations and Inuit. This is a federal government program that covers some diabetic medications and supplies and may cover certain eye exam fees and specialist appointments. Some specific travel is covered for those living with diabetes in Yukon communities.

1-866-362-6717

4. EXTENDED HEALTH BENEFITS

You may qualify for assistance with your diabetes medications and supplies through your employee extended health benefits package where you work. Check with your human resources department.

FOOT CARE

Diabetes affects the circulation and immune system, which in turn impairs the body's ability to heal itself. Over time diabetes can damage sensory nerves (this is known as neuropathy), especially in the hands and feet. As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.



Here are some suggestions to take good care of your feet and prevent injuries.

- Wash your feet in warm water, not hot, using a mild soap.
- While your feet are wet use a pumice stone to keep calluses under control.
- Dry your feet carefully, especially between toes.
- Check your feet and between toes for cracks, ingrown nails, blisters, etc.
- Clean cuts or scratches with mild soap and water and cover with a dry dressing suitable for sensitive skin.
- Trim your toenails straight across and file sharp edges. Do not cut your nails too short. If you are unable to do it yourself, have your foot care done by a foot care specialist.
- Apply an unscented lotion to your heels and soles. Wipe off excess. Do not apply lotion between toes.
- Wear fresh clean socks and well-fitting shoes every day.

√ DO

- √ Wear well-fitting shoes that are supportive, have low heels and do not pinch or rub
- √ Wear socks at night if your feet get cold
- √ Elevate your feet when you are sitting
- √ Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs
- √ Exercise regularly to improve circulation
- √ Inspect your feet daily and in particular, feel for skin temperature differences in your feet

X DON'T

- X Go barefoot, even outdoors. Consider wearing a pair of well-fitting shoes just for inside
- X Wear high heels, pointed toes shoes, sandals or worn out shoes
- X Wear anything tight around your legs such as socks that are too small or knee-highs
- X Apply heat to your feet with a hot water bottle or electric blanket
- X Cross your legs for long periods of time
- X Smoke. Smoking decreases circulation and healing
- X Have pedicures by non-health care professionals
- X Soak your feet

FOOT CARE SERVICES IN THE YUKON

1. MOBILE FOOT CARE SERVICES

- Foot Care by Dawn
Dawn Fralick,
Registered Nurse
867-633-5584
- Margs Foot Care Home Service
Marg Hicks,
Registered Nurse
867-456-4205
- Happy Feet Foot Care Services
Marion Menzel
867-660-5020

2. OTHER SERVICES IN WHITEHORSE

- Seniors Foot Clinic, at The Golden Age Society on the first Tuesday of the month from September through June. Partnering with Home Care and Whitehorse Health Centre
867-667-8864
- Salvation Army offers foot care services during their drop-in day, Wednesdays 11 – 3 pm. Staffed by nurses at Kwanlin Dun Health Centre.
311 Black Street

- Yukon Home Care Program for clients who are less mobile
867-667-5774
- Your physician, surgeon or podiatrist by referral

3. COMMUNITY SERVICES

Yukon health centres may vary with availability of foot care services. Call direct for more info.

- Beaver Creek Health Centre
867-862-4444
- Carcross Health Centre
867-821-4444
- Carmacks Health Centre
867-863-4444
- Dawson City Health Centre
867-993-4444
- Destruction Bay Health Centre
867-841-4444
- Faro Health Centre
867-994-4444
- Haines Junction Health Centre
867-634-4444
- Mayo Health Centre
867-996-4444
- Pelly Crossing Health Centre
867-537-4444
- Ross River Health Centre
867-969-4444
- Teslin Health Centre
867-390-4444
- Watson Lake Health Centre
867-536-5255

4. PEDICURES

Pedicures performed by estheticians are not considered formal diabetes foot care, so make sure you inform the esthetician that you have diabetes before any foot care. Check the Yellow pages for a listing under “Estheticians” or “Beauty Salons.”

5. SERVICES AND PRODUCTS

Specialty shoes and foot care supplies can be purchased at:

- Alpine Health Supplies
1116 First Avenue
Horwood’s Mall,
Whitehorse specialty
socks and other health
supplies
867-393-4967
- Shoes R Us
204 Main Street,
Whitehorse
867-667-2409
- Northern Hospital & Safety
Supply Inc.
4200 4th Avenue,
Whitehorse
867-668-5083

6. ORTHOTICS AND THERAPY SERVICES

- Outpatient Therapy
Services is located at
Whitehorse General

Hospital. The Occupational Therapist specializes in diabetic and arthritic foot conditions. Services include a comprehensive foot assessment for high risk feet, foot care education, footwear recommendations, and provision of orthotics if needed.

Orthotics can be funded through extended health care benefits, the Yukon Health Insurance Plan, Non-Insured Health Benefits or you can pay privately. A doctor’s referral is required.

867-393-8963

- Physio Plus Clinic offers professional physiotherapy consultation and treatment for musculoskeletal conditions. Services include: exercise prescription; provision of custom fit orthotics; footwear advice; and assessment and treatment of joint, muscle and tendon conditions. Fees for services are usually covered by extended health care benefit plans, the Chronic Disease Program, third party health insurers or patients can pay privately. Located at the Canada Games Centre on the second floor. 200 Hamilton Blvd, Whitehorse
867-668-4886

ACTIVE SELF MANAGEMENT

Self-Management may sound complicated but essentially it means **YOU** managing your diabetes by educating yourself, developing your skills and planning your care. One way to manage your diabetes is to set goals and begin a personalized action plan. Action plans can be used for diabetes care or any other lifestyle change that is important to you.

1. Active self-management starts with deciding what you want to accomplish. This may be difficult, but it is important to be realistic and specific. Start by writing a list of goals that you want to achieve.

2. Create an action plan using one of your goals. The plan should contain all of the following steps: Exactly **WHAT** are you going to do?, **HOW MUCH** will you do?, **WHEN** will you do this?, **HOW OFTEN** will you do the activity? Remember to start slowly or where you are at currently.

For example if your goal was to lose 10 pounds by the end of the year, your action plan might look like this: **WHAT:** get more active and lose 2 pounds a month. **HOW MUCH:** Walk 20 minutes per day. **WHEN:** After work or after dinner. **HOW OFTEN:** 2 days a week and one day on the weekend.

3. Track your daily activities while carrying out your plan. At the end of one week or one month see if you have completed your action plan or are closer to your goal. You may not see progress day to day but you may notice a little progress over time.

4. Remember that there may be obstacles to overcome. The first plan is not always the most workable plan. If something does not work, don't give up, try something else. You can modify your plan into smaller steps or give yourself more time to accomplish difficult tasks.

5. Reward yourself! The best part is the reward that comes from accomplishing your goals and living a fuller, more comfortable life. Rewards don't have to be fancy, expensive or fattening. There are many healthy pleasures that can add enjoyment to your life.

STAYING MOTIVATED

Tips for reaching your goals

1. LEARN WHAT MOTIVATES YOU!

We are all motivated by different things. What makes you want to go for a walk might be the opposite for your friends. Ask yourself what motivates you to act.

Some motivators are:

- Positive thinking
- Spirituality
- Positive affirmations
- Praying
- Praise
- Team building activities
- Promising yourself a reward
- Friendly competition
- Getting help from friends
- Taking a class

2. FIND SOME ALLIES & SUPPORT!

We can often find courage when we aren't isolated.

- Ask a family member or your partner to make changes to eating habits and activity levels with you.
- Get support from your doctor, health care provider(s), chronic disease nurse or diabetes educator.

- Try the online Chronic Disease Self-Management Program, or other programs from this resource guide to get the information you need and support for your healthy choices. (see page 20).

3. GET CREATIVE, NOT DISCIPLINED!

- Remember what gives you joy, what you loved as a child, how you feel when you are active or eat well. Find an activity that you love, or try something new.
- Change is emotional, not rational. For example, you probably don't pat your dog every morning at 10:00 am.

Listen to your own rhythms and trust your body when you are trying to make changes.

- Don't set yourself up for defeat with really high expectations. Maybe you can't do it every day, maybe it'll take you months to get consistent. You won't change overnight, but keep going anyway.

4. **OVERCOME RESISTANCE!**

Resistance is a safety mechanism. Pulling back from something difficult is a natural response, but it also makes change more stressful. If you feel you are resisting a goal, here are some tips to help you:

- Start with a small step. Do what you can without any stress, and then build from there.
 - Make it small enough to give yourself a feeling of complete willingness. For example, “I’ll park the car further away than usual and walk. That feels okay.” This lets you be in control.
 - By taking charge, you reduce the stress that comes from resisting.
- You will choose the healthy behaviour when you are ready, when it doesn’t feel scary. “Okay, now I will take the stairs instead of the elevator this week!”
 - Starting with small steps that you feel 100% willing to do, this helps you get in touch with the desire to be well. Desire is stronger than willpower or self-discipline.

5. **REMINDERS**

Use small things to remind yourself of your goals and your desires, like sticky notes around the house, calling your voice mail and leaving yourself a message, affirmations, clippings from magazines, photos, and your friends.

6. **START AGAIN**

If at first you don’t succeed, start again and again, and don’t judge yourself. Accepting yourself, just as you are, is the key to change.

With diabetes, any improvement in your eating habits, activity levels and mental, emotional, or spiritual awareness, is a positive step forward, and will ultimately help you live a healthy life.

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