

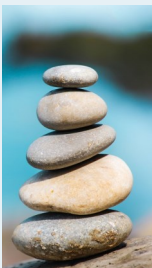
Diabetes Awareness

Increasing the awareness of Diabetes, early detection as well as increasing the practice of healthy eating and active living behavior is the first steps in combating this disease.

What Diabetes Care Is:

- Balance in body, mind, heart & spirit
- Culture, support, and respect
- Movement as medicine
- Uplifting strengths and reducing stigma
- Access to food and medicine
- Self-compassion, trusting the body and honoring its needs
- Self-determination; unique to each person

CDSI@fnha.ca



For more information regarding the Aboriginal Diabetes Initiative Program, please reach out to one of the Diabetes Team members listed below:

Angela Nordstrom - CHN/RN
Ashleigh Dawson - LPN/FCN
Bonita Eagles - CHR/Diabetes Educator

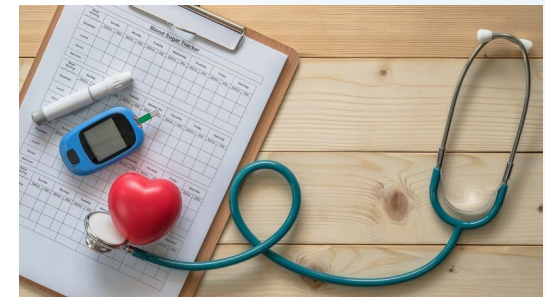


Scw'exmx Community Health Services Society

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Aboriginal Diabetes Initiative Program



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Aboriginal Diabetes Initiative Program

Diabetes, which disproportionately impacts Indigenous people in Canada, is a chronic (lifelong) condition. While diabetes is one of the most significant healthcare conditions of our time worldwide, it can also be viewed as a reminder for all of us to live our lives in a good, balanced way.

For people living with diabetes, identifying what helps keep us balanced, and developing our circle of support, are key pieces to consider in keeping well. Contact us to create a wellness plan that is personalized to you, that aligns with your traditional values, enables self-management skills, and will effectively support you in the long term. Your wellness plan should also reflect the ongoing development of new strategies and innovations in the management of your diabetes.



Community Services

Once a year, the Seabird Island Diabetes Mobile Team comes to provide blood testing and cholesterol testing for diabetics.



Diabetic Nurse Educators can provide client's with diagnostic readings on their muscle mass, BMI's, weight and recommended caloric intake to set goals in sustaining optimal health. Referrals to a nurse educator can be made by any member of the SCHSS health team.

Burnaby Orthopaedics and Mastectomy visit a minimum of two times a year to provide Foot Orthotics, Pre-sized & Custom Bracing, Mastectomy Products, Wound Care Management and Compression Therapy.

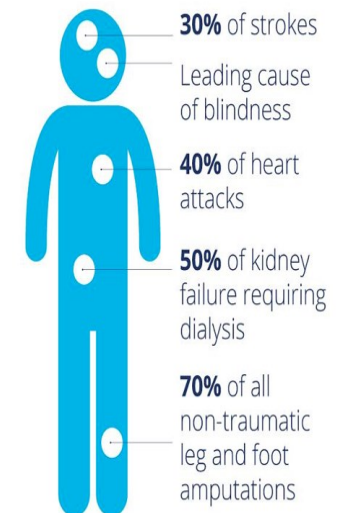


Nutritional Goals

SCHSS team offers different cooking/meal prepping programs like the canning and freeze drying programs. The Canadian Diabetes Association provides assistance with meal planning and smart shopping. Referrals to the Dietician can also be made for any other nutritional goals.

Did you know?

Diabetes contributes to



#EndDiabetes

DIABETES
CANADA

LET'S END DIABETES TOGETHER

DIABETES
AWARENESS
MONTH