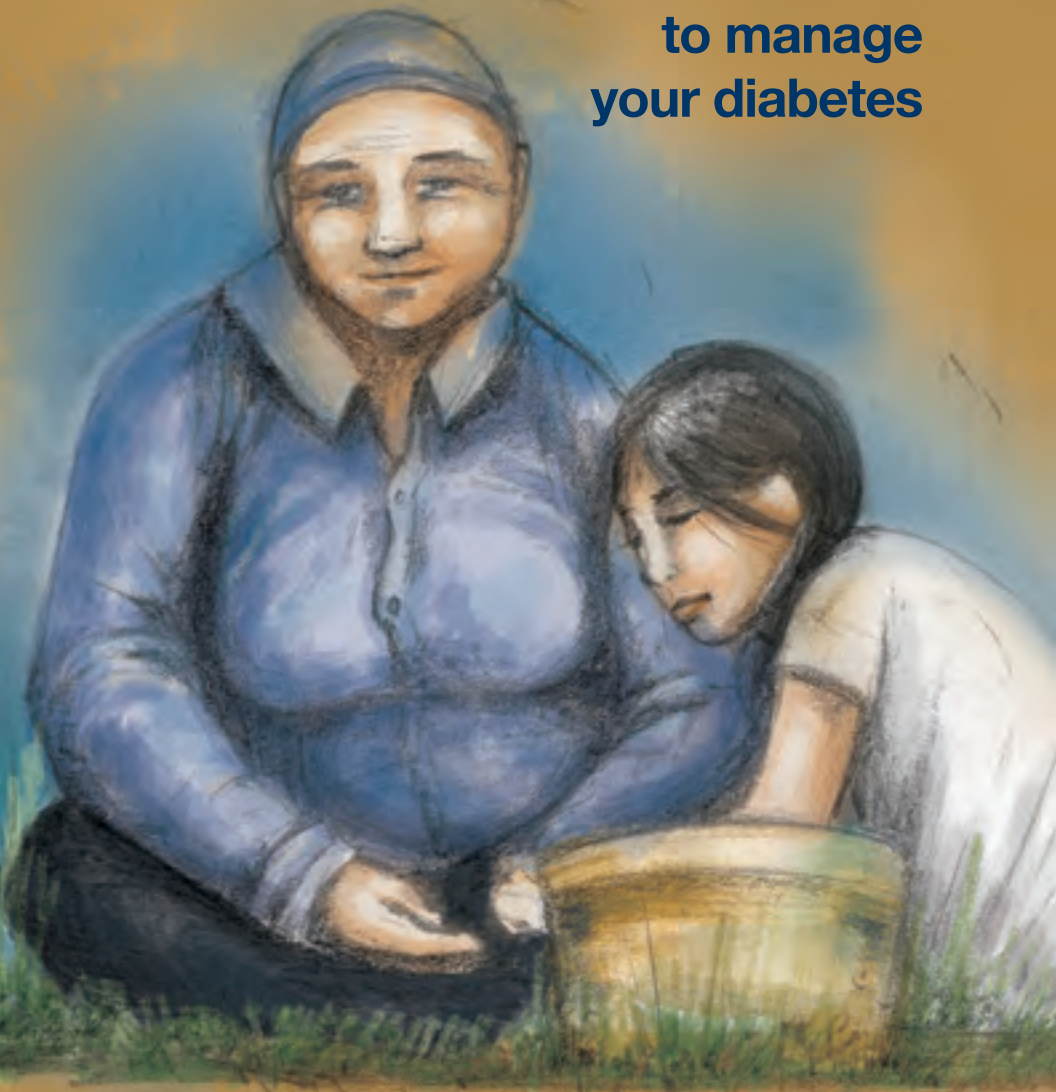


# YUKON DIABETES RESOURCE GUIDE

**Positive steps  
to manage  
your diabetes**



*6th 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 think that you might be at risk for developing diabetes go to <http://canrisk.diabetes.ca> for more info and complete the CANRISK online questionnaire or speak with your doctor and get tested.

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

*This guide is also available in French.*



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*"Start where you are.  
Use what you have.  
Do what you can."  
- Arthur Ashe*

## 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 (also called 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. With good blood sugar control, a person with diabetes can live a long and healthy life.

In **type 1** diabetes (about 5-10% of cases), the pancreas does not make insulin, or makes very little. People living with Type 1 diabetes have to take insulin and monitor their blood sugar daily. Healthy eating and an active lifestyle are 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 does not work properly. This is called insulin resistance, causing blood sugars to rise.

A third type of diabetes is **gestational** diabetes, which can occur when hormones from the pregnancy increase 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.

*"We may encounter many defeats,  
but we must not be defeated."*

*- Maya Angelou*

Diabetes Canada estimates that more than 10 million Canadians are living with diabetes or pre-diabetes. With more than 20 Canadians being newly diagnosed with the disease every hour of every day, chances are that diabetes affects you or someone you know.

Diabetes can often begin years before symptoms occur and diagnosis takes place.

There are many positive actions you can take to control diabetes. This resource guide outlines some basic steps you can take, and provides additional

information on local resources for people with diabetes and their families. This guide also lists several resources available nationwide such as telephone help lines and web sites.

The guide offers suggestions that could be adopted by the whole family to help delay or prevent the development of diabetes. Each person can support the other in dealing with this complicated chronic disease.

We encourage all Yukoners to adopt a healthy lifestyle that helps prevent or delay diabetes mellitus.

## 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 stay healthy for a long time.

## RESOURCES

### 1. CERTIFIED DIABETES EDUCATORS (CDE's)

CDEs are health professionals working in the field of diabetes. These include local nurses, dietitians and pharmacists with significant training and experience in diabetes education who have been certified by Diabetes Canada. CDEs work in various programs, including the Diabetes Education Centre, Chronic Conditions Support Program, Shoppers Drug Mart Pharmacy and the Medicine Chest Pharmacy, all of which are listed in this guide.

### 2. DIABETES EDUCATION

The Yukon Diabetes Education Centre 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 centre with a referral from your doctor, community health centre or the Yukon Home Care Program.

867-393-8711 for more information.

Telehealth videoconferencing for people who live in Yukon communities is also a great way to connect with the centre. It is free of charge and available at all Yukon community health centres.

*"If opportunity doesn't knock,  
build a door."  
- Milton Berle*

Please check with your local health centre for more information on Telehealth videoconferencing.  
867-393-8711

Diabetes education services are also available outside Yukon. These services may be covered under Yukon Health Insured Services for patients who need to see a specialist outside the territory. Talk to your doctor for more information.

### **3. 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 at 867-393-7487 (toll free 1-800-661-0408, ext. 7487) to find out about services available to you.

#### **4. 811 YUKON**

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

Call 811

[www.ykhealthguide.org](http://www.ykhealthguide.org)

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

#### **5. DIABETES CANADA**

11 million Canadians live with diabetes or prediabetes. Every three minutes, another Canadian is diagnosed. About 90 per cent have type 2 diabetes, a condition in which the body does not make enough insulin or cannot properly use the insulin it produces.

Diabetes Canada leads the fight against diabetes by helping those affected by diabetes live healthy lives, preventing the onset and consequences of diabetes, and discovering a cure.

1-800-BANTING (226-8464) a toll-free information and support services line that responds to general diabetes information and management questions, provide access to trusted diabetes resources, connect with regional or national resources tailored to your needs, refer to Diabetes Canada's programs and services in the local community, and offer encouragement and support.

Diabetes Canada's website contains events, support and free information webinars, including information to download and print.  
[www.diabetes.ca](http://www.diabetes.ca)

You can also contact the BC & Yukon regional office at [infobc@diabetes.ca](mailto:infobc@diabetes.ca) or 1-800-665-6526



## **6. ONLINE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

This online workshop, led by pairs of trained volunteer facilitators, will give you the tools, skills and confidence to live a healthier life.

This free six-week online program is available to adults living with chronic conditions and includes a free resource book: *Living Life with Chronic Conditions*.

This program is not just about self-management of diabetes but does include other chronic diseases like arthritis, asthma, depression, and COPD.

Family members, caregivers and friends are also welcome to join.

Register for the next online workshop!

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

Toll-free: 1-866-902-3767

## **7. FIRST NATION HEALTH PROGRAM**

Staff serve self-identified First Nations, Inuit and Metis people who access all Yukon hospitals.

Programs and services include:

- First Nations Health and Social Liaison: helps with navigation and advocacy, and provides social spiritual and emotional support.
- Cultural programs: traditional food, traditional medicine, interpretation and elder support and access to the Na’Ku Healing Room.
- Cultural competence development opportunities for Yukon Hospital Corporation staff.
- Community liaison: discharge planning and navigation.

Contact the First Nations Health Program  
867-393-8758

## **8. DIABETES REFERENCE GROUP**

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

Keep in touch! Just go to the website and click on 'Join our mailing list' to get community events emailed directly to you.

[www.yukondiabetes.ca](http://www.yukondiabetes.ca)

## **9. NATIONAL ABORIGINAL DIABETES ASSOCIATION (NADA)**

The National Aboriginal Diabetes Association's mission is to lead the promotion of healthy environments to prevent and manage diabetes by working together with people, communities and organizations.

Online information, links and resources are available on their website [www.nada.ca](http://www.nada.ca)

The National Aboriginal Diabetes Association envisions diabetes-free healthy communities.

Contact NADA at  
204-927-1224

*"Be sure you put your feet in the right place, then stand firm."  
- Abraham Lincoln*

## DIABETES WEBSITES

**[www.diabetes.ca](http://www.diabetes.ca)**

Diabetes Canada

**[www.yukondiabetes.ca](http://www.yukondiabetes.ca)**

Diabetes Reference Group

**<http://guidelines.diabetes.ca>**

CDA Clinical Practice Guidelines

**[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)**

Government of Canada

**[www.niddk.nih.gov](http://www.niddk.nih.gov)**

National Institute of Diabetes &  
Digestive & Kidney Diseases

**[www.diabetes.org](http://www.diabetes.org)**

American Diabetes Association

**[www.idf.org](http://www.idf.org)**

International Diabetes Federation

**[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)**

Children with diabetes, online  
community

**[www.jdrf.ca](http://www.jdrf.ca)**

Juvenile Diabetes Research  
Foundation of Canada

**[www.nada.ca](http://www.nada.ca)**

National Aboriginal Diabetes  
Association

**[www.diabeaters.com](http://www.diabeaters.com)**

Diabetes Specialty Shop

**[www.csep.ca](http://www.csep.ca)**

Canadian Physical Activity  
Guidelines

**[www.insulinpumps.ca](http://www.insulinpumps.ca)**

Insulin Pumpers Canada

**[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)**

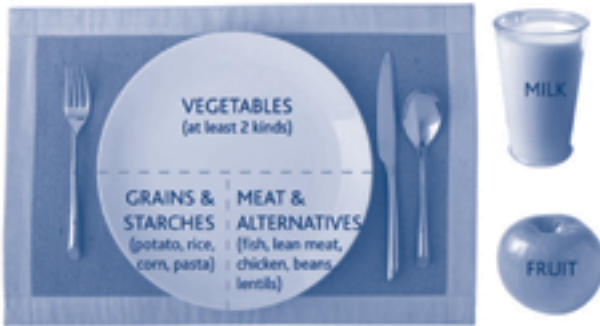
Health Canada

## **SUGGESTED DIABETES APPS**

- ***CANRISK- Diabetes Questionnaire***
- ***CDA-Clinical Practice Guidelines***

## 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 and starchy foods. To control your blood sugar 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.



Source: diabetes.ca

Have at least three out of four key food groups at each meal from Canada’s Food Guide. The four food groups are: vegetables and fruit, grains and starches, milk and alternatives, meat and alternatives.

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide.

			
<b>FRUITS/GRAINS &amp; STARCHES</b> Choose an amount the size of your fist for each of Grains & Starches, and Fruit.	<b>VEGETABLES</b> Choose as much as you can hold in both hands.	<b>MEAT &amp; ALTERNATIVES</b> Choose an amount up to the size of the palm of your hand and the thickness of your little finger.	<b>FATS</b> Limit fat to an amount the size of the tip of your thumb.
<b>MILK &amp; ALTERNATIVES</b> Drink up to 250 mL (8oz) of low-fat milk with a meal.			

Source: www.diabetes.ca

## HEALTHY EATING TIPS

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

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Be sure to eat breakfast.

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

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

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

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If you are thirsty, drink water.

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## REASONS WHY

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

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It provides a good start to your nutrition for the day

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

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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.

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

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

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## **NUTRITION RESOURCES**

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

### **1. NUTRITION COUNSELLING**

The Diabetes Education Centre (DEC) located at Whitehorse General Hospital provides nutrition counselling for diabetics, and individuals with prediabetes. If you are diagnosed with diabetes or prediabetes, you can be referred by your healthcare provider to a Registered Dietitian at the DEC.

Appointments can be in-person or via the free Telehealth videoconferencing service that is available to all Yukon communities through local health centres.

If you are not diagnosed with diabetes, but would like to see a Registered Dietitian for other nutrition needs, you can be referred by your doctor to the Outpatient Dietitian at Whitehorse General Hospital.

867-393-8711

### **2. DIABETES CANADA**

An excellent guide to healthy eating and other downloadable resources and recipes are available at [www.diabetes.ca](http://www.diabetes.ca).

### **3. REGISTERED NATUROPATHIC DOCTORS**

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

Please refer to the Yellow Pages for a current list of naturopathic doctors.

#### **4. WEIGHT WISE PROGRAM**

The Yukon Weight Wise Program is a medically supervised program that focuses on lifestyle changes to improve health and lose weight. The team, consisting of Medical Doctor, Registered Nurse, Registered Dietitian and Registered Psychologist, provides support to individuals with a BMI higher than 35 who require complex medical management.

A series of mandatory educational classes are delivered over a 10-month period and ongoing support is continued depending on each individual need. A strong commitment is expected from participants and a referral is required by ones Health Care Provider.

Bariatric surgery is offered to interested individuals who meet criteria. Individuals do not have to be interested in bariatric surgery to be referred to the program.

The Yukon Weight Wise Program is located in the Klondyke Medical Clinic at 302 Ogilvie street in Whitehorse.

867-668-4046

#### **5. 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](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) for a downloadable copy or to order

## **WEIGHT MANAGEMENT**

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

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 complications.

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

In addition to the information listed under Healthy Eating and Nutrition Resources, these are some other positive steps you can take to help you to reach and maintain a healthy body weight.



### 1. 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](mailto:oayukon@gmail.com) or see [www.aa.org](http://www.aa.org) for more information.

### 2. TAKE OFF POUNDS SENSIBLY

TOPS is a weight-loss support group that uses a sensible eating plan following Canada's Food Guide. There are three chapters that meet weekly in Whitehorse. All are welcome and encouraged to join.

**Call Barb at 867-667-2087**

for more info or visit [www.tops.org](http://www.tops.org).

### 3. 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](http://www.weightwatchers.ca)

In person, local meetings provide guidance, encouragement and confidential weigh-ins.

Meetings are held at the Yukon College at 500 College Drive –RM 1540. Drop by Tuesdays at 5:30 pm and check out what a local meeting is all about.

*"What lies behind you and what lies in front of you  
pales in comparison to what lies inside of you."  
- Ralph Waldo Emerson*

#### **4. COOKING CLASSES**

- Various classes are at times available through the City of Whitehorse's Active Living Guide. Check out [www.whitehorse.ca/alg](http://www.whitehorse.ca/alg) for class availability.
- Yukon College offers Continuing Education Culinary Arts courses. Check out [www.yukoncollege.yk.ca](http://www.yukoncollege.yk.ca) for more info or drop by. Yukon College  
867-668-8800

#### **WEBSITES**

- Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)
- DASH Diet  
[www.dashdiet.org](http://www.dashdiet.org)
- Healthy Canadians  
[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)
- Heart and Stroke Foundation  
[www.heartandstroke.com](http://www.heartandstroke.com)
- Canadian Diabetes Association  
[www.diabetes.ca](http://www.diabetes.ca)
- Eat Right Ontario  
[www.eatrightontario.ca](http://www.eatrightontario.ca)
- Lose It  
[www.loseit.com](http://www.loseit.com)
- Weight Watchers Online  
[www.weightwatchers.ca](http://www.weightwatchers.ca)

#### **NUTRITION APPS**

- Calorie Tracker
- Dash Diet Free
- Fit Bit
- Lose it!
- My Fitness Pal
- My Food Guide

## ACTIVE LIVING – WHY BE ACTIVE

If you have diabetes, doing regular physical activity helps your body use insulin more efficiently so it can control your level of blood sugar better.

Here are just some of the ways activity can help people who have diabetes:

- Improves your mood and how you feel about yourself
- Reduces depression, anxiety, stress and tiredness
- Improves sleep
- Reduces your risk of related chronic diseases, like heart disease, kidney disease and eye disease
- Reduces your risk of nerve damage which can lead to amputation
- Increases your body's sensitivity to insulin so you may require less medication
- Improves the health and strength of your heart and lungs
- Helps you lose body fat or maintain a healthy weight. This also increases insulin sensitivity and may reduce the amount of medication you need.

## BEFORE YOU GET STARTED

- Call the Physical Activity Line (info on next page) to speak with an exercise physiologist or complete the online PAR-Q+ (Physical Activity Readiness Questionnaire for Everyone) for direction on how to get started.
- Check with your doctor or diabetes educator to see if increasing your activity will affect the medication you're taking.
- If you're taking insulin and becoming more active, check your blood sugar level before, during and after activity. It's important to know how activity affects your glucose level.
- You may need to change how much carbohydrate you eat and/or insulin you take. Before starting an activity, eat a snack and give yourself some time for your sugar level to go up.

- Do a warm-up to prepare your body for being active and prevent injury.
- Carry some type of fast-acting carbohydrate with you (like glucose pills or candies) in case you get low blood glucose (also known as hypoglycemia) during an activity.
- Carry medical identification with you.
- Wear supportive, well-fitting shoes.
- Consider doing activities with a partner.
- Drink water before, during and after activity.

## **1. PHYSICAL ACTIVITY SERVICES AT HEALTHLINK BC**

This is BC's primary physical activity counselling service and your resource for practical and trusted physical activity and healthy living information. Dial 8-1-1 and ask to speak with Physical Activity Services. Qualified exercise professionals are available Monday to Friday between 9am-5pm Pacific Standard Time to assist you with all your physical activity related questions regardless of age or health condition.

Visit [www.healthlinkbc.ca/physical-activity](http://www.healthlinkbc.ca/physical-activity) to learn more information about their services. You can also email Physical Activity Services your questions about exercise and physical activity: [www.healthlinkbc.ca/email-physical-activity](mailto:www.healthlinkbc.ca/email-physical-activity)

This service is free to Yukoners.

This service is free to Yukoners.

## **2. 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!

All Yukon communities have great trails that you can get out and explore. Check with a neighbour or your local community centre or Visitor Information Centre for info on local trails.

## **3. RPAY (Recreation Parks Association of the Yukon)**

The Recreation and Parks Association of the Yukon (RPAY) is a non-profit society dedicated to empowering Yukon people and communities to adopt active, healthy lifestyles. RPAY works collaboratively with organizations and communities creating environments, which encourage recreation and parks opportunities for all Yukoners.

Located at 170 Titanium Way Suite 201-C, Whitehorse

## **4. DANCE!**

Try Hip Hop, Jazz, Contemporary, or even Burlesque.

- Leaping Feats Creative Danceworks  
867-393-2623 or  
[www.leapingfeats.com](http://www.leapingfeats.com)
- Northern Lights School of Dance 867-668-6683 or  
[www.nlsdyukon.com](http://www.nlsdyukon.com)

## **5. TAI CHI**

Tai Chi can help you learn techniques to calm the mind, relax the body, increase strength and flexibility, relieve stress and improve general health.

[www.taichi-yukon.ca](http://www.taichi-yukon.ca)

## 6. 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 Cross Training Center  
122 Industrial Rd,  
Whitehorse  
867-633-5245 or [www.betterbodieswhitehorse.ca](http://www.betterbodieswhitehorse.ca)
- Peak Fitness  
95 Lewes Blvd., Whitehorse  
867-668-4628 or [www.peakfitnessyukon.com](http://www.peakfitnessyukon.com)
- Canada Games Centre Fitness Centre  
200 Hamilton Blvd,  
Whitehorse  
867-667-4FUN

## 7. PILATES

An excellent low-impact exercise on specialized equipment focused on stretching and strength-building. Designed to improve posture, flexibility and your overall health. For a current listing check your local yellow pages, Facebook or the Yukon Wholistic Health Network website [www.ywhn.org](http://www.ywhn.org).

## 8. YOGA

Another excellent way to attain your physical and spiritual well-being by focusing on flexibility, strengthening and balance. An extensive list of yoga practitioners can be found on the Yukon Wholistic Health Network website [www.ywhn.org](http://www.ywhn.org).

## **9. CANADA GAMES CENTRE**

The Canada Games Centre (CGC) offers all ages the opportunity for active fun all year long. They offer daily recreation drop-in opportunities, diverse and interactive programming. Open seven days a week, the CGC has an indoor fitness track, fitness centre and studio, flexi hall, field house, two skating rinks, aquatic centre, hot tub and sauna, and child play area. Located at 200 Hamilton Blvd., Whitehorse 867-667-4FUN (4386) or go to [www.whitehorse.ca](http://www.whitehorse.ca)

Discounts are available for seniors and people with a permanent physical disability with a doctor's note. Individual orientation to the fitness centre is available upon request by fitness specialists.

The City of Whitehorse publishes an 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](http://www.whitehorse.ca) or you can pick up a current copy of the guide in person at the centre.

## **10. MOVEMENT MATTERS**

An exercise group for people living with a chronic condition such as COPD, diabetes, arthritis, or heart disease. Groups are run by a certified exercise physiologist who tailors exercises to your individual needs and abilities. Contact Danielle at the City of Whitehorse for more information or email [danielle.fendrick@whitehorse.ca](mailto:danielle.fendrick@whitehorse.ca).

## **11. FIRST NATIONS HEALTH AND SOCIAL PROGRAMS**

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

## **12. KWANLIN DUN HEALTH CENTRE**

The health centre hosts various programs like the Chronic Conditions Lunch and Learn, walking groups, Health Promotion Lunch and Learn and Meals on Wheels. Kwanlin Dun works with their members with diabetes for case management under the Home and Community Care Programming. Located on McIntyre Drive in Whitehorse. Stop by or call the health centre about the programs and services that are currently available.

867-668-7289

## **13. ELDER ACTIVE RECREATION ASSOCIATION**

Programs include weekly Seniors' Days from September to June at the Canada Games Centre. Join in various games and other entertaining activities. For more information contact the main office at 867-456-8252 or email [programs@elderactive.ca](mailto:programs@elderactive.ca)

## **14. SWIMMING**

During warm summer months get wet 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
- Takhini Hot Springs  
Km 10 Hot Springs Road,  
Whitehorse  
867-456-8000



## 15. ORGANIZED SPORTS

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](http://www.sportyukon.com) for a detailed contact list, news and upcoming Yukon-wide events.

[www.diabetes.ca](http://www.diabetes.ca)

Canadian Diabetes Assn.

*Specific physical activity information and handouts for people with diabetes including instructional videos*

[www.physicalactivityline.com](http://www.physicalactivityline.com)

Physical Activity Line of BC

## 16. GOLF

Golfing can be a great way to get out and have fun with friends! Check your local yellow pages for courses available in Whitehorse, Faro and Dawson City.



## **WELL BEING**

Living with diabetes can add to your daily stress. Stress has an effect on blood sugar levels, among other things, so learning to manage stress can have a positive impact on your overall health. 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](http://www.yukonwellness.ca) and sign up for weekly e-tips.

### **2. YUKON WHOLISTIC HEALTH NETWORK**

A volunteer organization that focuses on education, networking and advocacy of holistic health. They have a large database of local services and can connect you with various practitioners here in the Yukon.  
[www.ywhn.org](http://www.ywhn.org)

### **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 on a sliding scale.

- Many Rivers Counselling and Support Services, Dawson City  
867-993-6455  
Haines Junction  
867-634-2111  
Watson Lake  
867-536-2330
- Barbara Nimco and Associates  
867-668-3277
- Celtic Harp Counselling  
867-668-2358
- Sue Grabner  
867-668-2229
- Jody Studney  
867-334-4402
- Judy Laird/Kim Chapman  
867-393-2401

- Northern Counselling and Therapeutic Services  
867-668-3900
- Margaret Nefstead  
867-668-3440

## 5. PSYCHOLOGISTS

- Aurora Psychological Services  
867-456-4943
- 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, YUKON GOVERNMENT

Individual and group counselling services and resource services are available to those experiencing mental health issues. Call for more information, 867-667-8346.

## 7. FIRST NATIONS HEALTH HEALING ROOM

The Na'Ku 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. WEBSITE

***[www.mentalhealthcanada.com](http://www.mentalhealthcanada.com)***

Mental Health Canada

## **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. 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
- may be thinking about quitting
- 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:

- eNewsletters
- eQuit Tips
- Face to Face Services (Nicotine patches, Nicorette gum and lozenges, coaching)
- Phone Support
- Text Support

If you are living in rural Yukon ask at your health centre for QuitPath resources and local support or visit [www.quitpath.ca](http://www.quitpath.ca).

1-866-221-8393 toll free  
867-667-8393 in Whitehorse

## 2. SMOKERS' HELPLINE

Operated by the Ontario Division of the Canadian Cancer Society (CCS). This is a free, confidential service. They provide personalized support, advice and information about quitting smoking. Bilingual services offered in English and French seven 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](http://www.smokershelpline.ca) for resources.

## WEBSITES

[www.cancer.ca](http://www.cancer.ca)

Canadian Cancer Society

[www.quitnow.ca](http://www.quitnow.ca)

Canadian Lung Association

## 3. FAMILY DOCTOR

Your family doctor can be excellent person to talk to about quitting smoking. They can review your goals and recommend nicotine replacement therapy such as patches, gum, inhalers or lozenges along with prescription medications at your pharmacy. 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.

*"Each time we face our fear, we gain strength,  
courage and confidence in the doing."*

*- Unknown*

## **MEDICAL CHECKUPS**

Diabetes is a chronic disease and requires regularly scheduled appointments to help you monitor it, and 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 recommended A1C blood test (average blood sugar) every three to six months, cholesterol levels once per year, urine and blood test for kidney function once per year, and an annual quality assurance check on your blood sugar monitor.

Whitehorse General Hospital and Whitehorse Medical Services Clinic can provide services for blood testing. In the communities blood work is taken at the health centre and sent to Whitehorse for processing.

### **3. SPECIALISTS**

Physician specialists provide consultative and surgical expertise at Whitehorse General Hospital on a rotating schedule at the Specialist 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 or Non Insured Health Benefits (Federal). Talk to your health care provider for more information on what you may qualify for.

#### 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](http://www.polareyesoptometry.ca)
- Northern Lights Optometry Group  
2093 2nd Avenue  
Whitehorse  
867-668-2020 or [www.northernlightsoptometry.ca](http://www.northernlightsoptometry.ca)
- Superstore Optical  
2270 2nd Avenue  
Whitehorse  
867-456-6613 ext. 135

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)

These web sites can provide you with information and answers to your questions:

- [www.webmd.com](http://www.webmd.com)
- [www.ontariomenshealth.ca](http://www.ontariomenshealth.ca)
- [www.mayoclinic.org](http://www.mayoclinic.org)

*"The significant problems that we face cannot be solved at the same level of thinking that created them."*

*- Albert Einstein*

## 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. WHITEHORSE PHARMACIES

- Drugstore Pharmacy  
Real Canadian Superstore  
2270 2nd Avenue  
Whitehorse  
867-456-6635
- Medicine Chest Pharmacy  
406 Lambert Street  
Whitehorse  
867-668-7000 or  
1-800-661-0404  
304 Ogilvie Street  
Whitehorse  
867-668-6123 or  
1-800-661-0404
- Shopper's Drug Mart  
211 Main Street  
Whitehorse  
867-667- 2485 or  
1-800-661-0506
- Shopper's Drug Mart  
Qwanlin Mall  
303 Ogilvie Street  
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

- Save on Foods Pharmacy  
43 Chilkoot Way  
Whitehorse  
867-668-6662

### 2. COMMUNITY PHARMACIES

- Dawson Medical  
Dawson City  
867-993-5744
- Parhelion Medical  
Services  
Watson Lake  
867-536-2568

### 3. 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.



#### **4. 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. YHCIP has 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.

The Chronic Disease and Disability Benefits Program may help cover the costs of diabetes medications and supplies. Your doctor must apply to the program on your behalf.

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](http://www.hss.gov.yk.ca) and search “chronic disease program.”

#### **5. NON-INSURED HEALTH BENEFITS (NIHB)**

Non-Insured Health Benefits provide supplementary benefits for status First Nations, Inuit and Metis.

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. Call Health Canada to find out about coverage.

1-866-362-6717

## 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.



## TIPS FOR YOUR DAILY CARE

- 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
- 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
- Marg's Foot Care  
Home Service  
Marg Hicks,  
Registered Nurse  
867-456-4205
- Happy Feet  
Foot Care Services  
Marion Menzel  
867-660-5020
- WalkOn Footcare  
& Reflexology  
Jeddie Russell,  
Registered Nurse  
867-689-7191

### 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 on  
Wednesdays 11 – 3 pm.  
Staffed by Kwanlin Dun  
Health Centre nurses.  
311 Black Street
- Yukon Home Care  
Program  
for clients who are less  
mobile  
867-667-5774
- Your physician, surgeon or  
podiatrist by referral

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

*- William Shakespeare*

### **3. COMMUNITY HEALTH CARE**

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  
867-993-4300
- 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
- Old Crow Health Centre  
867-966-4444
- 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
- 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. A doctor's referral is required.  
867-393-8963

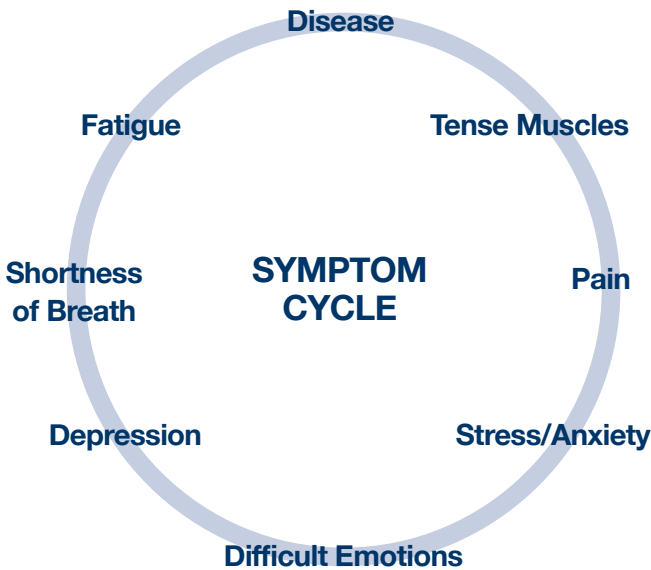
- Physio Plus Clinic offers professional physiotherapy consultation and treatment for musculoskeletal conditions. Services include: exercise prescription; provision of custom fit orthotics; footwear advice; and assessment and treatment of joint, muscle and tendon conditions. Located at the Canada Games Centre on the second floor. 200 Hamilton Blvd, Whitehorse 867-668-4886  
physiopluswhitehorse.com

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

## THE VICIOUS SYMPTOM CYCLE

Unlike acute disease, where full recovery is expected, a chronic disease like diabetes leads to more symptoms and possibly a loss of physical functioning.

Many people assume that the symptoms they are experiencing are due to only one cause; the disease. While diabetes can cause symptoms such as pain, stress, or depression it is not the only cause. Each of these symptoms can contribute to the other symptoms and all can make each one worse. It becomes a vicious cycle unless we find a way to break the cycle.



Learning more about diabetes, its cause, and how diabetes affects the body will help to break the cycle.

## 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.** 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 five pounds by the end of the year, your action plan might look like this: **WHAT:** get more active and lose two pounds a month. **HOW MUCH:** Walk 30 minutes per day. **WHEN:** After work or after dinner. **HOW OFTEN:** three 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.



## YOUR DIABETES CARE TEAM

### YOUR DIABETES CARE TEAM MAY INCLUDE...

**YOU**



*Your Diabetic Educators:*

**YOUR DOCTOR  
YOUR NURSE  
YOUR DIETITIAN  
YOUR PHARMACIST**



***Plus...***

Other people you know who have diabetes  
A dentist  
Family and friends  
Heart doctor  
Kidney doctor  
Diabetes doctor  
Eye doctor  
A physical activity specialist  
Social worker/mental health specialist  
A foot care specialist  
Naturopathic care provider

Know who your diabetes care team members are. Stay connected with them. Prepare for your diabetes care.

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.

***Live well Yukon!***



## Sources and References

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- Physical Activity Line of BC, [www.physicalactivityline.com/factsheets](http://www.physicalactivityline.com/factsheets)
- Yukon Diabetes Education Centre, Whitehorse General Hospital
- Yukon Diabetes Reference Group

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