

Diabetes Centre

Digby General Hospital
Roseway Hospital
Yarmouth Regional Hospital

Helping people affected by diabetes
improve their quality of life.

Self-referrals are welcome!

- Have you or a loved one been diagnosed with diabetes (type 1 or 2) or gestational diabetes?
- Do you have questions or concerns about:
 - › your diabetes?
 - › high or low blood sugar?
 - › diabetes medication or other medications?

If you answered **YES** to any of these questions, you may find it helpful to visit a Diabetes Centre.

Who will I see at the Diabetes Centre?

- You will see certified diabetes educators including a Registered Nurse (RN) and a Registered Dietitian.
- You are welcome to bring a support person, such as a family member or friend, to each appointment.

How do I get an appointment?

- Call the location of your choice (see back page for phone number), or
- Ask your family health care provider (doctor or nurse practitioner) for a referral, or
- Ask a member of your health care team (e.g., nurse, pharmacist, dietitian).

What can staff at the Centre help with?

- One-on-one assessment of your diabetes status
- Starting insulin for outpatients
- Checking your risk of foot problems
- Referrals to other programs and services
- Individual and/or group education on diabetes management, including:
 - › nutrition
 - › self-care
 - › review of diabetes-related blood work
 - › active living and exercise
 - › healthy lifestyle
 - › medication (e.g., diabetes pills, insulin)
 - › blood glucose self-monitoring
 - › blood pressure management and monitoring
 - › insulin dose adjustment

Is there a cost?

- There is no cost to you. Bring your Nova Scotia (MSI) health card to each visit.

What are your questions?

Please ask. We are here to help you.

You can make an appointment at any of these locations:

Yarmouth Regional Hospital & Roseway Hospital (Barrington Passage satellite)

- › Toll-free: 1-844-342-7984
- › Fax: 902-749-1753

Digby Hospital (Meteghan satellite)

- › Phone: 902-245-1307
- › Fax: 902-245-3006

For more information, visit:

- › www.diabetes.ca
- › <http://diabetescare.nshealth.ca>

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.