

Diabetes Screening & Education Program

Diabetes has reached epidemic proportions in Canada. Together, Campbellford Memorial Hospital (CMH) and the Trent Hills Family Health Team (THFHT) are working to ensure patients are provided with current screening, education and management of this disease.

Screening for Non-Diabetics

Screening patients for possible risks and/or disease is a crucial element of disease prevention and management. Early diagnosis can lessen the impact of the disease and prevent further complications. Patients will be sent a letter to request that they book an appointment for a fasting blood test.

Diabetes Management

Diabetes is a manageable disease that requires a team effort, involving treatment, prevention of complications and education. The more you understand diabetes and its challenges, the better you can manage your condition and to help prevent further risks to your health.

The Diabetes Screening and Education Program is linked with other programs:

- Campbellford Memorial Hospital Diabetes Education Centre
- Vaccination/Immunization
- Other Diabetes specialists

Where do I begin?

You will be contacted and invited to participate in the program, including group education sessions held at CMH, and clinical visits with your family doctor and/or registered nurses.

What can I expect at these appointments?

The initial session will be an interview with a registered nurse to assess your diabetes and to explain the program and what it can offer you. The nurse will arrange appropriate blood tests and review your medications with you. You will then be referred to the programs relevant to your condition.

The nurse will measure:

- Weight
- Height
- BMI
- Blood Pressure
- Waist Circumference

You will continue to have regular appointments with your family doctor, which will include physical exams, medication and blood work review and health education.

Where can I get more information?

Canadian Diabetes Association – www.diabetes.ca

Central East Local Health Integrated Network, www.centraleastlin.on.ca
Connected with Care – Diabetes Resource Guide.