

## Markham Stouffville Hospital – Markham Site

### Adult Diabetes Education Group Session Topics

#### **Impaired Glucose Tolerance (Pre-Diabetes)**

Studies indicate that impaired glucose tolerance /pre-diabetes (IGT) can be reversed with lifestyle changes and weight loss of 5-10% of total body weight.

Our IGT program consists of 2 three hour classes, six weeks apart. During both classes participants are provided information that covers the basics of IGT/ what IGT is, importance of lifestyle changes, healthy eating and food label reading, benefit of blood glucose self-monitoring and how to interpret blood glucose results to understand progress in self-management. The class format is lecture style with interactive segments for hands on experience. At the end of second class, participants have an option to book an individualized appointment with a Registered Dietitian and Registered Nurse or attend a drop-in clinic if desired.

Through a clinical trial we demonstrated that after attending our IGT classes, approximately 50% of our trial participants had normal fasting blood sugars and a normal response to an oral glucose tolerance test. 81% lost weight, 92% had decreased their waist circumference and 56% increased their activity levels both in frequency and duration.

#### **Diabetes Type 2 Management**

Our Diabetes Type 2 program consists of 2 three-hour classes, two weeks apart. Learn about Type 2 diabetes in a group setting with an emphasis on diabetes knowledge, diet, exercise and blood sugar monitoring. The class format is lecture style with interactive breaks for hands on experience. At the end of class two, participants have an option to book an individualized appointment with a Registered Dietitian and Registered Nurse or attend a drop-in clinic if desired. Classes are also available in Cantonese

#### **South Asian Diabetes Type 2 Program**

This program is similar to the standard Diabetes Type 2 Program with special consideration provided to the South Asian Diet. This program is only offered at this time in the English language but the presentation on healthy food choices in diabetes management speaks to the special cooking style, spicing and product selection commonly found in South Asian households. This program consists of one 3 ½ -hour class session on a Wednesday afternoon from 1:30pm to 5pm, followed by the booking of an individual session 4-6 weeks later. This program is best suited for participants who eat traditionally South Asian diet and have a good understanding of the English language. For those who would require translation, it is recommended they be seen individually only.

### **Gestational Class (Pregnancy)**

This program is for women diagnosed with gestational (pregnancy) diabetes or Impaired Glucose Tolerance in pregnancy. Learn about gestational diabetes with other expectant mothers who share the same condition. Program focuses on knowledge and skills required for self-management of blood sugars for the duration of the pregnancy and benefit of blood sugar control for optimum health of mother and baby.

Physician referral is required.

### **Transition Clinic**

The Adult diabetes clinic understands how difficult it can be to transition/change your diabetes management from the Pediatric Diabetes clinic team to the Adult Diabetes Clinic. Transition is an opportunity for young people living with Diabetes to establish independence from family. We have a specialized transition team, which consist of a Registered Nurse and a Registered Dietitian that encourages autonomy and empowerment for the young adult. We also have a Social Worker to assist those young adults that may require additional support.

Transition clinics can be coordinated around university or college schedules with a transition coordinator. Communication between clinic appointments is managed by email or telephone.

### **Pump Program**

The MSH Adult Diabetes Program is now a recognized pump centre. The Clinic provides care for starting an insulin pump and ongoing management for those already on pumps. Education is provided through individual and group sessions with a Registered Dietitian and Registered Nurse.

Appointments are arranged on an individual basis upon referral from an endocrinologist.

### **Supermarket Tour**

Markham Stouffville Hospital Adult Diabetes Centre is pleased to offer you Supermarket Tours at a local grocery store! Our Dietitian will provide you with tips on label reading and better food choices for Diabetes. If you are interested, *please call our secretary to find out the dates and time of the tours.* Registration is limited.

### **On the Weigh: Weight Management Program for clients with diabetes**

This program meets once a week for 16 weeks. Participants meet in a group setting on Wednesday, evenings from 5:00 -6:30 pm

Program involves:

-Weekly weigh-in and support.

-Walking and stretching, and group discussion facilitated by Registered Dietitian and Registered Nurse.

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Topics include: Exercise strategies, Portion Control, Menu Planning and Label reading, Stress management, Shopping tips, Grocery Store Tour, Cooking Demonstration, Eating Out, Healthy weight maintenance, and relapse prevention and strategies.

Cost: There is a small charge for this 16 week program

### **Walk this Weigh Program**

Sequel to the On the Weigh Program

Participants meet on Thursdays, between 6-7 pm for walking program, weigh-in and ongoing support. Professional staff available to answer any questions.

Topics include an introduction to the benefits of exercise on blood sugar control, support for continued weight loss and importance of maintaining a healthy lifestyle.

### **Blood Glucose Meter Class**

This is a one hour class that provides a free glucose testing meter to participants and instructions on how-to-use meter, when to test blood sugars and how to interpret blood sugar results.

### **Insulin Start Class**

This class is available to patients with Type 2 diabetes who have been prescribed insulin and need to learn about this medication and how to self-administer it. Physician referral is required which includes the type of insulin to be administered and prescribed dose.

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