

Diet & Glycemic Index (GI)

Google the Glycemic Index of foods/ingredients:

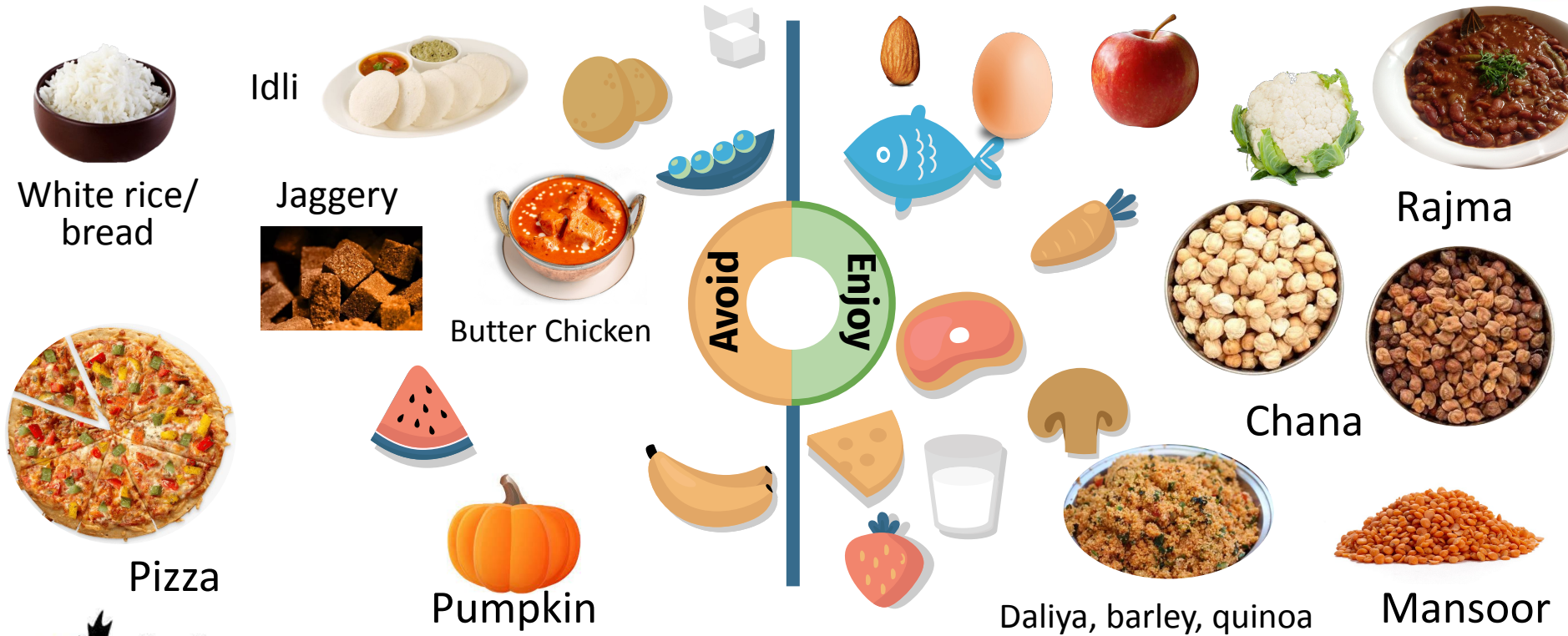
High GI: more than 70 (avoid)

Medium GI: 56 – 69 (eat in moderation)

Low GI: less than 55 (eat often)



Diabetes Management: Diet



Low Blood Glucose

Symptoms:

- Shaking
- Sweating
- Nervousness or anxiety
- Irritability or confusion
- Dizziness
- Hunger

Management: if your levels fall **below 4 mmol/L**

- Take four glucose tablets
- Drink four ounces of fruit juice
- Drink four ounces of regular soda, not diet
- Eat four pieces of hard candy



High Blood Glucose

Symptoms:

- Feeling very tired, thirsty
- Having blurry vision
- Needing to pee more often

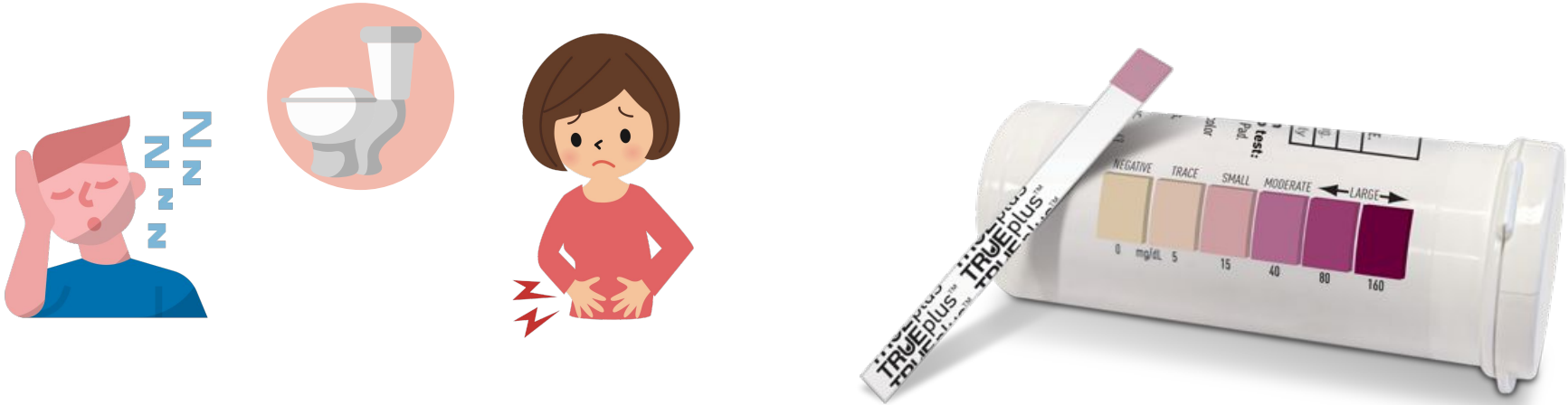
Management:

- Be more active (*if* there are no ketones in your blood)
- Take medicine as instructed
- Follow your diabetes meal plan
- Check your blood sugar as directed; more often if you're sick or concerned about high or low blood sugar
- Talk to your doctor about adjusting insulin



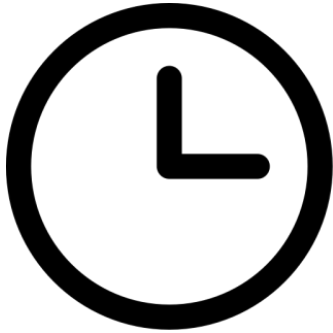
What is ketoacidosis?

Blood glucose above **11** mmol/L & **ketones** in urine

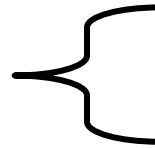


Symptoms

Exercise



150
mins/week

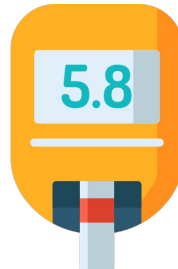


30 min 1x per day

15 min 2x per day

10 min 3x per day

Remember:



Bowflex® Stretch | Five-Minute Full Body Stretch
16M views · 5 years ago
Bowflex
If you're in need of a five-minute full body stretch, then this video is for you! This routine has 14 stretches, held for 20...

5 MIN DAILY STRETCH - a super quick routine for every day / No...
13M views · 1 year ago
Pamela Reif
works perfectly as a cool down after ANY kind of workout, before bed or in the morning after waking up! * Werbung To...

5 MIN DAILY STRETCH - An everyday, full body routine
1.2M views · 11 months ago
MadFit
X INSTAGRAM: @madfit.ig X TWITTER: @maddielyburner X FACEBOOK...

<https://www.youtube.com/watch?v=ePylP2XmNRs>

9:41

Workouts

For You Browse Expert Tips Colle

New Workouts

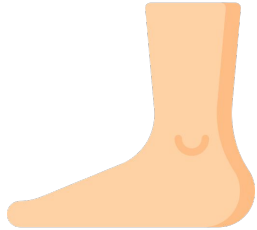
10-Min Yoga: Lower-Body Restorative Sequence
12 min, Beginner

10-Min HIIT
12 min, Beg

Perfect for Home

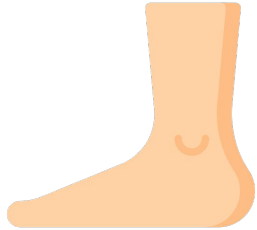


Check-ups



- Check for:
 - cuts, bumps, blisters
 - swelling, pain
- Trim your nails straight across
- Wash and dry your feet everyday - especially between your toes
- Use a good lotion for your heels; **not** in between your toes
 - Wipe off extra lotion

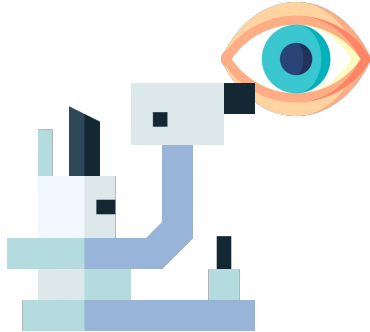
Check-ups



Do **not**:

- Use a heated blanket or any heat on your feet
 - You could burn yourself and not feel it
- Use over-the-counter medication to treat corns or warts
- Clip your own ingrown toenails
- Sit for long periods of time

Check-ups



- Eye exam **every year**
- Keep your blood sugar under control
- Keep high blood pressure in check

Check-ups



- Regular doctors visits
- Keep A1C, blood pressure & cholesterol in check
- Take your medications as prescribed



OHIP Coverage

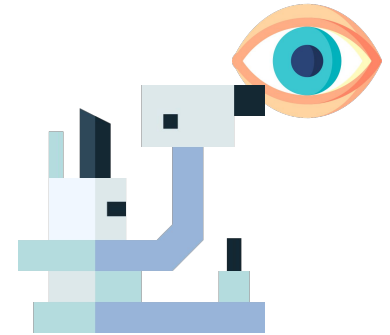
- medications, sensors, blood monitors etc



\$7 – \$16 per visit
X-ray: \$30



DIABETES EDUCATION PROGRAMS
or
TeleHealth: 1 866 797 0000



One annual exam fully covered for diabetics of all ages

These services serve all or part of Mississauga Halton

[Care Connections of Halton Hills](#)

905-873-6502

[Add to Clipboard](#)

360 Guelph St, Unit 33, Georgetown, ON L7G 4B5

[East Mississauga Community Health Centre - Branch of LAMP - West Toronto Diabetes Education Program](#)

416-252-1928

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2555 Dixie Rd, Unit 7, Mississauga, ON L4Y 4C4

[Halton Healthcare - Georgetown Hospital - Halton Diabetes Program](#)

905-338-4437

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360 Guelph St, Unit 33, Georgetown, ON L7G 4B5

[Halton Healthcare - Milton District Hospital - Halton Diabetes Program](#)

905-338-4437

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725 Bronte St S, Area B - Outpatient Clinics (main floor, north block), Milton, ON L9T 9K1

[Halton Healthcare - Oakville Trafalgar Memorial Hospital - Halton Diabetes Program](#)

905-338-4437

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3001 Hospital Gate, Area H - Halton Diabetes Program, Oakville, ON L6M 0L8

[LMC Diabetes and Endocrinology - Georgetown](#)

905-337-0040

[Add to Clipboard](#)

Sinclair Medical Association, 99 Sinclair Ave, Suite 106, Georgetown, ON L7G 5G1

[LMC Diabetes and Endocrinology - Oakville](#)

905-337-0040

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3075 Hospital Gate, Suite 301, Oakville, ON L6M 1M1

<https://www.mississaugahaltonhealthline.ca/listservices.aspx?id=10891>