



P R I N C E E D W A R D
FAMILY HEALTH TEAM
A team approach to your good health

November is Diabetes Month!

By Kimberly Reid, Registered Dietitian

Diabetes is a chronic disease that affects 2 million Canadians. Here in Prince Edward County, the Prince Edward Family Health Team Diabetes Education Program is available to educate and support people with diabetes and their families. The team has clinic locations in Picton, Wellington and Rossmore. The educators at the PEFHT are Diabetes Nurse Educator Suzanne Staley, Registered Dietitian and Certified Diabetes Educator Laurel Hoard and Registered Dietitian Kimberly Reid. All are members of the Canadian Diabetes Association Diabetes Educator Sector's St. Lawrence Chapter.

For the month of November, the diabetes educators of Prince Edward County will be setting up displays in the hospital and many of the Family Health Team clinics. They will also be visiting some local organizations to promote the prevention and management of diabetes.

November 14th has been declared as World Diabetes Day by the International Diabetes Federation for their global awareness campaign. It brings together millions of people in over 160 countries to raise awareness of diabetes. This year's theme is "Diabetes Education and Prevention". For people with diabetes, this is a message about empowerment through education. For governments, it is a call to implement effective strategies and policies for the prevention and management of diabetes to safeguard the health of their citizens with and at risk of diabetes. For healthcare professionals, it is a call to improve knowledge so that evidence-based recommendations are put into practice. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its complications. Key messages include; know the risks and warning signs, know how to respond to diabetes and know how to manage and take control of diabetes.

In 2007, the World Diabetes Day campaign put forth a challenge to bring diabetes to light. It encouraged communities to light up their iconic landmarks in blue. In Canada, this has included the CN Tower and Niagara Falls. In Prince Edward County, some of the locations that have participated include the Mariner's Park Museum Lighthouse in South Bay, the Picton Legion, Sandbanks Medical Centre in Wellington, the Main Street Cenotaph in Picton and many others. Residents of Prince Edward County can show their support for this campaign by putting a blue light at their own homes. Take a picture and submit your photo to wddpics@pefht.com for a chance to win a prize and have your photo posted to our website www.pefht.ca.

For more information on World Diabetes Day visit www.worlddiabetesday.org or for more information about the Canadian Diabetes Association, please call 613-384-9374 or go to www.diabetes.ca.

To learn about the Diabetes Education Programs in Prince Edward County please contact:
Sandbanks Medical Centre: 613-399-1281
Prince Edward Family Health Team Picton Clinic: 613-471-1100