GRANDFATHER TEACHINGS

RESPECT - Buffalo
LOVE - Eagle
COURAGE - Bear
HUMILITY - Wolf
HONESTY - Sabe (bigfoot)
WISDOM - Beaver
TRUTH - Turtle

SERVICES

We offer one-to-one or group sessions on the following:

- Healthy lifestyle and self-management
- What is diabetes and how it affects your body
- Dietary review and meal planning
- Physical activity
- Annual Foot Exam
- Foot Care for the Aboriginal Community
- Preventing complications
- Medications
- Blood sugar/A1c targets
- Goal Setting
- Insulin starts
- Prevention, symptoms, and treatment of Hypoglycemia
- Traditional Healing services

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diabetes.team@aht.ca
Tips for living well with diabetes:

- **A1c** – Optimal blood sugar control (usually < 7%)
- **Blood Pressure** – Keep blood pressure under control (< 130/80 mmHg)
- **Cholesterol** – Keep your LDL (bad cholesterol) < 2.0 mmol/L
- **Diet** – Include more vegetables, fruit whole grains, lean meats in your diet; limit sweets and salty foods
- **Alcohol** – Reduce or stop drinking as it affects our blood sugars, vision and our healthy lifestyle
- **Exercise** – Regular physical activity, healthy eating, achievement and maintenance of healthy body weight
- **Foot Care** – Check your feet daily and have a yearly foot exam
- **Spiritual** – What we understand as sickness begins in our spirit. It then affects the mind, then the emotions and finally the body

Who We Are & How We Can Help:

**Traditional Healer**
- Supports you in your health care journey with spiritual guidance, traditional medicines and works in collaboration with your healthcare team

**Registered Dietitian**
- Support & educates about healthy eating, meal planning, weight loss, carbohydrate counting, reading food labels, and more

**Registered Nurse**
- Ongoing support with goal and tool development related to strategies for Diabetes Self-Management that is individualized to you and your needs/goals

**Chiropodist**
- The Chiropodist, is a foot care specialist that will help you look after your feet, educate you on diabetes foot care management to prevent any foot health concerns.

It is important to touch base with your Nurse & Dietitian every 3-6 months for ongoing care & support.

It is important to see your chiropodist at least once a year for an annual foot exam.

We encourage you to invite your family and/or support people to attend appointments with you!