

Canada's Physical Activity Guide recommends 30 to 60 minutes of activity daily for adults. You don't have to do it all at once; 10 minute periods add up.

Safety First

- If you have been inactive for some time talk to your doctor before starting any exercise program that is more tiring than brisk walking
- Make sure you wear comfortable, proper-fitting shoes
- Listen to your body. Speak to your doctor if you are very short of breath or have chest pain
- Check your blood sugar before, during and many hours after activity to see how it affects your blood sugar.
- Carry some form of fast-acting energy booster with you in case you need to treat low blood glucose, for example a Life-Saver or glucose tablet.

How much is enough?

The time needed depends on the effort. Your goal should be to do at least 150 minutes of moderate-effort aerobic exercise each week, spread over at least 3 days but not in a row.

The goal of exercise is to raise your heart rate and keep it going in 10 minute periods, the longer the better. You may need to start slowly with as little as 5 to 10 minutes of exercise per day, and slowly build up to your goal.

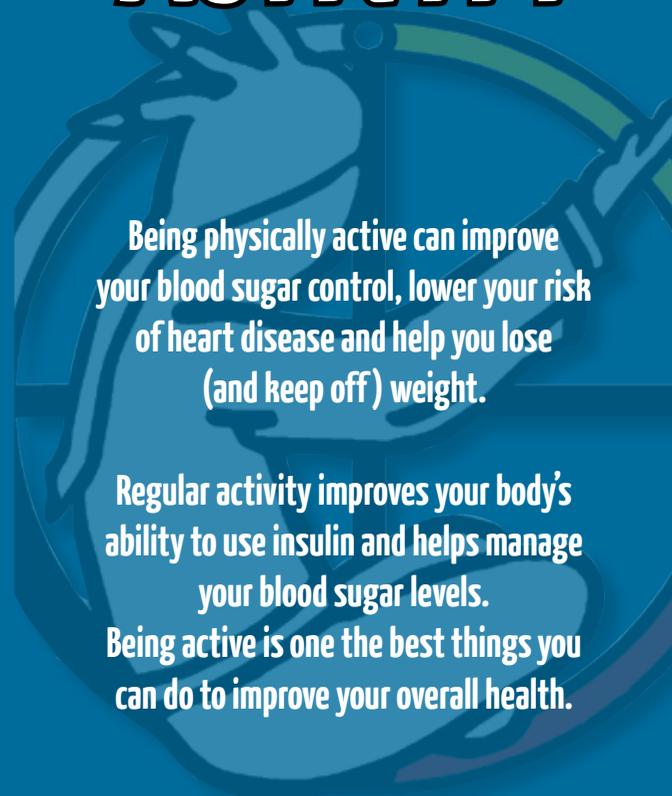
Some resources that may be helpful

The Heart and Stroke Foundation –

HeartWalk Workout – www.heartandstroke.ca

Canada's Physical Activity Guide – www.paguide.com

PHYSICAL ACTIVITY



Being physically active can improve your blood sugar control, lower your risk of heart disease and help you lose (and keep off) weight.

Regular activity improves your body's ability to use insulin and helps manage your blood sugar levels.

Being active is one the best things you can do to improve your overall health.

For a person with diabetes it can:

- Lower your blood sugar
- Lower your blood pressure
- Help you lose or maintain weight
- Help you feel better
- Reduce the amount of meds you need
- Relieve tension or stress
- Improve your heart and lung function
- Improve you muscle tone

Dieticians are a very important part of your health care team.

Tips	Reasons
Eat three meals per day at regular times and space meals no more than six hours apart. You may benefit from a healthy snack.	Eating at regular times helps your body control blood glucose levels
Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam, energy and sports drinks, fruit flavoured drinks and sweet drinks made from powder	The more sugar you eat, the higher your blood glucose will be. Artificial sweeteners can be useful.
Limit the amount of high fat foods you eat such as fried foods (French fries & bannock), chips & pastries	High fat foods may cause you to gain weight. A healthy weight helps with blood glucose control and is healthier for your heart.
Eat more high fibre foods (whole-grain breads and cereals, lentils, dried bean and peas, brown rice, fruits and vegetables).	Food high in fibre may help you feel full and may lower blood glucose and cholesterol levels.
If you are thirsty, drink water.	Drinking regular pop and fruit juice will raise your blood glucose
Limit processed meats such as salami, bologna and wieners	These foods are higher in fat and salt, which contribute to your cardiovascular risk.

NUTRITION

Diabetes is a condition in which your body cannot properly store and use food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

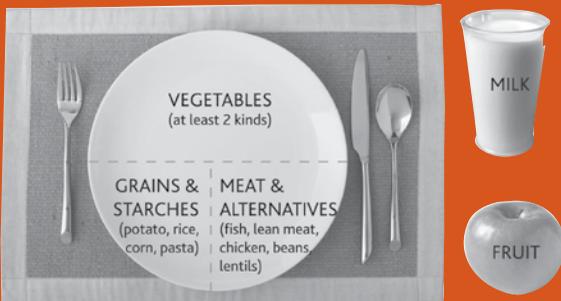
Healthy Eating is the first line in managing your diabetes. Meal planning is as individualized as the individual. Healthy eating is defined as eating the type and amount of food recommended in Eating Well with Canada's Food Guide – First Nations, Inuit & Metis

Healthy eating can help you:

- feel better
- stay healthy longer
- achieve the best possible control of your blood sugar, blood fats and blood pressure
- lower the risk of complications

What are some steps to eating healthy?

- Choose a variety of different foods from the 4 food groups
- Eat at least one dark green and orange vegetable a day
- Choose grain products such as rice, cereal and oven-bannock that have less fat, sugar and salt
- Drink at least 2 cups of milk or fortified soy beverage per day
- Try having beans or lentils in place of meat
- Choose wild meat and fish when possible
- Alcohol can affect blood sugar levels and can cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.



Healthy Eating, Physical Activity & Medications are the building blocks to managing your diabetes.

*information taken from Canada's Food Guide, ADI Diabetes: What you eat matters, CDA Just the Basics, Type2 Diabetes: Things you should know

Target Levels

Before meals: 4 – 7 mmol/L

After Meals: 5 – 10 mmol/L

When should you be testing?

Depends on the person

- If being treated with medications such as Metformin or Glyburide, testing should occur twice a day at different times thru out the day
- If being treated with insulin, testing should occur at least four times a day including before meals, at bedtime and after meals as needed.

Make blood sugar testing a habit.

Test more often with pregnancy, illness, a change in diet or activity or medication adjustments.

Glucometers are available under NIHB, your Diabetes Educator and the Pic River Health Centre. Glucometers are occasionally free with the purchase of a box of strips. Check with the pharmacy where you get your strips for more details or if still available. Strips and lancets are covered under NIHB as well.

DOs of Testing:

Wash your hands

Check expiry dates of strips

Make sure your meter is calibrated

If you have abnormal reading & no symptoms retest

Disposal of sharps: dispose of your sharp lancets and needles in a puncture proof disposable container that can be closed tightly. Discard as hazardous waste material. You may bring to the Pic River Health Centre for disposal.

Are you having trouble? Here are some ideas...

Not enough blood on the strip

A problem with your strips

A problem with your meter

You may be taking other medications that are interfering with testing

Still having trouble...

Please feel free to contact the following organizations for help.

Shelly Michano,
Community Health Nurse
Tammi Shaw, Diabetes Worker
Pic River Health Centre
807 229 8230

Lynn Bertin, Diabetes Educator
Wilson Memorial Hospital

Pearl Guilliano
Marathon Family Health Team

Marathon Pharmacy

SELF-MONITORING BLOOD GLUCOSE

Awareness of you blood sugar result & hA1C (3 month test) provide the best information to assess blood sugar control. Blood sugars tested 90 minutes after your meal are a better indicator of blood sugar control. Blood sugar monitoring is an essential part of Diabetes Self Management.

Testing your own blood sugar allows you to make choices and take action based on your numbers. Studies have shown that maintaining blood sugar to near normal levels have prevented/delayed the complications of diabetes. Knowing your numbers helps you to better understand how food, exercise, illness, stress & medications affect your blood sugars. Knowing and recording your blood sugar levels can help your health care team recommend adjustments to medications.

“Self blood sugar monitoring is the first step toward taking control of diabetes”

Living with Diabetes:

Lifestyle changes & blood sugar monitoring are associated with a decrease in your hA1C.

Medications and daily blood sugar testing are associated with a decrease of 0.6% drop in your hA1C

Testing 90 minutes after your meal is associated with better hA1C.

The dos and don'ts of footcare

Do:

- Inspect your feet daily. Look for cuts, blisters, discolored areas, ingrown toenails, infections, etc...
- Keep your feet clean and dry. Dry in between your toes after bathing. This will decrease the chance of skin breakdown
- Keep your blood sugars controlled. Your risk of nerve damage lessens when your blood sugar are in control.
- Inspect your shoes. Use your fingers to feel for any breakdown of material or anything that may rub your skin.
- Promote circulation with daily exercise
- Have a yearly foot assessment & more often if you are at risk
- Fit the shoe to the foot, not the foot to the shoe

Do not:

- Use cream in between your toes because this can lead to the breakdown of skin.
- Cross your legs, this decreases blood flow.
- Smoke
- Go barefoot
- Wear anything tight around your legs, including tight socks or knee highs
- Wear high heels, pointed toe shoes, sandals or worn out shoes
- Put hot water bottles or heating pads on your feet
- Soak your feet for more than 5 – 10 minutes, as soaking for longer periods can cause cracking

What to look for?

When looking at your feet, look for (you could use a mirror to see the bottom of your feet)

- Cracks or blisters
- Callous
- Ingrown nails
- Signs and Symptoms of infection
- Discoloration of the skin

Anything that is concerning, it is best to report to someone with foot care training or your family physician. It is better to be safe than sorry.

Services Available:

Melodie Touchette -
Advanced Foot Care
Pic River First Nation
Home & Community Care
(807)229-1836 ext. 610

Marathon Family Health Team

FOOT CARE



What is foot care?

Foot care includes skin care, nail care, prevention of callous and corn management. It also includes health promotion, teachings, comfort and safety. Foot care is important to your health especially those with diabetes.

How it can affect your health?

Diabetes affects the circulation, which in turn impairs the body to heal properly. Diabetes can cause damage to the sensory nerves and this is known as neuropathy. Neuropathy is a nerve disorder and causes numbness and sometimes pain in the feet. When numbness occurs, there is greater risk for injury and/ or infection. Long periods of poor blood sugar control can result in damage to the blood vessels and nerves in the feet and legs. If a serious infection were to occur, this could lead to amputation.

EMOTIONAL STRESS



Ways you can deal with stress:

- Recognize the symptoms
- Look at your lifestyle.
What changes can be made in a positive way?
- Time management
- Talk to other people
- Get counseling
- Have balance in your life –
exercise, diet, proper sleep & leisure time
- Having boundaries for yourself
- Positive thinking
- Sharing circles
- Acceptance
- Acknowledge your feelings
- Let go of unwanted issues

How it effects:

- Burnout
- Unhappy with life
- Physical illness
- High blood sugars
- Anxiety
- Mental illness
- Can't cope with life – turn to unhealthy coping
mechanisms such as drinking alcohol,
doing drugs and physical violence
- Depression
- High blood pressure
- Tiredness and fatigue
- Acute illness such as cold and flu

Emotional – Stress

When you're stressed, your blood sugar goes up. Don't make it worse by skipping meals or workouts. For most people, stress is simply annoying or unpleasant; for people with diabetes, it can have a direct impact on health. Stress hormones can cause blood sugar to rise and you may need more medications to control your blood sugar.

Prevention:

It's a way of living, to help prevent disease and illness may involve lifestyle changes. Being aware of yourself. Returning to a natural diet. In the past we had food sovereignty. We provided the food for our families from the land. Today we are very dependent on grocery stores. Our quality of food depends on whether or not we can afford it. We don't think about the food that we put on our tables. Wild food is used less and less. The food we purchase from the grocery stores may have chemicals added to increase the shelf life. Many of the products that are easily affordable are processed and little or no nutritional value.

What to expect when you see a traditional healer:

There are protocols to follow. The most basic include bringing tobacco with you, women are to wear skirts. If a woman is on her moon time then reschedule the appointment.

Also you may bring a gift. You may ask yourself "how much is my health worth?" "How much can I afford?" The gift may be monetary but also may be a blanket or item that may be passed forward. In the past, when people were worked on and health improved, the family would decide what to give the healer. The healer uses these items to continue the work or to pass forward to those who are in need.

In times gone by, alcohol and drugs were not a part of our way of life. Our lifestyle was based on respect, respecting yourself & being responsible, responsible for yourself and your community. When visiting a traditional healer being sober is important. Specific healers will have specific protocols about drugs and alcohol. Checking with the person you booked the appointment with will help to guide you.

Are all healers the same?

If you have never been to see a healer before, ask around. Does your Chief & Council recognize this healer? Do you know someone who has seen this healer before?

A healer will never ask you to do anything that you are uncomfortable with. The healer will often have a helper present or you may have a person of your choosing present. If you feel unsafe remove yourself from the situation.

A healer will never claim to be able to heal. The Creator is where the healing comes from. There are no quick fixes and no magical potions. Traditional healing is a complementary medicine that requires work from both you and the healer.

Special Thanks to:

Jake Ago Neh – Traditional Healer

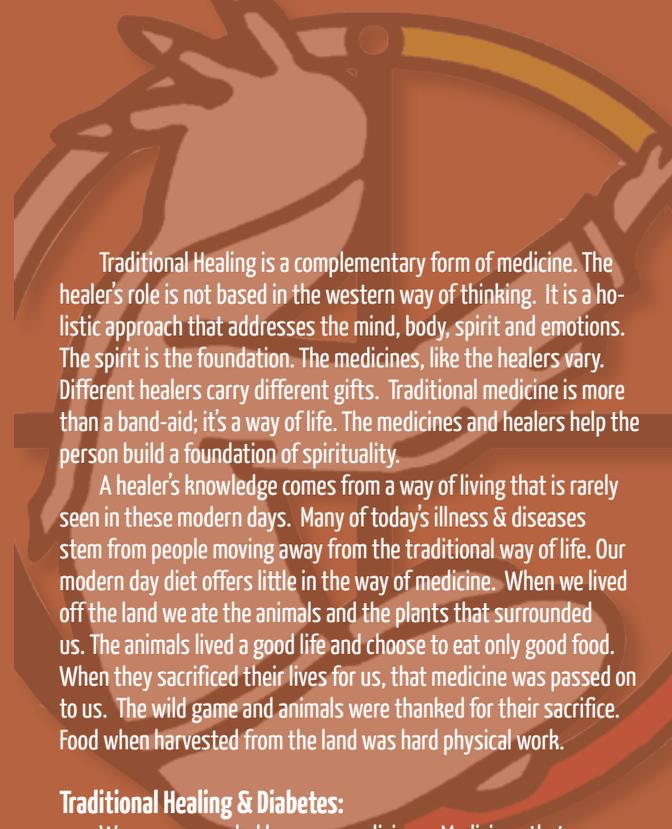
David Courchene Jr. – Traditional Healer

Simone Desmoulin – Biidaaban Healing Lodge

David Courchene III – Biidaaban Healing Lodge

Leona Michano – Pic River First Nation

TRADITIONAL HEALER



Traditional Healing is a complementary form of medicine. The healer's role is not based in the western way of thinking. It is a holistic approach that addresses the mind, body, spirit and emotions. The spirit is the foundation. The medicines, like the healers vary. Different healers carry different gifts. Traditional medicine is more than a band-aid; it's a way of life. The medicines and healers help the person build a foundation of spirituality.

A healer's knowledge comes from a way of living that is rarely seen in these modern days. Many of today's illness & diseases stem from people moving away from the traditional way of life. Our modern day diet offers little in the way of medicine. When we lived off the land we ate the animals and the plants that surrounded us. The animals lived a good life and choose to eat only good food. When they sacrificed their lives for us, that medicine was passed on to us. The wild game and animals were thanked for their sacrifice. Food when harvested from the land was hard physical work.

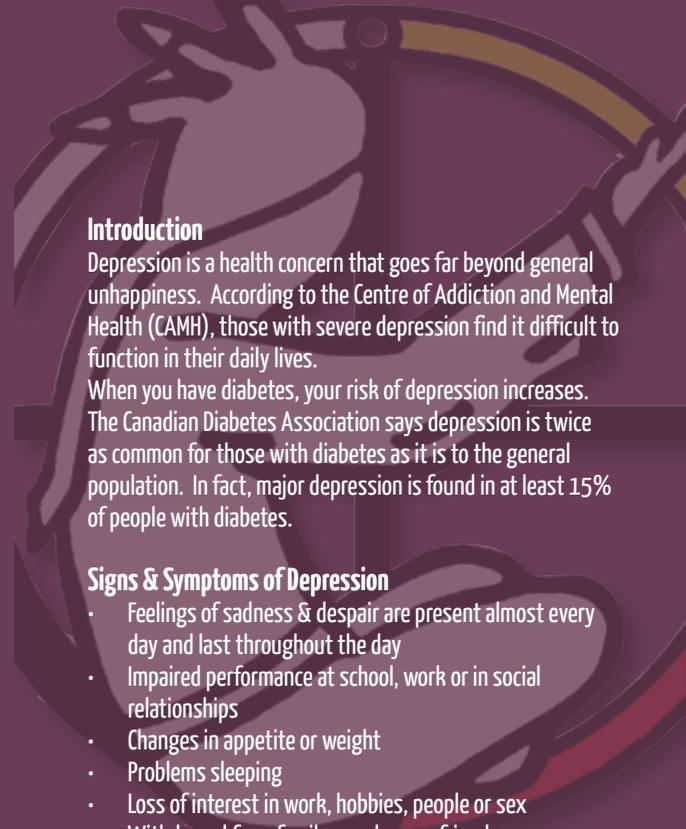
Traditional Healing & Diabetes:

We are surrounded by many medicines. Medicines that are available outside our door. We no longer hold that information because the flow has been disrupted by residential schools and the breakdown of families. This information was usually passed from generation to generation.

Today people often seek out traditional medicine as an alternative when they are in crisis.

Healers work within the gift they were given. It may be Mental, Physical, Emotional or Spiritual. It may be all four. Healers can only pass on medicines and ceremonies that they were passed down or given through dreams.

MENTAL HEALTH



For a number of reasons depression often goes undiagnosed or untreated. A person may feel ashamed or embarrassed to talk about their problems. They might think things will improve on their own. They also might be in a state of denial and not even realize they are suffering from depression.

Unfortunately, if depression is left untreated, it can fester for many years and take a heavy toll on all parts of a person's life. While the signs and symptoms of depression can vary widely from person to person, the onset of a depression often happens at the same time as a major life change. For example – a new diagnosis of diabetes or adjusting to the major lifestyle changes related with diabetes can be enough to trigger periods of depression.

Treatment

The earlier a person is treated for depression, the better the outcome. If you or someone you know is experiencing any signs of depression, there's no time like the present to get help. A number of resources are available such as mental health professionals, support groups and self-help strategies that can be helpful.

Ways to Help Yourself

- Plan your day
- Make time for activities such as exercise, hobbies and socializing – this can add important structure to your day and help you find enjoyment where there wasn't any before
- Seek support of friends and family – research shows that when a person suffering from depression has positive family support, they are less likely to experience a relapse

Supports

Pic River Family Support Worker - 229-1836 ext. 612

Marathon Family Health Team – 229-3243

North of Superior Programs – 229-0607

Traditional Healers – 229-1836 ext. 601

Wilson Memorial General Hospital – 229-1740

Introduction

Depression is a health concern that goes far beyond general unhappiness. According to the Centre of Addiction and Mental Health (CAMH), those with severe depression find it difficult to function in their daily lives.

When you have diabetes, your risk of depression increases. The Canadian Diabetes Association says depression is twice as common for those with diabetes as it is to the general population. In fact, major depression is found in at least 15% of people with diabetes.

Signs & Symptoms of Depression

- Feelings of sadness & despair are present almost every day and last throughout the day
- Impaired performance at school, work or in social relationships
- Changes in appetite or weight
- Problems sleeping
- Loss of interest in work, hobbies, people or sex
- Withdrawal from family members or friends
- Feelings of uselessness, hopelessness, guilt or low self esteem
- Feelings of agitation or fatigue
- Trouble concentrating, remembering things or making decisions
- Crying easily, or feeling the urge to cry but being unable to
- Having thoughts of suicide (these should always be taken seriously)
- Feeling out of touch with reality