OUTREACH PROGRAMS

We aim to empower people with diabetes to independently self manage their diabetes and maintain a healthy quality of life through community-based programs. Culturally relevant diabetes education is offered to our diverse population at several convenient community locations:

**Brampton** (905) 863-2578
1. Brampton Soccer Centre (every Monday)
2. Indus Community Services (every Wednesday)

**Bolton/Woodbridge/Rexdale/Malton**
(416) 747-3400 Ext. 32558
3. **Bolton**
   Caledon Specialist Clinic (every Tuesday)
4. **Woodbridge**
   Sienna Senior Living (Amica) (every Thursday)
5. **Etobicoke**
   Albion Mall YMCA (every Friday)
6. **Malton**
   Punjabi Community Health Services, (1st and 3rd Tuesday each month)
7. **Clinics held in several family physicians’ offices and local pharmacies**

Education is provided in various languages including Italian, French, Punjabi, Hindi, Urdu and Tamil.
Written material is available in a variety of languages.

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William Osler Health System is a hospital system that serves 1.3 million residents of Brampton, Etobicoke, and surrounding communities within the Central West Local Health Integration Network. Osler’s emergency departments are among the busiest in Canada and its labour and delivery program is one of the largest in the province. William Osler Health System Foundation builds and fosters relationships in order to raise funds to support William Osler Health System’s capital, education and research priorities at Brampton Civic Hospital, Etobicoke General Hospital and the new Peel Memorial Centre for Integrated Health & Wellness.
WHAT IS DIABETES?

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes.

Your risk increases if you:
- Are over 40 years of age
- Are overweight
- Have a family member with diabetes
- Have had gestational diabetes
- Are of Aboriginal, Hispanic, and South Asian, Asian or African ethnicity.

Type 1 Diabetes is a disease in which the pancreas produces very little or no insulin. If you have type 1 diabetes, glucose builds up in your blood instead of being used for energy.

Gestational Diabetes occurs during pregnancy when the body does not produce enough insulin to handle the needs of the growing baby and changing hormones.*

Pre-diabetes occurs when blood sugars are higher than normal but not quite at the level for a diagnosis of diabetes.

*www.diabetes.ca

DIABETES AT OSLER

The Diabetes Education Centre at William Osler Health System (Osler) offers classes and individual counselling to people with Type 2 Diabetes, Type 1 Diabetes, Gestational Diabetes, pre-diabetes and those at risk of diabetes. A variety of other classes and programs are designed to meet the needs of people with diabetes. A physician’s referral is not necessary.

Individual Counselling

Patients with Type 1 and Type 2 Diabetes meet with a registered nurse and dietitian for one-on-one counseling tailored to meet their needs. This may include insulin initiation, gestational insulin initiation or insulin pump training. Appointments are required for both the initial two hour meeting and a follow up 30 minute meeting.

Type 2 Diabetes Classes
- Type 2 Introductory Diabetes Day 1
- Type 2 Introductory Diabetes Day 2
- Other Classes
- Gestational/Post Gestational Diabetes
- Pre-diabetes
- Cholesterol
- Healthy Kidney
- Grocery Store Tour
- Insulin Adjustment
- Pump/CGMS Training
- Weight Management

Pediatric Diabetes Program

The Pediatric Diabetes Program at Osler’s Peel Memorial Centre for Integrated Health and Wellness in Brampton consists of a multidisciplinary team including Pediatricians, Nurses, Dietitians and a Social Worker.

Centre for Complex Diabetes Care

The Centre for Complex Diabetes Care specializes in helping adults living with Type 1 or Type 2 Diabetes who have difficulty with blood glucose control, complications of diabetes and other challenges such as mental health or financial concerns. A physician’s referral is required.

Retinal Eye Screening

The Retinal Eye Screening Program offers easy access to eye exams for individuals with diabetes.