

# Community Resource Guide

*Services for Those Living with  
Diabetes in PEI*



**Health PEI**



Aboriginal Women's Association of PEI



Mi'kmaq Confederacy  
of Prince Edward Island



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The views expressed herein do not necessarily represent the official policies of Health Canada.

## About this guide

This guide is about diabetes and diabetes services in PEI. We have listed names and contact information, but programs and services may change.

Remember this booklet is only a guide. Contact the programs for current information.

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# Acknowledgments

The Aboriginal Health Transition Fund Adaptation Advisory Group developed this Diabetes Resource Guide. The Advisory Group has four partners:

- Aboriginal Women's Association of PEI
- Mi'kmaq Confederacy of PEI
- Native Council of PEI
- Primary Care Division of the PEI Department of Health

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## ABOUT DIABETES

### Diabetes Facts & Tips

#### What is Diabetes?

Diabetes is a lifelong condition. If you have diabetes, your body does not make enough insulin, or your body cannot properly use the insulin it produces. Your body uses insulin to change the sugar from food into energy. If you have diabetes, the sugar stays in your blood and your blood sugar level gets too high. High blood sugar levels over long periods of time can cause damage to blood vessels and kidneys and difficulties with circulation.

>From Health Canada (2009). <http://www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php>

There are three main types of diabetes:

**Type 1** diabetes, is usually found in children and adolescents. It happens when the body is unable to produce insulin. About 10 per cent of people with diabetes have type 1 diabetes.

**Type 2** diabetes is the most common. It happens when the pancreas does not produce enough insulin or when the body does not use the insulin that is produced. Type 2 diabetes usually develops in adults, although it is becoming more common in children in high-risk populations. About 90% of people with diabetes have Type 2.

**Gestational** diabetes is a temporary condition that occurs during pregnancy. It affects more Aboriginal people than the rest of the population. It gives an increased risk of developing diabetes for both mother and child.

## **What are the Risk Factors for Diabetes?**

If you are over 40 you should be tested for type 2 diabetes at least every three years.

You should be tested earlier and more often if you are:

- a member of a high-risk group such as Aboriginal, Hispanic, Asian, South Asian or African descent
- overweight, especially if you carry most of your weight around your middle

or if you have:

- a parent, brother or sister with diabetes
- health complications that are associated with diabetes
- given birth to a baby that weighed more than 4 kg (9 lb)
- had gestational diabetes
- impaired glucose tolerance or impaired fasting glucose
- high blood pressure
- high cholesterol or other fats in the blood
- been diagnosed with polycystic ovary syndrome, schizophrenia or acanthosis nigricans

From the Canadian Diabetes Association (2009)

## **Staying Healthy with Diabetes**

Both type 1 and type 2 diabetes are serious conditions. They can lead to the same problems, but you can do many things to stay healthy.

You need to work with your doctor and your healthcare team to make sure you get the best care.

The important first steps are:

1. Have a healthy meal plan.
2. Increase your physical activity.
3. Learn as much as possible about diabetes.

Know your targets for good blood glucose and blood pressure control. Remember, lowering your blood glucose and blood pressure will help you become healthier and stay that way. Even a small change will help.

## **Blood Glucose (Blood Sugar)**

You and your healthcare team will set goals for your blood glucose levels. Along with your meal planning and increased activity, you may need to take pills or

insulin to reach your blood glucose targets. You will need a blood glucose meter to help track your levels.

### Recommended blood glucose targets for people with diabetes

	A1C*	Fasting blood glucose/ blood glucose before meals	Blood glucose two hours after eating
Target for most patients with diabetes	7.0% or less	4.0 to 7.0	5.0 to 10
Normal range	6.0% or less	4.0 to 6.0	5.0 to 8.0

Canadian Diabetes Association (2009) <http://www.diabetes.ca/about-diabetes/living/management/manage-glucose/>

\***A1C** is a test that gives you a look at how your blood sugar has been doing for the past 3 months. The results are shown as a percentage.

In Canada, blood glucose is measured in units called mmol/L.

### Managing Your Blood Glucose When You're Sick

When you are sick, your blood glucose levels may change and be unpredictable. It is also very important that you continue to take your diabetes medication. If you have a cold or flu and want to use a cold remedy or cough syrup, ask your pharmacist to help you choose one.

When you are sick it is **very important** that you:

- drink plenty of extra sugar-free fluids or water
- try to avoid coffee, tea and colas as they contain caffeine, which may cause you to lose more fluids
- replace solid food with fluids that contain glucose, if you can't eat according to your usual meal plan
- try to consume 15 grams of carbohydrate every hour - check the food and drink labels
- choose sugar-free products
- test your blood sugar every 2-4 hours

- call your doctor or go to an emergency room if you vomit or have had diarrhea twice or more in four hours
- be sure to continue taking your diabetes medications while you are sick
- rest

Be sure you check with your healthcare team about insulin adjustment guidelines for when you are sick.

From: Canadian Diabetes Association (2009) [www.diabetes.ca/about-diabetes/living/management/manage-glucose/](http://www.diabetes.ca/about-diabetes/living/management/manage-glucose/)

## **Important Considerations**

### **Monitoring your Blood Glucose**

Monitoring your blood glucose is important. Review your home glucose monitoring record with your doctor regularly. And make sure that your meter is working right by checking against the results of a blood test done at the lab at least once a year.

### **Blood Pressure**

High blood pressure can lead to eye disease, heart disease, stroke and kidney disease. You may need to change your eating and exercise habits and/or take pills to keep your blood pressure readings below 130/80.

### **Healthy Eating**

Ask your doctor to refer you to a registered dietitian to learn about healthy eating. You should follow *Eating Well with Canada's Food Guide*. You can get this on-line.

### **Physical Activity**

Physical activity is important for people living with diabetes.

Aerobic exercise is brisk physical activity that requires the heart and lungs to work harder. You may need to start with as little as 5 to 10 minutes per day of brisk walking. You should work up to at least 150 minutes of moderate to vigorous aerobic exercise per week.

You should also do resistance exercise such as weight training 3 times per week. If you are just starting to be active, check with your doctor first.

## **Cholesterol**

High cholesterol and other fats in the blood can lead to heart disease and stroke. You may need to change your eating and exercise habits and/or take pills to keep your blood fats at healthy levels.

## **Weight**

Reaching and maintaining a healthy weight will help you control your blood glucose, blood pressure and blood fat levels.

## **Eye Disease**

You need to see an eye care specialist regularly to check for signs of eye disease. Your regular doctor cannot do this. Ask for a referral to an eye care specialist.

## **Foot Care**

Ask your doctor to examine your feet every visit. Ingrown toenails, cuts and sores on the feet can lead to serious infections. Learn about proper foot care.

## **Depression and Anxiety**

Depression and anxiety are common in people with diabetes and can affect your diabetes control. Speak to your doctor or healthcare team if you feel you might have depression or anxiety.

## **Smoking**

Smoking and diabetes are a dangerous mix. Your doctor or healthcare team can help you to quit. Keep trying. Your health is worth it.

## **Kidney Disease**

The earlier you catch signs of kidney disease the better. You must have your urine tested regularly for early signs of kidney disease. Your doctor may prescribe pills to delay more damage to your kidneys.

## **Nerve Damage**

Tell your doctor or healthcare team if your hands or feet ever feel numb or have "pins and needles."

**Problems with Erection**

Trouble getting and maintaining an erection is a very common problem in men with diabetes. Do not be shy about talking to your doctor or healthcare team about it. They may be able to suggest ways to solve the problem.

**Stay Healthy by Asking the Right Questions.**

Be an informed patient. Know what tests you need to check for the problems you can have with diabetes. Talk to your doctor about these tests.

## Tests for Diabetes Care

The following are important tests for managing your diabetes care. You may need some tests more often than shown. The target blood glucose and blood pressure levels may differ, depending on your health.

### When you are first diagnosed

<b>Kind of test</b>	<b>What happens</b>
Kidney test	A lab performs a urine test.
Eye exam	A specialist enlarges your pupils to examine your eyes.
Nerve damage test	A doctor tests the feeling in your feet.
Test for erection problems	A doctor asks you about your ability to get and maintain an erection.
Cholesterol and other blood fat tests	Someone will take a sample of your blood.

### Every 3 months

<b>Kind of test</b>	<b>What happens</b>
A1C Blood test	Someone will take a sample of your blood. The goal is a reading of less than 7%.
Blood pressure test	Someone measures your blood pressure. The goal is a reading of 130/80 or less.
Home blood glucose monitoring	A doctor reviews your records.

**Every 6-12 months**

Kind of test	What happens
Kidney check	A lab performs a urine test.
Foot exam – at least once a year or right away if you have an ingrown toenail or any cut or sore that doesn't heal	Someone checks your feet for circulation, feeling, or any injuries.
Blood glucose meter check – at least once a year	Someone compares your results against lab results.

**Every 1-2 years**

Kind of test	What happens
<p>Eye examination</p> <p>Type 1 diabetes - once a year if you are over age 15 and have had diabetes for at least 5 years. More often if you have eye disease</p> <p>Type 2 diabetes – once a year. For young children and pregnant women, the timing and type of test may be different</p>	A specialist enlarges your pupils to examine your eyes.

**Every 1-3 years**

Kind of test	What happens
Cholesterol and other blood fats tests	Someone will take a sample of your blood.

**Regularly**

Ask any questions you have about erection problems, depression, or anxiety.

## **Adjusting to Diabetes**

When you are first told you have diabetes, you will likely feel a wide range of emotions, such as shock, anger, sadness and fear. It is normal to feel this way and to go through these emotional stages as you come to grips with having a chronic disease.

### **Common feelings about diabetes:**

#### **Shock and Denial**

You may feel overwhelmed, confused and perhaps a bit numb when you first find out you have diabetes. You may pretend that the diagnosis is wrong and refuse to take any steps to manage your disease. Recognizing that diabetes will play an important role in your life is a major step towards accepting your condition.

#### **Fear and Anxiety**

You may be afraid because you don't know very much about diabetes and you are not sure what is going to happen next. Or you may fear the problems that come with diabetes. You can reduce your anxiety by taking charge of your health, learning about diabetes and understanding how you can postpone or prevent problems.

#### **Anger**

You may feel that it's not fair that you have to deal with diabetes. You may resent the lifestyle changes that are an important part of diabetes management. Anger can also be a result of low blood glucose levels. Talk to your healthcare professional if anger is interfering with your diabetes management.

#### **Grief**

After your diagnosis, you may feel grief similar to when a loved one dies. You may feel that your life has changed forever, and you mourn the loss of the lifestyle you had before your diagnosis. Having diabetes may make you feel vulnerable or weak, especially if you also have problems that come with diabetes. Talking to someone who understands these feelings may help you feel better. You can talk to another person with diabetes or a healthcare professional or counselor.

#### **Depression**

Although a period of grieving is normal with the diagnosis of any chronic disease, prolonged sadness may be a sign of depression. Depression is twice as common in people with diabetes as in the general population. It also comes with poor blood glucose management, health problems and decreased quality of life.

Talk to your doctor if you continue to feel 'down' for more than a couple of months or if you have other signs of depression, like:

- feeling tired most of the time
- changes in sleeping patterns
- changes in eating habits
- having trouble making decisions
- feeling hopeless or helpless

Depression can be effectively treated with medication, counseling or both.

### **Acceptance**

Accepting the realities of having diabetes won't happen overnight, or all at once. The most important thing to remember is that you are not alone. Talking to your spouse, a friend, someone else with diabetes or a healthcare professional will help you deal with the ups and downs of your new life with diabetes.

Once you have accepted the realities of diabetes, it will be easier to make lifestyle changes. Increasing your activity level and making healthy food choices will not only improve your diabetes management but also your physical and emotional health.

### **Counselling Services:**

Community & Family Service PEI  
Provincial Diabetes Program  
Viola Evans-Murley, MSW, RSW

Phone Toll Free: 1-866-892-2441  
Email: [vaevans-murley@ihis.org](mailto:vaevans-murley@ihis.org)

## **Foot Care**

Diabetes affects your circulation and immune systems, which impairs your body's ability to heal itself. Over time, diabetes can damage nerves. This is known as neuropathy. It often happens in the hands and feet. As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. If you leave them untreated, even small foot injuries can quickly become infected, which could lead to serious complications.

Take off your shoes and socks at every visit to your doctor even if your doctor or healthcare team forget to ask you. Ingrown toenails, cuts and sores on the feet can lead to serious infections. Learn about proper foot care.

### **Foot Care Do's and Don'ts**

1. Do wear well-fitting shoes. They should be supportive, have low heels less than 2 inches or 5 cm high. Your shoes should not rub or pinch. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.
2. Do wear socks at night if your feet get cold.
3. Do elevate your feet when you are sitting.
4. Do wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.
5. Do exercise regularly to improve circulation.
6. Do inspect your feet daily and in particular feel for skin temperature differences between your feet.
7. Don't wear high heels, pointed-toe shoes, sandals or worn-out shoes.
8. Don't wear anything tight around your legs, such as tight socks or knee-highs.
9. Don't ever go barefoot, even indoors. Consider buying a pair of well-fitting shoes that are just for indoors.
10. Don't put hot water bottles or heating pads on your feet.
11. Don't cross your legs for long periods of time.
12. Don't smoke. Smoking decreases circulation and healing, and significantly increases the risks of amputation.
13. Don't have pedicures by non-healthcare professionals.

## **Healthy Eating**

Healthy eating is important for overall health and well being. If you eat the right amount of healthy foods, you are less likely to develop diabetes. Healthy eating also helps control blood sugar levels of people who have diabetes.

### **Choose a variety of foods**

Eat many different kinds of healthy foods like fruits and vegetables, low fat milk products, wild and lean meats, and. whole grains – for example oatmeal and barley.

### **Drink more water**

Drink at least 6 to 8 glasses of water every day.

### **Eating more fibre**

Eat foods that have a lot of fibre in them, like whole grain bread and whole grain cereals, dried beans or canned beans, vegetables and fruit.

### **Eat smaller meals and snacks more often**

Be careful not to turn snacks into meals. Here are some healthy snack ideas:

- a piece of fruit and a small piece of low fat cheese
- vegetables and low fat dip
- a small bowl of soup
- yogurt
- a small piece of low fat cheese and a few whole wheat crackers.

Most people need 3 small meals and 2 to 3 healthy snacks every day. During the day, you should eat at least every 6 hours.

### **Eat less fast food, regular pop, chips and chocolate bars:**

Many fast foods have lots of hidden fat in them, so try to cut back on them. Drinking regular pop and too much juice between meals will make your blood sugars go up too much. Try to eat healthy snacks like fruits and vegetables instead of chips and chocolate bars.

### **Eat less fat:**

If you eat a lot of high-fat foods, you might gain too much weight. This makes it harder for your body to control blood sugar levels.

### **Choose to eat these foods more often:**

- lean meats –these can be store bought or traditional
- vegetables and fruits
- whole grain breads and cereals

- low fat milk and yogurt

**Choose to eat these foods less often:**

- potato chips, cheezies
- bologna, hot-dogs
- butter, margarine, lard and oil
- chocolate bars or desserts.

For more information contact your health care provider.

>From Health Canada website: [www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php](http://www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php)

**If you have an Emergency:**

- If you are completely out of insulin try to see your doctor as soon as possible, or visit the nearest emergency room
- If you will be running out of insulin in the next week go see your doctor
- Talk to your pharmacist about medications and supplies. You might get some free samples
- Call 9-1-1, if you are faced with an emergency.

## RESOURCES

### Aboriginal Resources

Abegweit First Nations - Scotchfort	Call: 676-2353 <a href="http://www.abegweitfirstnations.com">www.abegweitfirstnations.com</a>
Lennox Island	Call: 831-2779 <a href="http://lennoxisland.com">lennoxisland.com</a>
MCPEI - Mi'kmaq Confederacy of PEI	Call: 436-5101 <a href="http://www.mcpei.ca">www.mcpei.ca</a> or email: <a href="mailto:mail@mcpei.ca">mail@mcpei.ca</a>
Ogosig Native Friendship Center	Call: 626-2882 178 Water St. Charlottetown, PEI, C1A 8W1
Aboriginal Women's Association of Prince Edward Island	Call: 831-3059 PO Box 145, Lennox Island, PEI C0B 1P0 or email: <a href="mailto:awapei@pei.aibn.com">awapei@pei.aibn.com</a>
ASH Aboriginal Survivors for Healing	Call: 368-8498 Charlottetown
NCPEI Native Council of PEI	Call: 892-5314 <a href="http://ncpei.com">ncpei.com</a> or email: <a href="mailto:communications@ncpei.com">communications@ncpei.com</a>
Native Youth of NCPEI	Call: 892-5314 ext 230 <a href="http://www.nativeyouth.tk">www.nativeyouth.tk</a> email: <a href="mailto:umayc@ncpei.com">umayc@ncpei.com</a>
Congress of Aboriginal Peoples	Call: (613)747-6022

Representing the rights and interests of Status and non-Status First Nations members living off-reserve and Métis people in Canada.	<a href="http://www.abo-peoples.org">www.abo-peoples.org</a> email:umayc@ncpei.com
Indigenous Physicians Association of Canada	<a href="http://www.ipac-amic.org">www.ipac-amic.org</a> Email: infoatipac-amic.org

Health Canada Eating Well with Canada’s Food Guide - First Nations, Inuit and Metis : [www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php)

This resource offers many traditional meal plans and healthy eating options.

Diabetes and my nation: [www.diabetesandmynation.com](http://www.diabetesandmynation.com)

This website has up to date information on diabetes and health.

## Provincial Diabetes Program

The Provincial Diabetes Program works to improve the quality of life for people living with diabetes in PEI.

To do this we:

- provide diabetes education and management advice to clients and their families
- promote awareness of diabetes and it's prevention
- educate health professionals and the public about diabetes care.
- provide information for people living with diabetes and their families
- offer *Getting Started Classes* for people new to diabetes
- offer *At Risk Classes* for people at risk of developing type 2 diabetes
- offer classes or one-on-one instruction on carbohydrate counting
- provide individual assessment and counselling for people of all ages with diabetes
- provide ongoing follow up for clients
- begin and adjust insulin with clients and families
- provide continuing education for health professionals and the public
- provide information on-line to clients with diabetes and health professionals
- provide education and follow up to children and adolescents with diabetes in partnership with pediatricians

The Provincial Diabetes Program has 5 sites across Prince Edward Island. Feel free to contact the program site nearest you to set up an appointment. A referral from your doctor is not necessary.

O'Leary Diabetes Program (902) 859-8781

Summerside Diabetes Program (902) 888-8368 or toll free 1-888-387-1333

Charlottetown Diabetes Program (902) 368-4959

Montague Diabetes Program (902) 838-0787

Souris Diabetes Program (902) 687-7049

Please visit us at [www.peidiabetes.pe.ca](http://www.peidiabetes.pe.ca) for more information

**LIVING A HEALTHY LIFE** is a six week self-management education program. It is a fun and practical program that helps people with ongoing health conditions (such as diabetes, high blood pressure, arthritis, heart disease, etc.) overcome daily challenges and maintain active, full lives.

Groups meet once a week over a six week period. Topics covered include managing symptoms, healthy eating, exercise, better communication, and how to make daily tasks easier. The program costs \$10 and participants receive a copy of the book: *Living a Healthy Life with Chronic Conditions*.

Programs will be held in various community sites across the province in English and French. The program costs \$10 and participants receive a copy of the book: *Living a Healthy Life with Chronic Conditions*. For more information, call **1-888-854-7244** (toll free) or online at [www.peihealthyliving.ca](http://www.peihealthyliving.ca).

Living a Healthy Life is organized through the Department of Health and Wellness.

### **Canadian Diabetes Association**

The Canadian Diabetes Association (CDA) is a leading expert and authority on diabetes in Canada and around the world. CDA delivers programs and services for people affected by diabetes. As well, it funds leading-edge diabetes research and produce globally recognized diabetes guidelines. The Canadian Diabetes Association advocates on behalf of those affected and share the latest information with the public and the healthcare community.

The PEI Regional Office is located at the Sherwood Business Center at 161 St. Peters Road, Charlottetown. If you require additional information please call 1-800-226-8464 or visit [www.diabetes.ca](http://www.diabetes.ca). You can call the PEI office directly at 902-894-3005. Office hours are Monday to Friday from 8:30 am to 4:00 pm.

## Foot Care Resources

### Podiatrists:

Dr. Brian Johnson  
591 North River Rd.                      Summerside Medical Centre  
Charlottetown - 569-8637                Summerside - 432-8181

Dr. K. Bettles  
1 Rochford St  
Charlottetown - 892-7043

### Foot Care Clinics:

A fee is charged for the Nurse's services and the clinic is run by volunteers.  
Please contact a clinic for information or to make an appointment.

Tignish	Jennifer Shea — 882-2260 or 853-2081
Lennox Island	Jennifer Shea — 882-2260 or 853-2081
Alberton	Betty Mallett — 853-2234
Alberton/O'Leary	Carol Palmer — 859-3053
Wellington	Chez Nous, Bella Bernard — 854-2723
Summerside	Rosaleen Mahoney — 436-6135
	Kay Profit — 436-3565
	Anna Mae Barlow — 436-5158
Kensington	Lorne Ramsay — 836-5330 Mary's Aesthetics. 49 Broadway St. 836-4050
Crapaud	South Shore Pharmacy — 658-2212
Hunter River	Lepage Court Seniors Unit — 621-3050
Cornwall	Neila MacKinnon — 368-7542
Rustico	Edna Sampson — 963-2240
Scotchfort	Jane McNally — 676-2915

	In home care only, also serves other areas including Charlottetown and Morell
Cardigan	583-3070
Eldon	659-2709
Georgetown	652-2354
Montague	838-2351
Murray Harbour and Murray River	962-2265
Morell	Jean O’Hanley — 961-2244

Charlottetown:

17 Hemlock Foot Care Clinic	Alena Stewart — 894-8610
161 St. Peters Rd.	Charlene Stevens — 894-3025
Charlotte Court	Colleen — 892-0456 or 388-1713
Brecken House Foot Care Clinic	Pam Leard — 368-6724
Murphy’s Pharmacy Certified Advanced and Diabetic Foot Care Clinic	Judy Vandebroek — 892-1210 or Jaquelyn Macphail — 566-3313
Club 64 Foot Care Clinic	Evelyn Crabbe — 368-2503
Corrigan Lodge Foot Care Clinic	Noreen Corrigan — 894-5858
Four Neighborhoods Community Center Foot Care Clinic	Judy Downe — 368-8182
Haviland Court Foot Care Clinic	Helen Chandler — 892-8677
Lions Crescent Foot Care Clinic	Kay Wakelyn — 621-2177
Seniors Active Living Center Foot Care Clinic	628-8388
Boardwalk Professional Centre	367-4444 or 569-3668

Stratford:

Marj Doyle	672-2417
Andrew's Lodge Foot Care Clinic	Sarah MacDonald — 367-4100
Simply Aesthetics	367-4414

**For Possible In-Home Foot Care contact:**

O'Leary Home Care — 859-8730

Summerside Home Care — 888-8440

Charlottetown Home Care — 368-4790

Montague Home Care — 368-0786

Souris Home Care — 687-7096

Bayshore Home Health — 892-7355 or visit [www.bayshore.ca](http://www.bayshore.ca)

Home Instead Senior Care — 367-3868 or visit [www.homeinstead.com](http://www.homeinstead.com)

We Care Home Health Services — 894-3025  
or email [cstevens@wecarecanada.com](mailto:cstevens@wecarecanada.com)

## Vision Care Resources

People with diabetes are more likely to develop cataracts at a younger age and are twice as likely to develop glaucoma. Diabetes' effect on the retina is the main threat to vision.

You should see an eye care specialist every year who will dilate your pupils and check for retinal damage.

### Optometrists:

Charlottetown	Beer Hickey & Associates 15 Ellis Rd.	368-3001
	Belvedere Vision Center 5 Brackley Pt. Rd.	566-2015
	Charlottetown Vision Care 549 North River Rd.	626-3937
	Family Vision Center 111 Pownal St	566-4418
	Family Vision Center 465 University Ave.	894-4646
	PEI Association of Optometrists 15 Ellis Rd.	368-3001
	Rusk Optometrists Inc. 119 Kent St.	566-1663
	Dr. Rainer Zenner 167 Malpeque Rd.	566-2598
Summerside	Dr. Craig Williams Optometrist Inc. 505 Granville St.	888-2108
	Summerside Vision Clinic 500 Granville St	436-8549 or toll free 1-800-565-2142
	Dr Kelly Bowes 628 B Water St. E.	436-3346
Tignish	Dr Kelly Bowes 297 Church St.	853-4516

Montague	Dr. L. W Jinks 521 Main St	838-3338
Hunter River	Hunter River Vision Clinic	964-2632 or toll free 1-800-565-2142

**Ophthalmologists:**

Charlottetown:

Dr. Guy Boswall - 892-3200

Dr. Anne Drysdale - 628-2020

Dr. Gerald O’Hanley - 628-2020

Dr. Suleiman Sefau - 629-8851

Cornwall:

Dr. Paul Price - 894-4852

**Canadian National Institute for the Blind (CNIB)**

342 Grafton Street, Charlottetown

Phone: (902)566-2580

website: [www.cnib.ca](http://www.cnib.ca)

CNIB offers several programs to help people with diabetes who have lost their sight. You can call the CNIB and be referred to a resource person who will assess your needs and help direct you to the proper programs.

## Walk-In Clinics

If you don't have a family doctor, you can get help at a walk-in clinic. Before you visit a walk-in clinic, call them to find out when they are open.

### **Charlottetown:**

Downtown Walk-in Clinic - 367-4444  
Boardwalk Professional Centre, 220 Water St.

Parkdale Clinic - 894-4449  
20 St. Peter's Rd.

Sherwood Medical Centre  
15 Brackley Pt. Rd.

Note: If you are new to PEI or do not have a family doctor, call: 1-800-321-5492 to get on the waiting list.

### **Cornwall:**

Cornwall Medical Clinic - 566-2117  
446 Trans Canada Highway

### **Crapaud:**

Wholeness Family Clinic - 658-2000  
20461 Trans Canada Highway

### **Bedeque:**

Bedeque Clinic - 887-2119  
1272 Callbeck St.

### **Hunter River:**

Central Queens Family Health Centre - 621-3050  
4276 Hopedale Rd.

### **Montague:**

Kings County Memorial Hospital - 838-0777

### **Souris:**

Eastern Kings Family Health Centre - 687-7033  
7 Green St.

### **Lennox Island:**

Lennox Island Health Centre - 831-2711  
327 Sweet Grass Trail

**Summerside:**

Dr. A. Rahem Laftah. MD. - 724-3210  
535 Granville St. (Summerside Superstore)

Summerside Medical Centre - 432-8181  
475 Granville St.

Harbourside Family Health Centre - 432-2600  
243 Harbour Dr.

**Tyne Valley:**

Tyne Valley Medical Clinic - 831-5800

**Tignish:**

Tignish Co-op Health Centre - 882-2260

## **Nutrition Resources**

### **Diabetes Education Centres:**

Charlottetown	368-4959
Montague	838-0787
Souris	687-7049
Summerside	888-8368
O'Leary	859-8781

### **Food Banks:**

Alberton Food Bank - (902)853-2416

Bloomfield Food Bank - (902)853-3305 or (902)853-2304

Charlottetown Food Bank - (902)628-7092  
or email [upper\\_room@sympatico.ca](mailto:upper_room@sympatico.ca)  
33 Belmont St.

Montague Food Bank - (902)838-4189  
487 Main St.

Palmer Rd. Food Bank - (902)882-4045

Souris Food Bank - (902)687-4116

Summerside Salvation Army Food Bank - (902)888-3870  
165 Water St.

Tignish Food Bank - (902)882-3495 or (902)882-2497

### **Soup Kitchens:**

The Upper Room Soup Kitchen - (902)892-1995  
101 Richmond St. Charlottetown

**Meals On Wheels**

The Meals on Wheels program delivers meals to people at home who are unable to purchase or prepare their own meals. It is a not-for-profit organization. They will deliver Monday to Friday. Please note, this service varies across the province.

The cost varies according to location. The meals have juice and milk, a main meal, and dessert. Special diets are available – mention that you have diabetes.

If you are using financial assistance, have your worker arrange for delivery.

Alberton - (902)853-2794

O'Leary - (902)859-2978

Tyne Valley - (902)831-2975

Summerside - (902)436-1842

Kensington - (902)836-3940

Cornwall - (902)892-4257

Charlottetown - (902)569-7700 or (902)628-8388

Montague - (902)838-3228

Souris - (902)687-2825

**Borrowed Meals:**

This service is offered two days per week, with drop-off to locations ranging from Vernon Bridge to Stratford. They are able to cater to special diets. Meals cost around \$10 each.

Phone: (902)940-1847

E-mail: borrowedkitchen@hotmail.com

**Community Luncheon:**

A luncheon is held on the last Thursday of every month from noon to 1pm. The cost is \$1, and registration is required as space is limited.

Phone: (902)569-7772

The Four Neighborhoods Community Health Center  
Sherwood, Charlottetown

**Real Meals:**

This company delivers frozen meals to Prince County residences every 2 weeks. There is a minimum order of 10 meals at a small cost per meal, chosen from a monthly menu.

Phone: (902)892-0584

**Weekly Senior Lunch Program:**

A full-course meal is offered every Thursday from noon to 1pm. The cost is \$2.

Phone: (902) 628-6260 (ext. 227)

The Ferry Road Centre,  
24 Ferry Road, Cornwall

**Online Resources:**

Healthy Eating is in Store for You –Virtual Grocery Store Tour

[www.healthyeatingisinstore.ca/](http://www.healthyeatingisinstore.ca/)

The Canadian Diabetes Association Website has information and resources on healthy eating and how to control weight and blood glucose levels. The website can also help plan meals and shopping lists and give tips on how to eat healthy on a budget.

[www.diabetes.ca](http://www.diabetes.ca) or [www.diabetes.ca/about-diabetes/nutrition/](http://www.diabetes.ca/about-diabetes/nutrition/)

Dietitians of Canada – This site has a number of useful resources such as a guide to label reading and a number of useful tips for healthy eating.

[www.dietitians.ca](http://www.dietitians.ca)

## Pharmacies

Pharmacies are a good resource for a person with diabetes. Your local pharmacy may offer information about:

- insulin usage
- glucose monitoring
- healthy eating
- self care information

Please contact your local pharmacy to see what they offer.

### **Sobeys West Royalty Pharmacy** 902-626-3302

400 University Ave. Charlottetown

Please contact Amanda Rodgeron at 566-4399 for information on activities and programs available at the West Royalty location.

### **Sobeys Allen St. Pharmacy** 902-626-3334

### **Sobeys Stratford Pharmacy** 902-894-3800

Please contact Angela Gallant at 566-4399 for information. Sobeys offers some programs about nutrition and healthy eating and some diabetes education classes.

## **Murphy's Pharmacies**

Murphy's Health Education Centre 892-1210

24 St. Peter's Rd. Charlottetown 894-4449

13 Stratford Rd. Southport 569-3006

591 North River Rd. West Royalty 628-8899

4 Meadowbank Rd. Cornwall 566-2292

25 Sunset Cres. Morell 961-3240

[www.murphyspharmacies.com](http://www.murphyspharmacies.com)

Murphy's Pharmacies offer blood glucose monitoring clinics, blood pressure monitoring, diabetes foot care clinics, weight management clinics with body composition analysis, cholesterol monitoring clinics, hemoglobin A1C clinics, nutrition counselling, smoking cessation counselling and insulin pen counselling.

Please contact Murphy's Health Education Centre at 892-1210 for further information, appointment times or for additional services offered.

**The Friendly Pharmacy**  
220 Water St. Charlottetown

902-368-2004

The Friendly Pharmacy offers a number of programs and clinics that may be useful to people with diabetes including oral anti-diabetic-medications, insulin, insulin pens and glucose monitoring demos. They also offer medication reviews and group talks or discussions by appointment. Contact Kilby Rinco at 368-2004 to make an appointment for counselling on glucose testing and insulin injection.

**Alberton Pharmacy Ltd.** 853-2808

**Bob's Pharmacy**, Tignish 882-2580

**Cornwall Pharmacy** 566-2292

**Drugstore Pharmacies:**

465 University Ave. Charlottetown 629-2788

680 University Ave. Charlottetown 628-6522

535 Granville St. Summerside 888-1584

509 Main St. Montague 838-3478

**Hunter River Pharmacy** 964-2218

**Lawtons Drugs**

161 St. Peter's Rd. Charlottetown 628-6611

199 Grafton St. Charlottetown 566-5771

County Fair Mall, Summerside 432-3563

**The Medicine Shoppe Pharmacy**

54 Central St. Summerside 436-4436

504 Main St. O'Leary 859-3800

**Morell Pharmacy** 961-3240

**O'Leary Pharmacy Ltd.** 859-2606

**Ramsey PharmaChoice**, Kensington 863-3316

**Sherwood Drug PharmaChoice** 628-8900

<b>PharmaSave</b> , Souris	687-4104
<b>Rustico Pharmacy</b>	963-2899
<b>Shoppers Drug Mart</b>	1-800-746-7737
<b>South Shore Pharmacy</b> , Crapaud	658-2212
<b>Southport Pharmacy</b>	569-3006
<b>Tyne Valley Drug Mart Inc.</b>	831-3264
<b>WAL-MART Pharmacy</b>	
Charlottetown	628-4604
Summerside	432-3573
<b>Zellers Pharmacy</b>	
Charlottetown	894-7804
Summerside	436-7471

## **Physical Activity Resources**

Almost everyone, whether or not they have diabetes, benefits from regular exercise. Health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels.

Regular exercise also has special advantages if you have type 2 diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood glucose levels.

### **Sport PEI:**

Sport PEI can help to offset the cost of participating in certain sports and recreation activities. Please contact them for more information.

Phone: (902) 368-4110                      [www.sportpei.pe.ca](http://www.sportpei.pe.ca)                      40 Enman Crescent

### **Recreation PEI:**

Recreation PEI can assist in finding a number of options for physical activity.

Phone: (902) 892-6445                      [www.peirfa.ca](http://www.peirfa.ca)                      40 Enman Crescent

### **Arthritic Exercise Classes:**

The Women's Institute offer free exercise classes on Tuesdays and Thursdays (from 10 – 11am).

Phone: (902) 436-2020

Wilmot Community Centre, Gillespie Ave.

### **Stratford Town Hall Fitness Center:**

The walking track is available free of charge at this fitness center.

Phone: (902) 569-6924

234 Shakespeare Dr., Stratford

**Credit Union Place:**

Has a number of fitness services available at cost and also has a free indoor walking track.

Phone: (902)432-1234

511 Notre Dame St, Summerside

**Community Trails & Boardwalks:**

Local communities on PEI have many boardwalks, and trails. There are also scenic heritage roads and demonstration woodlots to explore.

Phone: toll-free 1-800-236-5196      [www.gov.pe.ca](http://www.gov.pe.ca) (search for trails)

**Confederation Trail:**

This trail is part of the cross-Canada trail system. It features approximately 300 kms of groomed trails, and is wheelchair accessible. It also accommodates walking, hiking, cycling, and jogging.

Phone: toll free, 1-800-236-5196      [www.gov.pe.ca](http://www.gov.pe.ca) (search for Confederation Trail)

**go!PEI:**

Promoting the importance of Physical Activity (PA) and Healthy Eating (HE) for our health, go!PEI offers FREE community-based programs in 16 regions across Prince Edward Island. go!PEI removes the barriers of getting healthier through PA & HE by offering fun, goal-oriented programs for beginners, that supports and educates Islanders in making a healthy lifestyle change for the long-term .

Go to [www.gopei.ca](http://www.gopei.ca) to see what FREE programs are happening in your community!

**Contact:**

Laura MacPherson, go!PEI Coordinator  
(902) 394-2207  
[gopei@recreationpei.ca](mailto:gopei@recreationpei.ca)

## **Transportation Resources**

### **Advanced Shuttle Service:**

This group offers transportation services from PEI to Halifax most days, for a cost of about \$45.

Phone: (902) 886-3322

Clinton

### **Brian McVicar's Transport:**

Transport services are available for people with special needs. It is available Monday to Friday, from 7:30am to 4:30pm. You must call ahead to book this service.

(902) 626-7296

### **Charlottetown Public Transport System:**

The buses operate on a regular schedule from Monday to Saturday. The fare is \$2, and exact change is necessary. A booklet of 20 tickets can be purchased for \$34.

(902) 566-9962

### **Gordon Tours and Transportation:**

This company takes people to and from various locations around the Island. Call for more information or to book this service.

Phone: (902) 853-3219Alberton

### **Montague Rotary Bus Service:**

This vehicle takes seniors to and from church, doctor's appointments and shopping. Please call ahead to book this service.

Phone: (902) 838-2412

**Pat and the Elephant:**

This service is available for anyone with mobility problems. Service is available outside Charlottetown and PEI by arrangement. It runs from 7:00 am to 11:00 pm.

Phone: (902) 894- 3339

E-mail: pat.e@pei.sympatico.ca

**Transportation West Inc.:**

This service provides transportation in the West Prince area. The service is available for people with special needs: seniors, people with debilitating conditions, and those who lack transportation. All buses are wheelchair accessible.

Phone: (902) 856-0081, or (902) 856-0080

**Taxi Services:**

Charlottetown:

City Taxi - 892-6567

Co-op Taxi Line Ltd. - 628-8200

GrabbaCab - 892-6000

Stratford Cab - 393-7077

Taxi Taxi Charlottetown - 626-8967

Taxi Taxi Stratford - 393-9966

TaxiMan - 394-0000

Yellow Cab - 566-6666

Summerside:

Courtesy Cab - 436-4232

Old Town Taxi - 436-4947

Montague:

Dixon's Taxi - 838-2491

Montague Taxi - 838-3000

## **Safety Aids**

### **Medic Alert:**

You will receive a Medic Alert identification product engraved with your medical information, an ID number and the Medic Alert 24-hour Emergency Response Hotline number. Applications are on-line or they will mail you one. Subsidies are available.

Phone: Toll free 1-800-668-1507

website: [www.medicalert.ca](http://www.medicalert.ca)

### **Personal Emergency Response Systems:**

These are privately owned services that are available for those who live alone and are at risk. A device is worn that can be activated for medical, fire, and police emergencies. Family or neighbours will also be alerted in the case of an emergency.

Phone-Health Alert: 1-800-431-8770

Life Call: 1-800-897-9640

Lifeline System: 1-866-784-1992

### **Equipment Loan:**

Red Cross Equipment Loan Services 628-6262

This service offers temporary equipment loan to seniors and people with disabilities. There is no charge although a donation is always appreciated.

Souris Home Equipment Loan 687-7089

Montague Loan Cupboard 838-0784

East Prince Equipment Pool Foundation 888-8440

Stewart Memorial Hospital 831-7900

West Prince Equipment Loan 859-8650

## **Diabetes Care Products and Manufacturers**

### **Insulin Manufacturers:**

Eli Lilly Canada: [www.lilly.ca](http://www.lilly.ca)

Products:

Glucagon®

Humulin®

Humulin® N

Humulin® R

Humulin® 30/70

Humalog®

Humalog® Mix25

Humalog® Mix50

HumaPen® Ergo

HumaPen® Luxura™

HumaPen® Luxura™ HD

HumaPen® Memoir™

Novo Nordisk Canada Inc: [www.novonordisk.ca](http://www.novonordisk.ca)

Products:

NovoRapid®

NovoMix® 30

Levemir®

Novolin-Pen® Junior

Sonofi-Aventis: [www.sonofi-aventis.ca](http://www.sonofi-aventis.ca)

Products:

Apidra™

Diabeta® (Glyburide)

Glucophage®\* (Metformin)

Lantus®

**Testing Supplies:**

Abbott Diabetes Care Canada: [www.abbottdiabetescare.ca](http://www.abbottdiabetescare.ca)

Products:

FreeStyle Lite

FreeStyle Freedom Lite

Precision Xtra

Auto Control Medical Inc.: [www.autocontrol.com](http://www.autocontrol.com)

Products:

iTest Blood Glucose Monitoring System

Bayer Diabetes Care: [www.bayerdiabetes.ca/en/](http://www.bayerdiabetes.ca/en/)

Products:

Contour

Contour Link

Breeze

Microlet 2 Lancing Device

BD Diabetes: [www.bddiabetes.com](http://www.bddiabetes.com)

Products:

- BD Ultra-Fine Needles
- BD Ultra-Fine II Short Needles
- BD Safety-Engineered Syringes
- BD Pen Needles (Mini, Short, Original)
- BD Ultra-Fine 33gauge Lancets
- BD Ultra-Fine II Lancets
- BD Test Strips
- BD Safe-Clip Device

LifeScan Canada Ltd.: [www.onetouch.ca/english/index.asp](http://www.onetouch.ca/english/index.asp)

Products:

- One Touch Meters (Ultra Mini, Ultra 2, UltraSmart, Ping)
- One Touch Testing Strips

NeedleAid: [www.needleaid.com](http://www.needleaid.com)

Phone: 902-435-4829

NeedleAid™ was designed in Canada to help visually-impaired diabetic patients to self-administer insulin. This enables diabetic patients to self-inject their insulin with safety and convenience. It is equally helpful with other medications, and can be used in all cases where fear of needles is a concern.

Roche Diagnostics: [www.accu-chek.ca/ca/](http://www.accu-chek.ca/ca/)

Products:

- Accu-Chek® Monitors
- Accu-Chek® Multiclix

**Insulin Pump Therapy:**

Animas Canada: [www.animas.ca](http://www.animas.ca)  
Disetronic Canada: [www.disetronic-ca.com/dstrnc\\_ca/](http://www.disetronic-ca.com/dstrnc_ca/)  
Medtronic Diabetes of Canada Ltd.: [www.pumptherapy.ca/](http://www.pumptherapy.ca/)  
[www.cozmore.com](http://www.cozmore.com)  
Smith's Medical: [www.smiths-medical.com/landing-  
pages/promotions/md/coz-home.html](http://www.smiths-medical.com/landing-pages/promotions/md/coz-home.html)

### **Insurance**

Ingle Insurance Phone: 1-866-266-0166

This group assists persons living with diabetes to deal with insurance companies. They may be able to help people find insurance coverage even though they have been turned down by other companies.

## **Financial Assistance**

### **Medication Cost Assistance**

The Provincial Government provides Islanders diagnosed with diabetes with assistance for the purchase of approved oral diabetes medications, insulin products, urine testing materials and blood glucose test strips. Patients must be registered by their physician with the Diabetes Control program and with the provincial Diabetes Education Program.

For more information please contact your physician, pharmacist or the Drug Programs Office at: (902) 368-4947 or 1-877-577-3737

### **Social Services**

The Social Assistance Program helps Islanders meet their basic needs when they are unable to provide for themselves. The program provides benefits on a case-by-case basis to Islanders who meet the program eligibility requirements.

[www.gov.pe.ca/law/statutes/pdf/s-04\\_3.pdf](http://www.gov.pe.ca/law/statutes/pdf/s-04_3.pdf)

[www.gov.pe.ca/sss/index.php3?number=1028464&lang=E](http://www.gov.pe.ca/sss/index.php3?number=1028464&lang=E)

Islanders can apply for assistance to meet their basic needs. These may include food, shelter, personal expenses, home rehabilitation, medical, dental and optical care and assistance with funeral costs.

Social Assistance rates vary depending on specific circumstances, such as the number of dependants in the household and whether the applicant owns his own home.

Contact the Social Assistance offices for more information and to apply.

Charlottetown	Summerside	Montague	Souris	O'Leary
368-5338	888-8397	838-0728	687-7170	859-8835