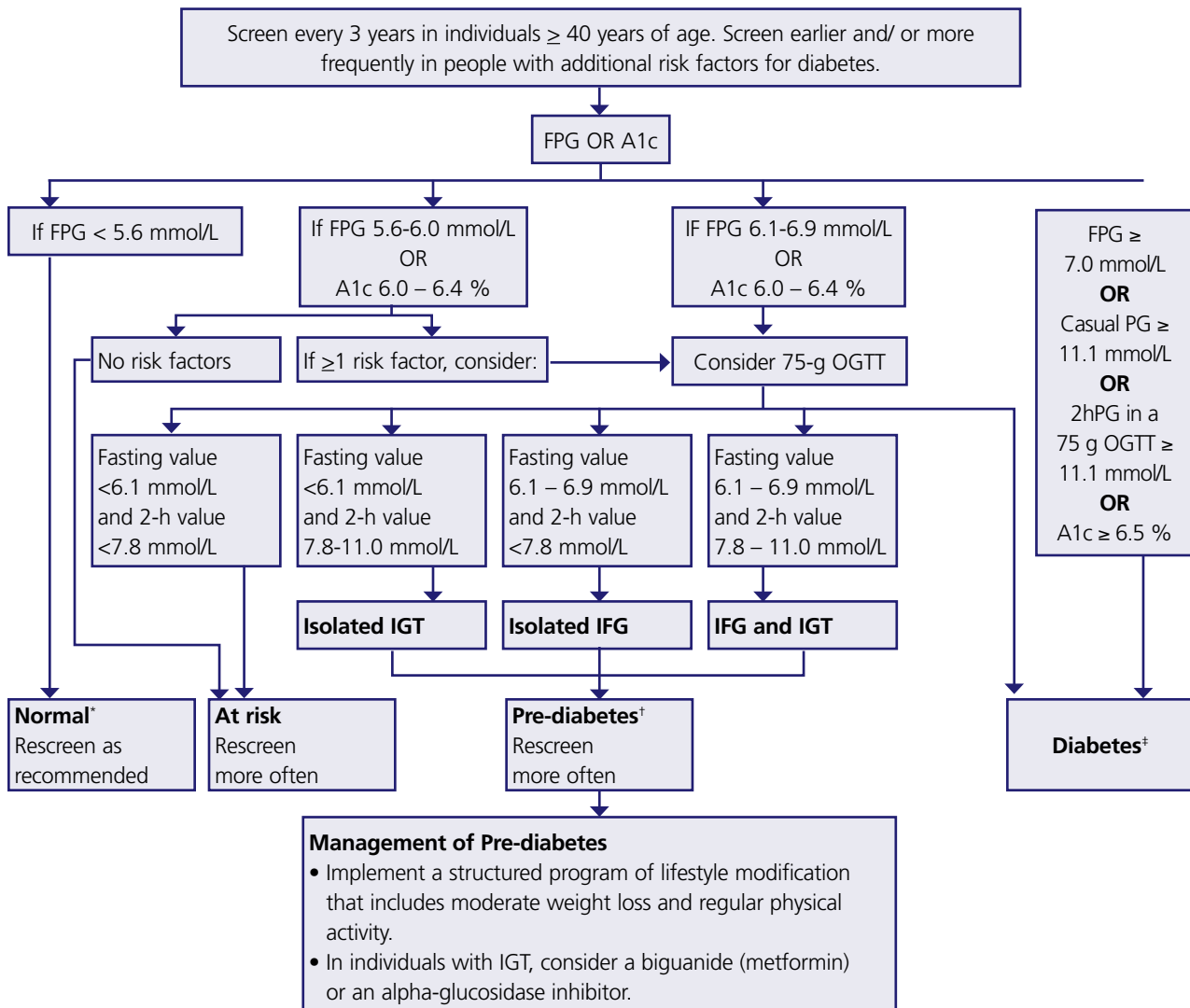




# DIABETES MELLITUS

Source: Adapted from Canadian Diabetes Association Clinical Practice Guideline Expert Committee. Canadian Diabetes Association 2008 clinical practice guidelines for the prevention and management of Diabetes in Canada. Can J Diabetes 2008;32(supp 1):S1-S201.<sup>29</sup>

## DIAGNOSIS OF DIABETES



\* If, despite a normal FPG, an OGTT is subsequently performed & the 2-h value is 7.8-11.0 mmol/L, a diagnosis of isolated IGT is made.

† Prediabetes = isolated IFG, isolated IGT, IFG and IGT.

‡ A confirmatory laboratory glucose test (either an FPG, a casual PG or a 2-h in a 75-g OGTT or A1c) must be on another day in all cases in the absence of unequivocal hyperglycemia accompanied by acute metabolic decompensation.

2-h = 2 hour plasma glucose

FPG = fasting plasma glucose

IFG = impaired fasting glucose

IGT = impaired glucose tolerance

OGTT = oral glucose tolerance test

PG = plasma glucose



## MANAGEMENT OF DIABETES

RISK FACTOR	TARGET	PRACTICE RECOMMENDATIONS
Self-management education	All individuals referred to Diabetes education programs that are tailored to enhance self-care practices	<ul style="list-style-type: none"> <li>Refer individuals with diabetes to self-management, diabetic education programs at diagnosis and as required – see Community Resources.</li> <li>Refer all newly diagnosed diabetics to nutrition counselling by a registered dietitian.</li> </ul>
Smoking	Smoke-free	<p><b>See Smoking Cessation Guideline.</b></p> <ul style="list-style-type: none"> <li><b>Ask</b> about tobacco use status at every visit.</li> <li><b>Advise</b> every tobacco user to quit.</li> <li><b>Assess</b> the tobacco user's willingness to quit.</li> <li><b>Assist</b> by individual or group counselling and pharmacotherapy.</li> <li><b>Arrange</b> follow up, referral to specialized programs or community programs.</li> <li>Urge avoidance of exposure to environmental tobacco smoke at work and home.</li> </ul>
Physical Activity	30 – 60 minutes moderate to vigorous intensity aerobic exercise, 5 – 7 days/ week; Resistance exercise 3 times/ week	<ul style="list-style-type: none"> <li>Encourage brisk walking on most days of the week, supplemented by an increase in daily lifestyle activities. Identify problems/ barriers to starting and maintaining an exercise program and discuss possible solutions.</li> <li>Refer to suitable community program for initial instruction and periodic supervision.</li> </ul>
Weight Management	BMI: 18.5 – 24.9 kg/m <sup>2</sup> Waist circumference: Men <102 cm (40"); Women <88 cm (35")  Start with targeting weight loss of 5 – 10% of body weight.	<p><b>See Obesity and Weight Management Recommendations</b></p> <ul style="list-style-type: none"> <li>Assess BMI and/ or waist circumference (see Appendix B for instructions on proper waist line measurement).</li> <li>Discuss weight issues with patients who are outside of the BMI and waist circumference limits.</li> <li>Encourage weight maintenance or reduction through appropriate balance of physical activity, caloric intake.</li> <li>Refer to behavioural programs as necessary.</li> </ul>
Hypertension	<130/80 mmHg	<p><b>See Hypertension Guideline</b></p> <ul style="list-style-type: none"> <li>Assess BP every 3 to 6 months.</li> <li>Ensure patient knows his/ her BP values and targets.</li> <li>Initiate or maintain lifestyle modification.</li> <li>Add BP medication as needed to achieve targets.</li> </ul>
Dyslipidemia	LDL-C <2 mmol/L or a 50% decrease in LDL-C; TC/ HDL-C ratio <4	<p><b>See Dyslipidemia Guideline</b></p> <ul style="list-style-type: none"> <li>Assess fasting lipid profile in all patients every 1 to 3 years as indicated.</li> <li>Ensure patient knows his/ her lipid values and targets.</li> <li>If required, initiate LDL-lowering drug therapy.</li> <li>Ensure adequate titration to achieve targets.</li> <li>Start recommended dietary therapy.</li> <li>Promote daily physical activity and weight management.</li> <li>After obtaining required target, recheck annually.</li> </ul>

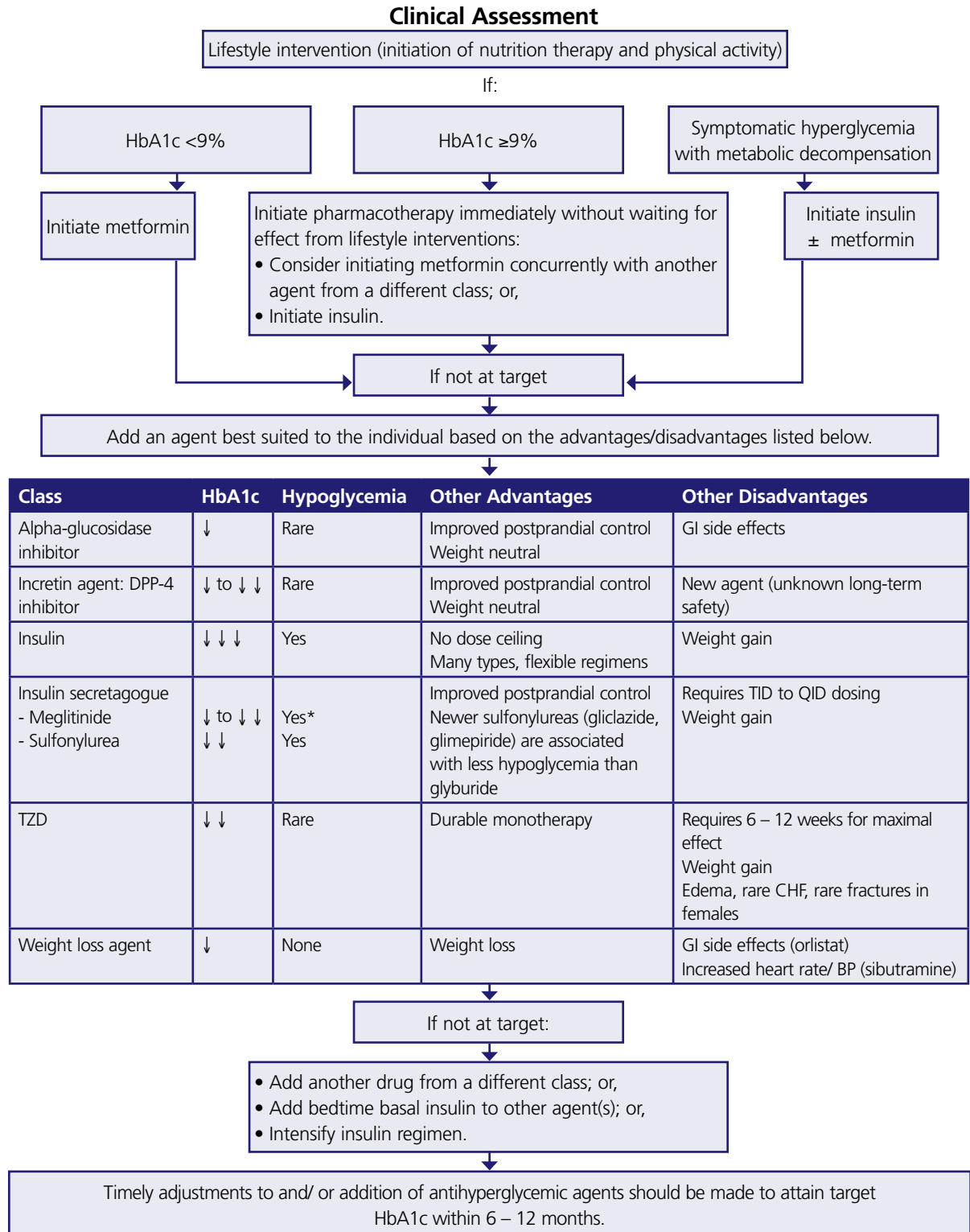


RISK FACTOR	TARGET	PRACTICE RECOMMENDATIONS
Glycemic Control	$HbA1c \leq 7.0\%$  Consider targeting $HbA1c \leq 6.5\%$ to lower risk of nephropathy (if possible without hypoglycemia)	<ul style="list-style-type: none"> <li>To achieve target, aim for: <ul style="list-style-type: none"> <li>BG = 4.0 – 7.0 mmol/L before meals; and,</li> <li>BG = 5.0 – 10.0 mmol/L after meals (5.0 – 8.0 mmol/L if not meeting HbA1c target).</li> </ul> </li> <li>Glycemic control assessed every 3 – 6 months or as clinically indicated.</li> <li>Consider using medical directives to maximize RN/ RD scope of practice.</li> <li>Initiate pharmacotherapy (page 76): <ul style="list-style-type: none"> <li>Concomitantly with lifestyle management if patient has marked hyperglycemia (<math>HbA1c &gt; 9\%</math>); and,</li> <li>Within 2 – 3 months if glycemic targets not achieved with lifestyle management, adjust pharmacotherapy to attain HbA1c within 6 – 12 months.</li> </ul> </li> </ul>
Nephropathy	<p>ACR: Men: &lt;2.0 mg/mmol Women: &lt;2.8 mg/mmol</p> <p>eGFR: &gt;60 ml/min/1.73 m<sup>2</sup></p>	<p><b>See Chronic Kidney Disease (CKD) Recommendations</b></p> <ul style="list-style-type: none"> <li>Screen at diagnosis and annually with ACR and eGFR; repeat if targets exceeded.</li> <li>If persistent albuminuria (ACR &gt;2.0 mg/mmol in males, &gt;2.8 mg/mmol in females), prescribe ACE inhibitor or ARB to delay progression, even in the absence of hypertension. <ul style="list-style-type: none"> <li>Monitor ACR and eGFR at least every 6 months.</li> </ul> </li> </ul>
Antiplatelet	<i>ASA 81 – 325 mg daily in people with stable CVD</i>	<ul style="list-style-type: none"> <li>Prescribe low dose ASA therapy in individuals with stable CVD.</li> <li>Clopidogrel 75 mg may be considered if unable to tolerate ASA.</li> <li>The use of antiplatelet therapy for primary prevention of CVD in high risk individuals should be considered on an individual basis.</li> </ul>
ACE Inhibitors/ ARB	<i>In individuals considered at high risk for CVD</i>	<ul style="list-style-type: none"> <li>Individuals with Diabetes at high risk for CV events should receive an ACE inhibitor or ARB at doses that have demonstrated vascular protection.</li> </ul>
Influenza Vaccinations	<i>Annually</i>	<ul style="list-style-type: none"> <li>Prescribe influenza vaccination on an annual basis.</li> <li>Pneumococcal vaccination once in a lifetime.</li> </ul>
Neuropathy	<i>Screen using 10 g monofilament or 128-Hz tuning fork</i>	<ul style="list-style-type: none"> <li>Screen peripheral neuropathy by assessing loss of sensitivity to the 10 g monofilament or loss of sensitivity to vibration at the dorsum of the great toe.</li> <li>Intensify glycemic control to prevent the onset and progression of neuropathy.</li> </ul>
Retinopathy	<i>Eye Examination</i>	<ul style="list-style-type: none"> <li>Refer to expert professional for screening and evaluation for diabetic retinopathy at least every 1 – 2 years.</li> <li>Intensify glycemic, blood pressure, and lipid control if abnormal.</li> </ul>
Foot Care	<i>Foot Examination</i>	<ul style="list-style-type: none"> <li>Annually or more often if clinically indicated.</li> <li>Instruct all patients on proper foot care.</li> </ul>
Referral	<i>Specialty Clinic</i>	<ul style="list-style-type: none"> <li>Refer to specialty clinic when the management of the patient exceeds the comfort level of the family physician.</li> </ul>



## MANAGEMENT OF HYPERGLYCEMIA IN TYPE 2 DIABETES

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HbA1c = glycated hemoglobin  
BP = blood pressure  
CHF = congestive heart failure  
\* Less hypoglycemia in the context of missed meals

DPP-4 = dipeptidyl peptidase-4  
GI = gastrointestinal  
TZD = thiazolidinedione

↓ = <1.0% decrease in HbA1c  
↓↓ = 1.0–2.0% decrease in HbA1c  
↓↓↓ = >2.0% decrease in HbA1c



## ANTIHYPERGLYCEMIC AGENTS FOR USE IN TYPE 2 DIABETES

Class	Brand Name	Expected ↓ in HbA1c with Monotherapy	Hypo-glycemia	Other Therapeutic Considerations
Alpha-glucosidase inhibitor	Acarbose (Glucobay)	↓	Negligible risk as monotherapy	<ul style="list-style-type: none"> <li>Not recommended as initial therapy in people with marked hyperglycemia (HbA1c ≥9).</li> <li>Often used in combination with other oral antihyperglycemic agents.</li> <li>Weight neutral as monotherapy.</li> <li>GI side effects.</li> </ul>
Incretin agent	DPP-4 inhibitor Sitagliptin (Januvia)	↓ to ↓↓	Negligible risk as monotherapy	<ul style="list-style-type: none"> <li>Weight neutral.</li> <li>Improved postprandial control.</li> <li>Newer agent with unknown long-term safety.</li> </ul>
Insulin	Rapid-acting analogues: <ul style="list-style-type: none"> <li>Aspart (NovoRapid)</li> <li>Glulisine (Apidra)</li> <li>Lispro (Humalog)</li> </ul> Short-acting: <ul style="list-style-type: none"> <li>Regular (Humulin-R, Novolin geToronto)</li> </ul> Intermediate-acting: <ul style="list-style-type: none"> <li>NPH (Humulin-N, Novolin ge NPH)</li> </ul> Long-acting basal analogues: <ul style="list-style-type: none"> <li>Detemir (Levemir)</li> <li>Glargine (Lantus)</li> </ul> Premixed: <ul style="list-style-type: none"> <li>Premixed Regular-NPH (Humulin 30/70)</li> <li>Novolin ge 30/70, 40/60, 50/50</li> <li>Biphasic insulin aspart (NovoMix 30)</li> <li>Insulin lispro/ lispro protamine (Humalog Mix25, Mix50)</li> </ul>	Depends on regimen, but up to ↓↓↓	Significant risk	<ul style="list-style-type: none"> <li>Potentially greatest HbA1c reduction and no maximal dose.</li> <li>Numerous formulations and delivery systems (including subcutaneous-injectable) allow for regimen flexibility.</li> <li>Hypoglycemia risk highest with regular and NPH insulin.</li> <li>When initiating insulin, consider adding bedtime intermediate-acting insulin or long-acting insulin analogue to daytime oral antihyperglycemic agents (although other regimens can be used).</li> <li>Intensive insulin therapy regimen recommended if above fails to attain glycemic targets.</li> <li>Increased risk of weight gain relative to sulfonylureas and metformin.</li> </ul>
Insulin secretagogues	Sulfonylureas: <ol style="list-style-type: none"> <li>Gliclazide (Diamicon, Diamicon MR, generic)</li> <li>Glimepiride (Amaryl)</li> <li>Glyburide (Diabeta, Euglucon, generic)</li> </ol> • NB: chlorpropamide and tolbutamide are still available in Canada but rarely used Meglitinides: <ul style="list-style-type: none"> <li>Nateglinide (Starlix)</li> <li>Repaglinide (GlucoNorm)</li> </ul>	↓↓	<ol style="list-style-type: none"> <li>Minimal/moderate risk</li> <li>Moderate risk</li> <li>Significant risk</li> </ol>	<ul style="list-style-type: none"> <li>Relatively rapid BG-lowering response.</li> <li>All insulin secretagogues reduce glycemia similarly (except nateglinide, which is less effective).</li> <li>Postprandial glycemia is especially reduced by nateglinide and repaglinide.</li> <li>Hypoglycemia and weight gain are especially common with glyburide.</li> <li>Consider using other class(es) of antihyperglycemic agents first in patients at high risk of hypoglycemia (e.g. the elderly, renal/hepatic failure).</li> <li>If a sulfonylurea must be used in such individuals, gliclazide is associated with the lowest incidence of hypoglycemia and glimepiride is associated with less hypoglycemia than glyburide.</li> <li>Nateglinide and repaglinide are associated with less hypoglycemia in the context of missed meals.</li> </ul>
		↓↓	Minimal/moderate risk	
Metformin	Glucophage, Glumetza, generic	↓↓	Negligible risk as monotherapy	<ul style="list-style-type: none"> <li>Improved cardiovascular outcomes in overweight subjects.</li> <li>Contraindicated if eGFR &lt;30 ml/min or hepatic failure.</li> <li>Caution if eGFR &lt;60 ml/min.</li> <li>Weight neutral as monotherapy, promotes less weight gain when combined with other antihyperglycemic agents, including insulin.</li> <li>GI side effects.</li> </ul>
TZDs	Pioglitazone (Actos) Rosiglitazone (Avandia)	↓↓	Negligible risk as monotherapy	<ul style="list-style-type: none"> <li>Longer duration of glycemic control with monotherapy compared to metformin or glyburide.</li> <li>Mild BP lowering.</li> <li>Between 6 and 12 weeks required to achieve full glycemic effect.</li> <li>Weight gain (waist-to-hip ratio not increased).</li> <li>May induce edema and/ or heart failure.</li> <li>Avoid in patients with heart failure.</li> <li>Higher rates of heart failure when combined with insulin.</li> <li>Rare occurrence of macular edema.</li> <li>Rare occurrence of fractures in females.</li> </ul>
Weight loss agents	Orlistat (Xenical) Sibutramine (Meridia)	↓	None	<ul style="list-style-type: none"> <li>Promotes weight loss.</li> <li>Glycemic benefit may be limited to those who actually lose weight.</li> <li>Orlistat can cause diarrhea and other GI side effects.</li> <li>Sibutramine can increase heart rate and BP.</li> </ul>
Combined formulations	Avandamet (metformin + rosiglitazone)	↓↓↓	Negligible risk as monotherapy	<ul style="list-style-type: none"> <li>See metformin, TZDs, and sulfonylureas.</li> </ul>
	Avandaryl (glimepiride + rosiglitazone)	↓↓↓	Moderate risk	



## COMMUNITY RESOURCES – DIABETES

For the most up-to-date listing of community resources, visit the Champlain Diabetes Regional Coordination Centre (DRCC) website at [www.champlaindrcc.ca](http://www.champlaindrcc.ca). The website is a resource for both people living with diabetes and healthcare providers in the Champlain region. It provides lists of services, tools and resources.

denotes hospital diabetes clinics denotes diabetes education programs

### CITY OF OTTAWA:

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**Clinic/Program:** **Community Diabetes Education Program of Ottawa**

Locations across the City of Ottawa

**South East Ottawa Community Health Centre** 1355 Bank Street, Suite 600, Ottawa, ON K1H 8K7

**Centretown Community Health Centre** 420 Cooper St. Ottawa, ON K2P 2N6

**Orleans-Cumberland Community Resource Centre** 210 Centrum Blvd. - Suite 211 Orléans ON K1E 3V7

**Overbrook-Forbes Community Resource Centre** 120-225 Donald St., Ottawa, ON K1K 1N1

**Pinecrest-Queensway Community Health Centre** 1365 Richmond Rd. Ottawa, ON K2A 1T3

**Nepean, Rideau & Osgoode Community Resource Centre** 1642 Merivale Road, Unit 541 Nepean, ON K2G 4A1

**Western Ottawa Community Resource Centre** 2, MacNeil Court Kanata, ON K2L 4H7

**Hunt Club Riverside Community Resource Centre** 3320 Paul Anka Drive Ottawa, ON K1V 0J9

**South Nepean Satellite Community Health Centre** 4100 Strandherd Drive, Suite 201 Ottawa, ON, K2J 0V2

Tel: 613-233-6655 Fax: 613-233-6713 (for physicians)

Web: [www.diabeteseducation.ca](http://www.diabeteseducation.ca)

**Description:** Programs held at various community health centres/resource centres throughout Ottawa. Group classes led by registered nurse and registered dietitian with a focus on general Diabetes information and nutrition:

- Pre-diabetes (one 3-hour class);
- Type 2 diabetes (three 2.5 hour classes); and
- Insulin initiation (individual and group classes): work with physician's orders for patients starting on insulin.

**Appropriate for:** Adults with pre-diabetes, type 2 diabetes, or new insulin diabetics.

**Hours:** Mon to Fri: 8:30 a.m. - 4:30 p.m.  
Sessions: Morning, afternoon, and evening classes offered depending on location availability.

**Language:** English, French (Sessions in other languages or interpretation offered as needed, please indicate on referral form)

**Cost:** None

**Referral:** Physician referrals, other health care professional referrals and self-referrals  
To refer: Physician send fax; include most recent test results and purpose of referral; coordinator will contact patient directly.

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**Clinic/Program:** **Bruyère Family Health Team - Diabetes Education Program**

75 Bruyère St. Ottawa, ON K1N 5C8

613-241-3344 ext. 361

**Appropriate for:** Adults with pre-diabetes, type 1 and 2 diabetes, gestational diabetes

**Language:** English, French

**Cost:** None

**Referral:** Physician referrals and self-referrals

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**Clinic/Program:** **The Ottawa Hospital - Foustanelas Endocrine and Diabetes Centre** 

Riverside Campus, 4th Floor, 1967 Riverside Drive, Ottawa, ON

Tel: 613-738-8400 ext. 88333 Fax: 613-738-8261

Web: <http://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Programs/FoustanelasEndocrineDiabetesCentre/ForPatients/PatientEducationClasses>

**Description:** The Ottawa Hospital multi-disciplinary Diabetes team provides integrated diabetes self-care education and medical management support to people with complex diabetes care needs. Care is provided by individualized, multi-disciplinary assessment and education; group education and follow-up; and, integration of education with clinical management.

Group Education Topics:

- 2-day diabetes education program for type 1 and type 2

**Appropriate for:** Patients with:

- Type 2 diabetes and/ or multiple meds and/ or chronic multi-system complication
- Type 1 diabetes
- Gestational diabetes

**Hours:** Administration: Mon to Fri: 8:00 a.m. - 4:00 p.m.  
Classes Wed & Thurs every other week

**Language:** English, French

**Cost:** N/A

**Referral:** Physician referral required.  
Fax referral to clinic; include purpose of referral, recent lab work, and medication list.

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**Clinic/Program:** **The Ottawa Hospital, Civic Campus - Healthy Lifestyle and Diabetes Outreach Program** 

210 Melrose Avenue, Ottawa, ON K1Y 4K7

Tel: 613-798-5555 ext. 13512 Fax: 761-4417

**Description:** Free program that supports education and self-management for people with pre-diabetes and type 2 diabetes – daytime and evening programs available – services are provided by a Registered Nurse (RN) and/ or Registered Dietitian (RD)

**Appropriate for:** Adults with pre-diabetes, type 2 diabetes

**Hours:** Daytime and evening programs available

**Language:** English

**Cost:** None

**Referral:** Physician referrals and self-referrals

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**OTTAWA-EAST:**

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**Clinic/Program:** **Diabetes Clinic Hôpital Montfort** 

713 Montreal Rd., Suite 102, Ottawa, ON K1K 0T2  
Tel: 613-746-4621 ext. 3126 Fax: 613-748-4995

**Description:** Care and education provided to type 1, gestational diabetes, pre gestational diabetes and uncontrolled type 2 on insulin therapy or multiple medication with chronic complications. Individualized, interdisciplinary (RD, RN, pharmacist, psychologist) care available.

**Appropriate for:** Adults with type 1 or type 2 diabetes, pre-gestational diabetes, gestational diabetes

**Hours:** Mon to Fri: 7:30 a.m. - 3:30 p.m.

**Language:** French, English, Spanish

**Cost:** N/A

**Referral:** Physician referral required.

Complete referral form and fax to clinic; inform patient that clinic will contact them directly with appointment date and time. Have patient re-contact clinic if they have not received their appointment within one week.

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**Clinic/Program:** **Wabano Centre for Aboriginal Health - Urban Aboriginal Diabetes Education Program** 

299 Montreal Rd., Ottawa, ON  
Tel: 613-748-0657 ext. 212 Fax: 613-748-9364  
Web: www.wabano.com

**Description:** Health promotion and primary prevention program for Aboriginal peoples. The program addresses:

- Risk factors associated with diabetes;
- The importance of diabetes screening;
- Selection and preparation of a healthy, balanced diet; and,
- A healthy, active, traditional lifestyle in the prevention of diabetes.

**Appropriate for:** Adults with pre-diabetes, type 2 diabetes

**Hours:** Mon to Fri: 9:00 a.m. - 5:30 p.m.; Classes offered weekly, day and evening.

**Language:** English

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals and self-referrals

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**Clinic/Program:** East Ottawa Community Family Health Team - Diabetes Education Team 

Primary site: 2339 Ogilvie Rd Suite 204 Ottawa  
Tel: 613-842-7960 Fax: 613-842-4428

Satellite Sites:

3095 St Joseph Blvd. Orleans 2nd floor  
Tel: 613-590-0533 Fax: 613-590-7351

225 Donald St. Suite 120 Ottawa,  
Tel: 613-745-2228 Fax: 613-745-9520

**Description:** Group and individual sessions open to the public, for individuals with pre-diabetes and type 2 diabetes. Coordinated by a nurse and a dietitian specializing in diabetes.

Groupes animés par une infirmière et une diététiste spécialisé au programme de diabètes.

**Appropriate for:** Adults with pre-diabetes or type 2 diabetes

**Hours:** Mon to Fri: 8:30 a.m. - 4:30 p.m.

**Language:** English, French

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals and self-referrals

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**OTTAWA-WEST:**

**Clinic/Program:** Queensway-Carleton Hospital - Diabetes Education Program/ Clinic 

3045 Baseline Road, Ottawa, ON K2H 8P4  
Tel: 613-721-4788 ext. 3763 Fax: 613-721-4787

**Description:** 2-day group program to help increase patients knowledge of diabetes management. Referral to endocrinologist. Classes include insulin intensification and heart health.

**Appropriate for:** Persons with pre-diabetes, type 1 or type 2 diabetes, gestational diabetes

**Hours:** Mon to Fri: 8:30 a.m. - 4:30 p.m.

**Language:** English

**Cost:** N/A

**Referral:** Physician referral required.

Call Patient Scheduling at 613-721-4788 and fax referral; include purpose for referral and most recent lab work; referring physician's office must notify patient of appointment time and date.

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**Clinic/Program:** Ottawa South Diabetes Education Program and Support Team 

Rideau Valley Health Services  
1221 Greenbank Rd., Ottawa, Ontario K2J 5V7  
Tel: 613-258-8714 Fax: 613-440-3238

**Appropriate for:** Adults with pre-diabetes or type 2 diabetes, insulin starts

**Hours:** Days and evenings (for schedule visit [www.rvhc.va](http://www.rvhc.va))

**Language :** English, French, Arabic

**Cost:** N/A

**Referral:** Physician referrals and self-referrals



**Clinic/Program:** Carleton Place and District Memorial Hospital 

211 Lake Avenue East, Carleton Place, ON K7C 1J4  
 Tel: 613-257-2200 ext. 817 Fax: 613-257-5197

**Description:** The program consists of an individual assessment with a Registered Nurse (RN) and Registered Dietitian (RD), which lasts ~1.5 hours, normally on the 3rd Thursday of the month. The program also includes a group session conducted by a multi-disciplinary education team (RN, RD, physiotherapist, pharmacist and chiropodist), which lasts a full day from 10 a.m. to 4 p.m., normally on the 4th Thursday of the month. Patients are followed up on an individual basis, with any member of the team, as needed (normally on the 4th Thursday of the month).

**Appropriate for:** Adults with pre-diabetes, type 2 diabetes, gestational diabetes

**Hours:** See program description

**Language:** English

**Cost:** N/A

**Referral:** Physician referral required

**EASTERN COUNTIES:**

**Clinic/Program:** Akwesasne - Diabetes Education Program 

Box 579, Cornwall, ON K6H 5T3  
 613-575-2341

**Description:** Diabetes management education program with group and individual counselling. Home visits available. Once a month diabetes clinic with endocrinologist. Health Team include Registered RN and Registered dietician, both are Certified Diabetes Educators. Referral is available to on-site chiropodist. Smoking cessation program is also available.

**Appropriate for:** Adults with pre-diabetes, type 2 diabetes

**Hours:** N/A

**Language:** English

**Cost:** None

**Referral:** Physician referrals, other health care professional referrals and self-referrals

**Clinic/Program:** Hawkesbury & District General Hospital - Diabetes Clinic 

1111 Ghislain Street, Hawksbury, ON  
 Tel: 613-632-1111 ext. 482 Fax: 613-636-6194

**Description:** In collaboration with the family doctor, a nurse and dietitian offer to individuals with diabetes, the support needed to understand diabetes, to better control glucose (blood sugar) levels and to reduce the long-term complications of the disease. The diabetes educators see patients in individual consultation and/or in group education. Sessions: "<http://www.hawkesburyhospital.com/ServicesPrograms/Pages/DiabetesClinic.aspx>" [www.hawkesburyhospital.com/ServicesPrograms/Pages/DiabetesClinic.aspx](http://www.hawkesburyhospital.com/ServicesPrograms/Pages/DiabetesClinic.aspx)

**Appropriate for:** Persons with glucose intolerance, adults with pre-diabetes, type 1 or type 2 diabetes

**Hours:** Mon to Fri: 8:00 a.m. - 4:30 p.m.

**Language:** English, French

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals and self-referrals



**Clinic/Program:** **Winchester District Memorial Hospital (WDMH) - Diabetic Clinic** 

566 Louise Street, Winchester, ON  
Tel: 613-774-2422 ext. 6765

**Description:** The Diabetes Education Program (DEP) offers many different education sessions for individuals with both diabetes and pre-diabetes. The focus is on how to live well with Diabetes. Programs cover all aspects of living well with Diabetes and are offered on various days and times.

**Appropriate for:** Adults with pre-diabetes, type 1 or 2 diabetes

**Hours:** Call for schedule

**Language:** English

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals and self-referrals

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**Clinic/Program:** **Programme d'éducation au diabète** 

Centre de Santé Communautaire de L'Estrie  
**Cornwall (main)**  
841, rue Sydney, Unité 6 (ON) K6H 3J7  
Tel: 613 937-2683 Fax: 613 937-2698

**Alexandria**  
280, boulevard Industriel (ON) K0C 1A0  
Tel: 613 525-5544 Fax: 613 525-3991

**Bourget**  
2081, rue Laval (ON) K0A 1E0  
Tel: 613 487-1802 Fax: 613 487-4182

**Crysler**  
1, rue Nation (ON) K0A 1R0  
Tel: 613 987-2683 Fax: 613 987-9908

**Embrun**  
738, rue Notre-Dame (ON) K0A 1W1  
Tel: 613 443-3888 Fax: 613 443-9519

**Description:** 1-day workshop where a nurse and a dietician offer to individuals with diabetes, the support needed to understand diabetes, to better control glucose (blood sugar) levels and to reduce the long-term complications of the disease. Workshop is followed by an initial one-on-one visit of 45 minutes and 3 follow-ups of 40 minutes at 1, 3, and 6 months.

**Appropriate for:** Pre-diabetic with abnormal test results and Type 2 diabetic

**Hours:** Vary (locations across five counties based on demand)

**Language:** French, English

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals and self-referrals

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**Clinic/Program:** **Cornwall Community Hospital - Diabetes Education Centre** 

510 Second Street East, Cornwall, ON K6H 1Z6  
 Tel: 613-936-4615

**Description:** 3-hour initial workshop where a nurse and a dietician offer to individuals with Diabetes, the support needed to understand Diabetes, to better control glucose (blood sugar) levels and to reduce the long-term complications of the disease. Workshop is followed by a scheduled one-on-one visit of 60 minutes with a health educator and various educational workshops.

**Appropriate for:** Children and adults with pre-diabetes with abnormal test results and type 2 diabetes

**Hours:** Initial workshop is offered twice per month

**Language:** English (mainly), French

**Cost:** N/A

**Referral:** Self-referral or physician referral

**Clinic/Program:** **Seaway Valley Community Health Centre - Diabetes Education Program** 

353 Pitt Street, Cornwall, ONK6J 3R1  
 Tel: 613-936-0306 Fax: 613-936-0521

**Description:** If you have pre-diabetes or just discovered you have diabetes, learn how to live a healthy life. The sessions are led by a Registered Nurse and a Registered Dietician..

**Appropriate for:** Anyone diagnosed with diabetes

**Hours:** To register, call Nancy, Health Educator/Promoter at: (613) 936-0306 ext. 151

**Language:** English

**Cost:** N/A

**Referral:** Self-referral

**RENFREW COUNTY & DISTRICT:**

**Clinic/Program:** **Pembroke Regional Hospital - Diabetes Education Program**

705 Mackay Street, Pembroke, ON  
 Tel: 613-732-3675 ext. 6151 or Toll free: 1-855-293-7838

**Satellite Locations:**

**Arnprior and District Memorial Hospital**, 350 John St. N.

**Deep River & District Hospital**, 117 Banting Dr.

**Renfrew Victoria Hospital**, 499 Raglan St. N.

**St. Francis Memorial Hospital (Barry's Bay)**, 7 Francis Memorial Dr.

**Description:** Group classes held 3x monthly and individual appointments offered remaining week days. Monthly telehealth clinics held with endocrinologists from TOH.

Outreach clinics & community screening/ education offered weekly across various sites in Renfrew County i.e. Eganville, Golden Lake, Killaloe, Cobden/ Beachburg, Petawawa & others as requested.

**Appropriate for:** Children and adults with pre-diabetes, type 1 or 2 diabetes, gestational diabetes, family members, and caregivers

**Hours:** Mon to Fri: 8:00 a.m. – 4:00 p.m. & evening scheduling as required.

**Language:** English, French

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals and self-referrals



## LEEDS, LANARK & GRENVILLE

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**Clinic/Program:** **Kemptville District Hospital**   
2675 Concession Rd. Kemptville, ON K0G 1J0  
Tel: 613-258-6133 ext. 400 Fax: 613-258-4997  
Website: [www.kdh.on.ca/serv\\_7\\_e.html](http://www.kdh.on.ca/serv_7_e.html)

**Description:** **Diabetes Education Program:** Includes a 2-hour individual assessment with the nurse and dietitian, a 2-day group education session and follow up appointments, as needed. Group sessions offered the first Wednesday and Thursday of each month.

**Diabetes Prevention Program:** Includes a 1/2-day group education session. The basics of Diabetes are reviewed along with risk factors for Diabetes. Offered about every 3 months.

**Insulin and Diabetes Program:** Includes a 1/2-day group education session. Topics include all aspects of the self administration of insulin including treatment of hypoglycemia, carbohydrate counting, healthy lifestyle, driving and sick day guidelines among other topics. Offered as needed.

**Insulin Initiation:** Includes one-on-one counselling sessions with the nurse and dietitian. Learn everything you need to know about how to use insulin safely. Also learn how to manage your blood sugars with insulin therapy. Offered as needed. A physician referral is required.

[http://www.kdh.on.ca/ev\\_diabetes\\_e.html](http://www.kdh.on.ca/ev_diabetes_e.html) for schedule of classes

**Appropriate for:** **Diabetes Education Program:** Adults diagnosed with Diabetes; people who have not been to a Diabetes education program before; or, people who have gone 3 to 5 years since their last Diabetes education program.

**Diabetes Prevention Program:** Adults diagnosed with Impaired Fasting Glucose (IFG) and/ or Impaired Glucose Tolerance (IGT) or at high risk for developing Diabetes.

**Insulin and Diabetes Program:** Adults who have recently started insulin therapy or who require an update on the treatment of Diabetes with insulin.

**Insulin Initiation:** For adults who need to start insulin.

**Hours:** Weekdays

**Language:** English

**Cost:** N/A

**Referral:** Physician referrals and self-referrals. Note: Physician referral required for the Insulin Initiation program.  
Diabetes Clinic Referral form: <http://www.kdh.on.ca/pdfs/DEP-Referral2010.pdf>

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**Clinic/Program:** Rideau Valley Diabetes Services

2 Gould Street, Unit 118, Smiths Falls, ON K7A 5C7  
Tel: 613-284-2558 or 1-877-321-4500 Fax: 613-284-2591  
2479 Parkedale Ave, Unit 2, Brockville, ON K6V 3H2  
Tel: 613-498-1555 Fax: 613-498-9922  
Email: diabetes.rvds@mdchc.on.ca  
Website: www.rvds.ca

**Description:** Provides accessible services to assist people affected by type 1, and type 2 diabetes or pre-diabetes to develop their knowledge, strengths, and skills to live healthy lives. Partners with other healthcare providers to offer coordinated diabetes prevention, education, and management services in Lanark, Leeds, and Grenville counties.

Offers group education programs for diabetes and pre-diabetes, individual counselling, multi-disciplinary clinics, support groups, and other events such as grocery store tours, cooking classes, conferences, and training for health care professionals.

**Appropriate for:** Adults with pre-diabetes, type 1 or 2 diabetes.

**Hours:** Mon to Fri: 8:30 a.m. - 4:30 p.m Brockville Office,  
Mon, Tues, Thurs: 8:30 a.m. - 4:30 p.m, Wed: 8:30 a.m. - 8:30 p.m and Fri: 8:30 a.m. - 12:00 p.m

**Language:** English

**Cost:** N/A

**Referral:** Physician referrals, other health care professional referrals, self-referrals

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## FOOT CARE SERVICE PROVIDERS

Please visit [www.champlaindrcc.ca](http://www.champlaindrcc.ca) for the most up-to-date listing of foot care service providers. The Champlain DRCC does not endorse or promote any specific foot care service, and lists only professionally designated services in the region. Ministry funded foot care services require a referral and must meet some requirements. Private funded foot care services charge a fee (between \$ 24-45 depending on treatment needs) and can be self-referred.

### OTTAWA EAST

Service Provider	Address	Telephone	Fee
AIM Health Group	1605 Orléans Blvd. Ottawa	1-866-640-3668	Yes
Ampos Orthopaedics	631 Montreal Rd., Ottawa	613- 745-3173	Yes
Bruyere Foot Specialists	311 McArthur Ave. Ottawa	613-562-6357	Yes
Carefor Health & Community Services	760 Belfast Rd. Ottawa	613) 749-7557	Yes
Cumberland Home Support	1515 Tenth Line Rd. Ottawa	613-741-6025 x 141	Yes
Eastern Ottawa Resource Centre	2339 Ogilvie Rd. Gloucester	613- 741-3556	Yes
Gloucester Senior Adults' Centre	2020 Ogilvie Rd. Ottawa	613-749-1947	Yes
Orleans Family Care Physicians	18-6469 Jeanne d'Arc Blvd. Ottawa	613-841-8500	Yes
Orleans Foot Clinic	1605 Orléans Blvd. Ottawa	613-863-3668	Yes
Orleans Medical Centre Inc	406-2555 St Joseph Blvd. Orleans	613- 830-1771	Yes
Wabano Centre For Aboriginal Health	299 Montreal Rd. Ottawa	613-748-5999	No

### OTTAWA WEST

Foot Care Provider	Address	Telephone	Fee
Active Foot Care	1108 Klondike Rd. Kanata	613-254-9777	Yes
Amberwood Chiropractic Office	1261 Main St. N. Stittsville	613-447-3781	Yes
Westend FamilyCare Clinic	80 Michael Cowpland Kanata	613- 599-3321	Yes
Back On Track Physiotherapy Centre	380 Hunt Club Rd. Ottawa	613- 521-5215	Yes
Back on Track Physiotherapy and Sports Injury	5492 B South River Dr. Manotick	613-692-1572	Yes
Bridlewood Medical Centre Physiotherapy	64 Stonehaven Dr. Kanata	613- 599-9039	Yes
Care Medics	1160 Beaverwood Rd. Manotick	613-692-0244	Yes
College Square Medical Centre	1980 Baseline Road Ottawa	1-866-640-3668	Yes
David Kerbl D Ch	10 Pine Bluff Trail, Stittsville	613-863-3668	Yes
Elderhealth Resources Inc	26 Tower Rd. Nepean	613-733-8405	Yes
Royal Canadian Legion	70 Hines Rd. Kanata	613-591-5570	Yes
Life Source Medical Centre	130 Robertson Rd. Ottawa	613-828-6443	Yes
Loppe Foot Care Service	1453 Woodroffe Ave. Nepean	613-225-8195	Yes
Med Team Clinic	99 Kakulu Rd. Kanata	613-592-1448	Yes
Nepean Sports Medicine Physiotherapy	1701 Woodroffe Ave. Nepean	613- 727-5755	Yes
Olde Forge Seniors Support Service	2730 Carling Ave. Ottawa	613- 829-9777	Yes



Ottawa West Community Support	1137 Wellington St W Ottawa	613-728-6016	Yes
Rideau Community Health Services	1128 Mill St. Manotick,	613-692-4697	Yes
Sole To Soul Foot Care & Reflexology	13 Marielle Court Ottawa	613- 722-2481	Yes
Stittsville Physiotherapy	1110 Carp Stittsville	613-836-4676	Yes
West Carleton Senior Residence	518 Donald B Munro Dr. Carp	613-839-5729	Yes
Western Ottawa Community Resource Centre	3865 Richmond Rd. Ottawa	613-829-1133	Yes
Pamela McLeod Upstanding Foot care	412 Grey Seal Circle Ottawa	613-324-5423	Yes
Community Chiropody Program (Healthy Steps Pedorthic Clinic)	4100 Strandherd Dr. Nepean		No

**OTTAWA CENTRAL**

Foot Care Provider	Address	Telephone	Fee
Dr. Douglas Smith	1919 Riverside Dr. Ottawa	613-260-2684	Yes
AIM Health Group: Foot Therapy	326 Shellbrook Way Ottawa		Yes
Activecare Medical Clinic	Carlingwood Mall Ottawa	613-260-2684	Yes
Activecare Medical Clinic	2121 Carling Ave. Ottawa	613-761-6777	Yes
Centre De services Guigues	159 Murray St. Ottawa	613-241-1266	Yes
Christine Mercer	1385 Bank St. Suite 410, Ottawa	613-260-8255	Yes
Feet Docs Dr. Greenburg	102-770 Broadview Ave. Ottawa	613-727-1888	Yes
The Glebe Centre Abbotsford House	950 Bank St. Ottawa,	613-238-2727	Yes
Hayles Foot and Ankle Clinic	344 Churchill Ave N Ottawa	613-792-3477	Yes
Hunt Club/Riverside CRC	3320 Paul Anka Dr. Ottawa	613-247-1600	Yes
Lori Barnes D CH	1385 Bank St. Unit 410, Ottawa		Yes
Joanna Faloon B.Sc.D.P.M - Doctor of Podiatric Medicine	230 Lisgar St. Ottawa	613-235-5513	Yes
Nathalie de Maurivev D Ch	380 Hunt Club Rd. Ottawa	613-266-7889	Yes
O'Connor Medical Group	267 O'Connor St Unit 404, Ottawa	613-288-0055	Yes
Ottawa Foot Health Centre	1335 Carling Ave #570, Ottawa	613-724-3668	Yes
Paramed	1145 Hunt Club Rd. Ottawa	613-728-7080	Yes
Rehabilitation Centre	505 Smyth Rd. Ottawa	613-737-7350 x 75314	Yes
Revera Home Health	301 Laurier Ave. E. Ottawa	613-728-2277	Yes
The Good Companions Seniors' centre	670 Albert Ottawa	613-236-0428	Yes
Total Foot Care, The Ottawa Hospital	20 Melrose Ave. Ottawa	613-798-5555	Yes
VHA Health and Home Support	250 City Centre Ave. #700, Ottawa	613-248-8420	Yes
Walking Mobility Clinics	1407 Bank St. #102, Ottawa	613-730-1015	Yes
We Care Health Service	2269 Riverside Dr. #137, Ottawa	613-782-2244	Yes
Community Chiropody Program	420 Cooper St. Ottawa		No
Community Chiropody Program	1365 Richmond Rd. Ottawa		No





## RENFREW COUNTY

Foot Care Provider	Address	Telephone	Fee
Arnprior Chiropractic Health Centre	5 Charles St. Arnprior	613 623-9440	Yes
Bayshore Home Health	169 Lake St. Pembroke		Yes
Whitewater Bromley Community Health Centre	20 Robertson Dr. RR 1 Beachburg	613-582-3685	No
Pembroke Civic Complex (Carefor Health & Community Services)	425 Cecelia St. Pembroke	613-732-9993	Yes
Deep River & District Hospital	117 Banting Dr. Deep River		Yes
Petawawa Centennial Family Health Centre	154 Civic Centre Rd. Petawawa	613-687-7641	Yes
Schmitz Michael D CH	201 Deacon Pembroke	613-735-6742	Yes
Paramed	595 Pembroke St. E. Pembroke		Yes
Pikwakanagan FHT	643 Mishomis Inamo Golden Lake		Yes
Rainbow Valley Community Health Centre	49 Mill Street, Killaloe Station	613-757-0004	Yes
Wound Care Clinic: Renfrew Victoria Hospital	499 Raglan St. N. Renfrew		Yes
Sally Prendergast	501 Mink Lake Rd. Eganville		Yes
Barry's Bay Saint Francis Memorial Hospital	7 St Francis Memorial Drive Barry's Bay	613-757-3004 x 240	Yes
Community Chiropody Program	20 Robertson Dr. Whitewater Region		No

## EASTERN COUNTIES

Foot Care Provider	Address	Telephone	Fee
Denise Foot Care Service	3403 Marcil Rd. Bourget	613-302-3082	Yes
Hawkesbury General Foot Care and Chiropody Clinic	1111 Ghislain St. Hawkesbury	613-632-1111 x 402	No
Pharmacie Lise St-Denis Pharmacy	400 Spence Ave. Hawkesbury	613-632-8839	Yes
Source Unique	219 Main St. E. Hawkesbury	613-632-4185	Yes
Bayshore Home Health	112 Second St. W. Cornwall	613-938-1691	Yes
Burns Ortho Medical	30 13th St, Cornwall	613-932-3139	Yes
Centre de Sante Commuautaire de L'Estrie	738 Notre Dame St. Embrun	613 487 1802	No
CareFor (Cornwall)	205 Amelia St. Cornwall	613-932-3451	Yes
Foot and Ankle Clinic	1077 Pitt St. Cornwall	613-936-8461	Yes
Easton Gary R D Ch-Foot Specialist	16 Third E. Cornwall	613--937-2888	Yes
Macintosh J W Senior's Support Centre	4324 Villa Dr. Williamsburg	613-535-2924	Yes
Maxville Manor Centre and Outreach	North Glengarry	613- 527-2170	Yes
North River Health Clinic	494 Fred St. Winchester	613-774-0915	Yes



St Elizabeth Health Care	1916 Pitt St. Cornwall	613-936-8668	Yes
Nor-Dun Seniors Support Centre (Carefor Health And Community Services)	517 Albert St. Winchester	613-774-6109	Yes
South Stormont Seniors' Support Centre (Carefor Health & Community Services)	12 Memorial Square Ingleside	613-537-8644	No
Equipe De Sante Familiale Clarence	2741 Chamberland Rockland		No
Centre De Santé Communautaire De L'Estrie	738 Notre Dame Embrun	613-443-3888	No
St. Elizabeth Foot Care Clinic (Seaway Valley Community Health Centre)	353 Pitt St. Cornwall	613--936-0306	Yes

#### NORTH LANARK/NORTH GRENVILLE

Foot Care Provider	Address	Telephone	Fee
Back on Track Physiotherapy Centre	515 McNeely Ave., Carleton Place	613-253-5215	Yes
In Step Foot Clinic	2670 Highway 43, Kemptville,	613-258-6862	Yes
Mills Community Support Corporation	67 Industrial Dr, Almonte	613-256-1031	Yes
North Lanark County Community Health Centre	207 Robertson, Lanark	613-259-2182	No
Carleton Place & District Memorial Hospital	211 Lake Ave E, Carleton Place		No