

## About the London InterCommunity Health Centre

London InterCommunity Health Centre has been a part of the community for more than 25 years. We provide health and social services in a welcoming setting to individuals and families living across the city of London.

Our two East London locations offer care by a team which includes doctors, nurse practitioners, nurses, social workers, dietitians, mental health specialists, health promoters and community health workers.

The Health Centre also offers many programs that address the factors in our personal lives that affect our health. These include income, education, housing, food security, recreation and social supports.

Our vision is building opportunities for healthy and inclusive communities. Our values reflect our commitment to:



## What are the Risk Factors for Diabetes?

- Over 40
- Overweight
- High cholesterol
- Parent or sibling with diabetes
- Heart disease
- High blood pressure
- Member of a high-risk group, such as Aboriginal, Hispanic, Asian, South Asian or African Descent
- History of gestational diabetes

## What are the Symptoms of Diabetes?

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or reoccurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

[www.lihc.on.ca](http://www.lihc.on.ca)

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## Diabetes Prevention and Care



**Every One Matters.**

## Please tell me about your diabetes programs.

At the Health Centre we have a long history of providing education and health services to people with diabetes as well as people who are at risk of developing diabetes.

We believe that you can learn to live well with diabetes – to manage medications, diet and activity in a way that feels right for you. Our Diabetes Care Team – which includes registered nurses, registered dietitians, a social worker and a foot care provider – is here to help you take good care of yourself.

We have experience working with newcomers who speak languages other than English, as well as those who come from many different cultural backgrounds. We work with people who have a low income, don't have transportation, live with mental illness or are homeless.



## What type of services do you offer?

Our Diabetes Care Team offers many monthly groups that will give you reliable, up-to-date information about learning to care for yourself.

At these groups you can talk with others who may have the same concerns that you have. We are interested in your questions and always leave a lot of time to talk. You are welcome to bring a family member or friend with you so that he or she can also ask questions.

In addition to attending groups, you may meet one-on-one with a nurse, a social worker or a dietitian about your diabetes concerns. Clients of the Health Centre can also access our registered foot care provider.

Some clients also choose to use a Personal Care Card for their HbA1c and weight. You can use this information to keep track of your health. You can also share this information with your family doctor or other health care provider.



## Who can use your diabetes services?

Our diabetes services are open to the entire community. You do not need to be a regular client of the Health Centre and you do not need to live in our neighbourhood. While some of our monthly groups are held at our Dundas Street location, many are held at other locations in the city such as community centres or places of worship.

Translation is provided for those who do not speak English.

## Do I have to pay for this program?

No. There is no cost to you.

## How can I learn more?

For more information, please call reception at 519-660-0874.