

We're here to help you live well with diabetes.

Learn how to manage your disease from the experts.

You've recently been diagnosed with diabetes, but you're far from alone. In fact, there are approximately one million Ontarians living with diabetes and that number is expected to grow.

While a diagnosis of diabetes may come as a surprise, you can take comfort in knowing that good diabetes self-management can help you lead a full, healthy life. That's where a Diabetes Education Program (DEP) can help you.

DEPs usually include a nurse and a dietitian – and may also include a social worker, clinical psychologist, foot care specialist, pharmacist and/or physiotherapist as needed.

They will work together and support you with your diabetes by providing guidance on healthy eating, weight management, exercise, blood glucose monitoring and ongoing motivation to stand up and fight this disease.

Each year, over 80,000 Ontarians like you are diagnosed with diabetes.

Management of the disease is crucial for your health and well-being.

That's where Diabetes Education Programs can help.

These professionals will develop a special management plan for you to help you understand how to relieve diabetes symptoms and prevent

or treat complications. By attending a Diabetes Education Program and following the guidance provided, you will be more in control of your disease and enjoy a better quality of life.

To find a Diabetes Education Program in your community, use the online search directory at ontario.ca/diabetes

Please be advised that some Diabetes Education Programs may require a referral from your primary health care provider.

Remember, good quality care requires regular visits to a primary care provider who helps you manage the disease and supports you on an ongoing basis.

If you don't currently have a primary health care provider, Health Care Connect can help. To sign up, call 1-800-445-1822 or visit ontario.ca/healthcareconnect

Diabetes Education Programs are part of the Ontario Diabetes Strategy, which was launched by the Ontario Government in November 2009. The strategy's goal is to help people living with diabetes and to meet the needs of those who are high at risk of developing it.

To learn more about the strategy, please visit ontario.ca/diabetes

Stand up to Diabetes

