
Welcome to the Diabetes Care and Research Program

**We provide outpatient care to adults
with diabetes.**

**McMaster University Medical Centre
1200 Main Street West
Boris Clinic: 4Z
(4th Floor, Yellow Section)
1200 Main Street West
Hamilton, Ontario**

Clinic: 905-521-2100, ext. 76061

Website: www.hamiltonhealthsciences.ca/dcrp

What is the Diabetes Care and Research Program?

We provide outpatient care to adults with Type 1 or Type 2 diabetes. A family member, significant other, or friend is welcome to come to the clinic with you.

You need to be referred by your family doctor or another medical specialist. Your family doctor will be kept informed of your progress and treatment plans.

How will a diabetes care program help me?

Our team will help you learn the skills needed to take control of the day-to-day management of your diabetes. You will learn about:

- the most current information on diabetes care
- how to eat healthy and plan your meals
- medications for diabetes
- exercise that is right for you
- how to test your blood sugar
- how to cope with diabetes
- how to reduce the risk of complications
- community resources

Who are the members of the diabetes health care team?

Your diabetes team includes endocrinologists (diabetes doctor), nurse practitioners, registered nurses, registered dietitians, a psychologist, a kinesiologist and support staff.

Research is the key to help better understand and treat diabetes. As a patient in our clinic, you may be eligible to take part in a research study. Let your diabetes team know if you are interested. Your choice of whether or not to take part will not affect the care you receive.

What can I expect at my first visit?

At the clinic you may first meet with a nurse practitioner who is a certified diabetes educator and specializes in diabetes management. The nurse practitioner will do a general physical exam, talk about your blood sugar control and develop a plan of care with you. This visit will be 60 minutes long.

In follow up visits you will see other members of the diabetes team, including a registered dietitian and diabetes doctor. These appointments are between 30 to 60 minutes. You may be encouraged to come to group education classes on other diabetes topics in order to help you learn more about diabetes.

Your treatment and care is based on your needs.

You will also get written handouts to read and share with your friends, family and care helpers.

What types of education programs are offered at the Diabetes Program?

Type 1 diabetes classes:

- **Information classes** – Where you will meet others with Type 1 diabetes, talk about testing your blood sugars, activity level, managing low blood sugars, sick days, carbohydrate counting, caring for your feet and healthy eating.
 - **Insulin pump classes** – Information sessions for people with diabetes who are interested in using an insulin pump, steps to getting one, how to use one and follow up once it has been started.
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Type 2 diabetes classes:

- **Living Well with Diabetes** – An information session where you will learn about the daily management of Type 2 diabetes.
- **Eating Well with Diabetes** – An information session that focuses on how to plan meals, make healthy food choices, read food labels, and count carbohydrates.
- **Take Charge** – A series of workshops for people with diabetes who are interested in improving their ability to cope and live with a chronic condition(s).
- **Let's Move** – Drop-in exercise classes for people with diabetes. Contact the clinic for the location of these classes.
- **LiveWell program** – A partnership with the YMCA for people with Type 2 diabetes to promote activity and healthy choices.

Contact your diabetes educator for more information on the variety of classes available.

When is my appointment?

Location: McMaster University Medical Centre
4th floor, Yellow Section, Boris Clinic: 4Z
1200 Main Street West
Hamilton, Ontario
905-521-2100, ext. 76061

The details of your appointment will be mailed to you in a letter.

If you have any questions about your appointment, please call our business clerk at 905-521-2100, ext. 76061.

How do I get ready for my appointment?

When you come to the clinic please bring the following items with you:

- Your health card.
- All of your medications in their containers from the pharmacy. These include vitamins, minerals, herbal supplements, inhalers, eye drops, patches and insulin pens (if you use them).
- Blood sugar meter and a written record or log book.
- If you are seeing the dietitian, please bring a record of what you have eaten for the past 3 days.

How do I cancel an appointment?

If you must cancel or change an appointment with us, please call 24 hours before your appointment. If you miss the first appointment or miss two follow-up appointments in a row you will need a new referral from your family doctor.

To cancel or change an appointment, please call 905-521-2100, ext. 76061.

Parking and transportation

McMaster University Medical Centre: Parking is available underground off Main Street West for an hourly fee. Parking spaces may be limited depending on the day of the week so leave plenty of time to get to your appointment.

Public transportation: For McMaster University Medical Centre, the bus stops at the front entrance to the hospital. Buses also stop at McMaster University – not all go to the front entrance.

We are smoke-free

Hamilton Health Sciences is smoke-free. This means that smoking is not allowed anywhere on the grounds, including parking lots, garages and vehicles.

For support or help to stay smoke-free:

- talk to a member of your health care team at Hamilton Health Sciences
- contact Smoker's Helpline toll-free at 1-877-513-5333 or www.smokershelpline.ca