

# Diabetes Centres

**Digby Diabetes Centre  
Shelburne Diabetes Centre  
Yarmouth Regional Hospital**

**Our goal is to help people with  
diabetes improve their quality of life.**

# Diabetes Centres

## What is a Diabetes Centre?

- If you or your loved one has been diagnosed with diabetes (type 1 or 2) or gestational (during pregnancy) diabetes, we can help you learn about:
  - › High or low blood sugar
  - › Blood glucose monitoring systems or sensors
  - › Healthy eating
  - › Diabetes medications
  - › Insulin pumps
  - › Diabetes foot care
- We offer 1-on-1 and group education on managing your diabetes, including:
  - › Checking your blood work
  - › Self-care
  - › Healthy lifestyle
  - › Active living and exercise
  - › Medications (like pills, insulin, and injected diabetes medications)
  - › Changing your insulin dose (amount)
  - › Blood pressure management and monitoring

- We can also:
  - › assess your diabetes status.
  - › help you start taking insulin (if you are an outpatient).
  - › check your risk of foot problems.
  - › refer you to other programs and services.

## **Who will I see at the Diabetes Centre?**

- You will see a certified diabetes educator. This may be a Registered Nurse (RN) or a Registered Dietitian (RD).
- You are welcome to bring a support person to each appointment.

## **Do I need a referral?**

- You can refer yourself by calling to book an appointment (see pages 3 and 4 for phone numbers).
- You can also ask your primary health care provider (family doctor or nurse practitioner) or another member of your health care team (like a nurse, a pharmacist, a dietitian) to refer you.

## **Is there a cost?**

- There is no cost. Bring your Nova Scotia (MSI) health card to each visit.

## **Please call the location closest to you to make an appointment:**

### **Digby Diabetes Centre**

71 West Street

Digby, Nova Scotia

- › Phone: 902-245-1307
- › Fax: 902-245-3006

## **Call 902-245-1307 to make an appointment at the following locations:**

- Clare Health Centre
- Weymouth Medical Centre
- Islands Health Centre

## **Shelburne Diabetes Centre (located at Shelburne Family Practice)**

1608 Lake Road

Shelburne, Nova Scotia

- › Phone: 902-875-8009
- › Fax: 902-749-1753

**Services are also available at:**

### **Barrington Health Centre**

- › Phone: 902-637-2933

### **Yarmouth Regional Hospital**

60 Vancouver Street

Yarmouth, Nova Scotia

- › Phone: 902-742-3542, extension 1245
- › Fax: 902-749-1753

## **For more information:**

### **Diabetes – Nova Scotia Health**

- › [www.nshealth.ca/diabetes](http://www.nshealth.ca/diabetes)
- › <https://library.nshealth.ca/DiabetesNS>

### **Diabetes Canada**

- › [www.diabetes.ca](http://www.diabetes.ca)

**What are your questions?**

**Please ask a member of your health care team. We are here to help you.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by:* Diabetes Centres, Western Zone  
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