Benefits of Education

- Group Support
- Increased Self-Confidence
- Address Family Concerns
- Understanding Current Trends Related to Your Disease
- Risk Factor Awareness
- Informal Discussions
- Learning How to Adjust to Change
- Accurate and Reliable Information about Health Issues and your Illness

Benefits of Exercise

- Lowers Blood Pressure
- Improves Cholesterol Profile
- Assists with Weight Control
- Helps with Diabetes Prevention and Management
- Improves Quality of Life
- Decreases Stress Level
- Enhances Activity
- Relieves Symptoms
- Improves Heart Performance
- Increases Energy Level
- Strengthens Bones
- Improves Immune System
- Helps with Disease Management
- Reduces Hospitalizations

Diabetes Program Goals

To develop and implement coordinated, effective and efficient care for people with chronic conditions

To optimize care of people by promoting a team approach and enhanced self-management of disease

To promote inter-professional collaboration and education

LiveWell

Optimizing Chronic Disease Management

For more information about the Diabetes Program, please contact:

Chronic Disease Management Program
Royal University Hospital,
103 Hospital Drive
Saskatoon SK S7N 0W8
Office: 306-655-LIVE
306-655-5483
Facsimile: 306-655-6758
live-well@saskatoonhealthregion.ca
http://tinyurl.com/LiveWell-CDM
The LiveWell Diabetes Program is offered to individuals and their families who have pre-diabetes, type 1 or 2 diabetes, and diabetes in pregnancy.

**Health care professionals** will provide positive steps toward making healthy lifestyle choices to better manage chronic conditions. The team includes:
- Physicians
- Nurse Clinicians
- Exercise Therapists
- Dietitians
- Community Outreach Workers
- Community Pharmacists

Different program options are available to assist with learning about the condition, identifying risk factors, activity guidelines, emotional adjustments, and making positive lifestyle choices.
- Group Education
- Individual Counseling Sessions
- Follow Up Sessions
- Support Groups
- Supervised Exercise Programs
- Self-Management Workshops
- Stress Management Sessions

**About the Diabetes Program**

You can be referred by:
- Your family doctor for specialist care
- Self-referral for education
- Any health professional you see; ie doctor, nurse, dietitian.

**WHAT . . .**
- Group sessions - Education/Exercise
- Individual appointments with Nurse Clinicians or Dietitians
- Education sessions on nutrition weight management & heart health
- Specialist care
- Specialty clinics for Diabetes in Pregnancy, Pediatric/Young Adult and Adults with Diabetes Management Needs
- Ongoing follow-up for type 1 diabetes clients

**WHO is involved in the program . . .**
- You are the central member of the team
- Your family members or other support persons
- Your family doctor - we will compliment their care
- Your diabetes specialist
- Nurse Clinicians
- Dietitians
- Physical/Exercise Therapists
- Other Health Care Professionals as needed to help you

**WHERE . . .**
- Individual or group sessions are available in various locations as listed below.
- Programs are held with community partners, Westside Community Clinic, White Buffalo Youth Lodge
- These programs include: Discovering Diabetes, Food, Fitness, Fun & First Step
- Some family doctors may have a diabetes educator available once/month in their practice for select situations

**When . . .**
- Clinical care in various locations
- Individual or group sessions
- Programs are listed below

**RURAL**
Programming differs between sites. Contact your local healthcare facility for more information.

**Pillars of Chronic Disease Management Program Design**

**Exercise**
- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

**Disease-Specific Management**
- Multi-disciplinary team working closely with the patient, their Family Physician and Specialist
- Evidence-based optimal care delivery

**Self-Management**
- Individualized plan of action for patients
- Peer-led support classes through the Live Well with Chronic Conditions Program
- Enhance self-management skills

**Saskatoon and area locations**
- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- 2409-22nd Street West
- Humboldt
- Cosmo Civic Centre
- West Winds
- Primary Health Centre
- White Buffalo Youth Lodge