

Newsletter

Good Reasons To Check Your Blood Sugar

Managing diabetes is all about balance. People with diabetes have to balance food, medication and exercise to keep blood sugar levels in a safe range because their bodies cannot do it for them. Regular self-monitoring of blood glucose level gives them a handle on where their blood sugar levels are at the moment they test.

Some foods and activities can influence blood glucose and it's good to know which situations will put blood sugar out of acceptable ranges.

Keeping blood glucose levels in a safe range can help prevent complications. When you speak with your care provider and establish the target range for your blood glucose levels, frequent monitoring will help you and your care provider to make choices about medications and dosages.

There is increased risk of heart disease for people with diabetes. To save your heart, keep your blood sugar in control to the best of your ability, frequent testing of your blood glucose level is the best tool for the job!

If you would like more information about blood glucose testing contact KAHAC and make an appointment to see a member of our primary health care team today at 467-8770.



**November
2006**

P.O. Box 320
Keewatin, Ontario
P0X 1C0

**Administration
Healing Lodge**

Phone: (807) 543-1065
Fax: (807) 543-1126

Satellite Clinic

Phone: (807) 467-8770
Fax: (807) 467-2666
Toll Free: 1-877-224-2281

www.kahac.org

November is Diabetes Awareness Month

Prevention

The **National Aboriginal Diabetes Association (NADA)** says Type 1 diabetes cannot be prevented. Type 2 diabetes can be, however. Prevention of Type 2 diabetes results mainly from healthy living by:

- managing your body weight through a balanced meal plan and regular physical exercise
- learning to manage your stress because it can cause your blood sugar to rise
- lose weight if you are overweight
- good management of blood sugar levels can keep you feeling well, having lots of energy and free from infections
- minimize smoking or quit altogether



Recipe of the Month

Caesar Chicken

1/4 cup non-fat mayonnaise (or salad dressing)

1/4 cup light caesar salad dressing

2 garlic cloves, minced

1/2 tsp dry mustard

1/2 tsp parsley flakes

sprinkle of freshly ground pepper

4 boneless, skinless chicken breast halves

1/3 cup fine dry bread crumbs

2 tbsp grated light parmesan cheese

non-stick cooking spray

Combine first 6 ingredients in small bowl. Makes 1/2 cup marinade. Transfer to large sealable freezer bag. Flatten breasts slightly. Place in bag. Turn to coat. Chill for several hours or overnight.

Combine crumbs and cheese on dinner plate. Remove chicken breasts from bag one at a time, leaving as much dressing on as possible. Coat well in crumb mixture. Place on greased baking sheet. Spray surface with cooking spray. Bake, uncovered, in center of 375^o F oven for 25 minutes until no pink remains in chicken and juices run clear. **Serves 4**

Tele-Retinopathy Screening

Clients living with diabetes can now have their eyes screened in their home community for potential eye disease caused by diabetes. This new service can screen for retinopathy, glaucoma and cataracts.

The Canadian Diabetes Standards of Care recommend that every client living with Diabetes have a dilated eye exam every year.



The screening will be offered both in the community and at the satellite clinic in town. Please contact any member of the Diabetes Care Team if you have any questions.

November 2006

COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1 JR,AA @ WD LED @ NWA37 MM @ DA BP @ Clinic LAM,LS @ Clinic - AM LAM,LS @ Minaki - PM	2 LED,AA @ GN MM @ WFB BP @ WD JR,LS,SM @ Clinic LAM @ OBK RW @ TA	3 LAM,LS @ Clinic
6 Dr @ Clinic MM,LED @ Clinic LAM,LS,SM @ DA JR @ SL39	7 AA @ SL40 LED @ Clinic (PM) MM @ RP LAM,LS,SM @ WFB JR @ SL 40 (PM) BP @ OBK Sweat @ KAHAC (6:00 PM)	8 AA @ WD MM @ DA LAM,LS @ Clinic	9 Dr @ Clinic - PM AA @ GN MM @ WFB LAM,LS,SM @ NWA37 JR @ Clinic	10 REMEMBRANCE DAY
13 Dr @ Clinic MM @ Clinic JR @ SL39	14 Dr @ Clinic - AM JR,SM,AA @ SL40 LED @ Clinic MM @ RP LAM,LS,BP @ OBK	15 JR,AA @ WD MM @ DA LAM,LS,BP @ Clinic SM @ SL39	16 LED,AA @ GN MM @ WFB BP @ Minaki LAM,LS,SM @ RP JR @ Clinic	17 LAM,LS @ Clinic RW @ Migisi
20 Dr @ Clinic LED @ Wabigoon MM @ Clinic JR,LAM,LS,SM @ SL39	21 AA @ SL39 LED @ Clinic MM @ RP BP @ OBK LAM,LS,SM @ GN JR @ SL40	22 AA @ WD LED @ NWA37 MM @ DA SM @ Healthy Families LAM,LS @ Clinic	23 Dr @ Clinic - AM SL,AA @ GN MM @ WFB SM,BP @ WD LAM,LS @ Métis Council, NeChee JR @ Clinic	24 LAM,LS @ Clinic
27 Dr @ Clinic LED @ Clinic - PM MM @ Clinic LAM,LS,SM @ Minaki	28 LED @ Clinic MM @ RP BP @ OBK SL,LAM,LS @ Migisi JR @ SL40	29 JR,AA @ WD LED @ NWA37 MM @ DA LAM,LS,BP @ Clinic SM @ Minaki	30 LED,AA @ GN MM @ WFB BP @ WD LAM,LS @ Clinic	

Downtown Client Parking

Clients of the downtown satellite clinic may park across the street on the south side of the lane in the gravelled parking lot while attending appointments at the clinic.

Vehicles may use the driveway at the clinic for client drop-off or as parking for handicapped clients while at the clinic.

Traditional Healing Clinic November 27 & 28, 2006

Mark Thompson and Kathy Bird
For more information, or to make an appointment please call 467-8770

SM	Stacy Morgan, Nutritionist
MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
BP	Barb Pernsky, Nurse Practitioner
JH	Dr. John Hammett
MT	Dr. Michelle Thomas
AA	Allan Anderson, Dental Health Educator
RW	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LAM	Lauri-Ann Marshall, Diabetes Educator

Communities

GN	Grassy Narrows	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish Bay
NW	Angle Inlet	SL39	Shoal Lake 39
SL40	Shoal Lake 40	RP	Rat Portage
NWA37A	Regina Bay	DA	Dalles
NWA37B	Windigo Island	WAB	Wabigoon Hall, Wesawkwete
OBK	Obashkaandagaang		

STAFF