

What is **DIABETES**?

Diabetes is a disease. More than two million Canadians have Diabetes.

Uncontrolled Diabetes can lead to serious problems with vision, kidney failure, amputations and heart disease, all caused by damage from high blood **glucose**.

Glucose builds up in your blood because of lack of **insulin**.

- Having **Type 1 Diabetes** means your body doesn't make enough insulin.
- Having **Type 2 Diabetes** means your body can't use the insulin it makes.

Rates of Type 2 Diabetes are growing rapidly in Canada. Obesity, lack of exercise, and poor eating habits are some factors. Ethnic background may also be a factor.

Aboriginal people are at 3 to 5 times greater risk of getting Type 2 Diabetes than most Canadians.

There is no cure for Diabetes. But it can be controlled with a healthy lifestyle, and medications when needed.

Source: Canadian Diabetes Association
www.diabetes.ca



The MDSi team

Back row (L-R): Shannon McEwen, Sandra Cannepotato, Charlotte Gladue. *Middle row (L-R):* Tracy Connor, Helen Patrie, Christine Krawchuk, Terrena Holomis, Donna Prokopczak, Patricia Lo. *Front row (L-R):* Janice Lo, Norry Kaler, Alison Miekle, Abshir Moalin. *Missing:* Dr. Ellen Toth, Mary Pick, Kelli Campbell.

To find out when MDSi will be visiting, contact your local Community Health Representative or Community Health Nurse...

... or contact our office in Edmonton:

Mobile Diabetes Screening Initiative
University of Alberta
4100 – 8308 – 114 Street
Research Transition Facility
Edmonton, AB T6G 2V2
Phone: (780) 407-1627
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MOBILE DIABETES SCREENING INITIATIVE

Assisting Alberta's Aboriginal,
rural and remote communities
in the fight against
DIABETES.



What is MDSi?

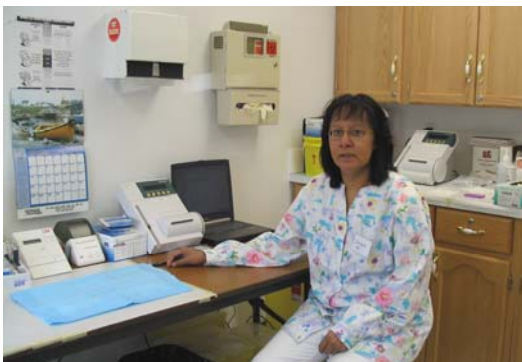
MDSi (MOBILE DIABETES SCREENING INITIATIVE) travels throughout Alberta and provides Diabetes screening in under-served communities. MDSi is an on-going program, and returns to these communities on a regular basis.

The MDSi health-care team is led by Dr. Ellen L. Toth, a Diabetes specialist at the University of Alberta.

We work together with your community and local health-care providers to help you learn more about Diabetes, how to reduce its risks and complications, and how to live healthy and fight Diabetes.

Through clinical trials and other research studies, MDSi is analyzing Diabetes demographics, to help in providing better health-care services to Aboriginal, rural and remote communities across the province.

MDSi is funded by Alberta Health and Wellness, and is associated with the Alberta ACADRE Network (www.ACADRE.ualberta.ca).



Our mobile lab set-up

(LPN Sandra Cannepotato)

What does MDSi do?

1. We work with local communities for our team to visit and provide diabetes screening services at a "one-stop appointment".
2. When you come to see us for your appointment, we measure your height, weight, waist size, blood pressure, cholesterol and blood sugar levels. **Test results are available within 10 minutes, so you get them during your appointment.**
3. Based on your personal test results, an MDSi team member will give you individual counselling on healthy eating and a healthy lifestyle.
4. You will get a copy of your test results, and we'll send a copy to your family doctor.
5. If any of your results show you need help, the MDSi team will give you advice on making appointments with doctors, nurses, or dieticians.
6. For people who have Diabetes, we can take special "retinal" photos of their eyes. We send the photos to specialists in Edmonton for assessment. If any eye damage is found, we can help arrange for treatment.



The MDSi program collects health information based on the authority given by HIA (Health Information Act). For further information please contact Dr. Ellen Toth at 780-407-1627.



HEALTHY LIVING: Freshly baked bannock

"A healthy lifestyle and early testing are important ways to lower your risk of Diabetes and its complications."

***- Dr. Ellen L. Toth
Diabetes Specialist
University of Alberta***



(L-R: Retinal Photographer Patricia Lo and Dr. Ellen Toth)

Our mobile retinal photography set-up