

CENTRAL OKANAGAN

Prediabetes & Diabetes Management Services



The Interior Health Authority Diabetes Education Program

Assists individuals with all types of diabetes through education and clinical support to manage their condition and reduce risk of complication

- Services offered include appointments and drop-in sessions with a nurse or dietician.
- Programs include Getting Started classes, individual assessments, Staying on Track, Refresher Classes, Prediabetes classes, and Gestational Diabetes one-to-one counselling and classes.

1-800-707-8550 | <https://tinyurl.com/yxcwfmfnh>

The Canadian Diabetes Association Interior Regional Office

Offers education, advocates on behalf of individuals with diabetes, supports research and translates research into practical applications

- The office provides an informative and interactive website with aspects relating to diabetes management, and ways to give, volunteer and advocate.
- Learning series presentations are available to any group size and educational events with special guest speakers are planned throughout the year.
- Diabetes Canada offers youth and family camps, and a large selection of brochures and cookbooks are available at the office.

Phoenix Medical Fitness

Health and fitness facility striving to provide the best services to help clients get to where they want to be with their health and fitness goals.

- Diabetes Exercise and Education program involving safe and effective exercise for diabetics, and education regarding continuing care of the disease. appointments, and encourage foot care to help reduce complications.

Home Instead Senior Care: Diabetes Care Program

Highly trained CAREgivers who help seniors manage Type 1 or Type 2 diabetes by delivering important home-care.

Services include:

- Prompting clients to check blood sugar levels regularly
- Document blood sugar results and encourage clients to follow doctor recommendations for glucose results that are too high or low
- Implement an action plan if diabetic emergency arises, remind clients to take scheduled medications
- Plan and prepare well-balanced diets based on recommendations of doctors or diabetes educators
- Help schedule appointments, and encourage foot care to help reduce complications.

Get to Target Diabetes Management

An exercise program for individuals living with diabetes. The program is designed to improve blood glucose, lower A1C, decrease body fat and reduce risk of heart disease.

- Helps those with diabetes live active, independent and vital lives by managing their condition with regular exercise and lifestyle changes.



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Scan this QR code to explore an interactive map of local diabetes education and management

Diabetic Foot Care Services

Diabetic foot care services provide essential information and general education regarding foot health and how to prevent future foot problems. These foot care services offer diabetic foot assessment and treatment, and advice on at-home foot care and how to minimize diabetes complications.

Local service providers include:

- Dr. Neil Brown
- Orchard City Foot Care
- The Foot Nurse
- OKAPED Podiatrist Clinic
- Kelowna Foot Clinic

Pharmacies Offering Diabetes Care

Provide diabetes management services including personal risk assessment, blood glucose testing, education, preventative lifestyle tips, and medication check-ups.

Local service providers include:

- London Drugs Diabetes Management Clinic
- Save-on-Foods Pharmacy
- The Medicine Shoppe Pharmacy
- Shoppers Drug Mart

Diabetes Eye Care Services

Diabetic eye care services include comprehensive eye exams, detection and treatment of eye disorders, and expert advice, monitoring, and management of eye disorders including diabetic retinopathy.

Local service providers include:

- Tutt Street Optometry
- Lake Country Optometry
- Nuvue Optometry
- Glenmore Optometry
- Vision Support Centre: Ocular Disease Diagnosis & Treatment
- Orchard Park Optometry
- Visionfirst Optometry
- Mission Creek Optometry
- Mona Vision Optical