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After working as a registered dietitian for 15 years, I know it's not my role to judge you or tell you what you're doing wrong. My job is to provide you with the knowledge and skills necessary to manage your diabetes and deal with the day to day challenges of living with diabetes.

One of the first questions a client will ask me is "what can I eat?" So many of us are often overwhelmed with conflicting advice from family and friends, and bombarded by health information on the TV, internet and magazines. By attending our education sessions, you can learn how foods affect your blood sugars, how you can read food labels, learn about carbohydrate counting, blood sugar testing and much more. We also address the challenges of daily life with diabetes. Some examples of challenges faced by clients are:

- What will happen to my sugars if I drink alcohol?
- How can I keep my blood sugars under control during the holidays?
- How can I eat healthy when I'm travelling or eating out?

In our diabetes troubleshooting group sessions, we share solutions and you can decide what might work for you. A client who recently attended a session with me had been very confused about carbohydrate counting. She was very appreciative and felt she had a much better understanding and felt more prepared and confident in making healthy food choices after the session.

Diabetes self-management education is not only for people already diagnosed with diabetes. People with prediabetes or who are at high risk of developing diabetes find our sessions very helpful also. I think this is so important as research tells us that a loss of approximately 5 per cent of body weight can reduce the risk of going from prediabetes to type 2 diabetes by almost 60 per cent!

So whatever your situation is – whether you have diabetes and have been ignoring it, have prediabetes or want to prevent getting type 2 diabetes – we can help you by providing you with the knowledge and skills to stay healthy. There is no one right, perfect way to manage your diabetes but we can help you to find your way and what works for you.