



Healthy Living

Helping diabetes patients to better manage their blood glucose

If you are a diabetes patient, being able to test and monitor your blood glucose levels is an important part of your diabetes care. To ensure your blood glucose readings are accurate, the 1998 Clinical Practice Guidelines for the Management of Diabetes in Canada recommends that you have your monitor checked every year and that you are educated on the use of the monitor.

The results from a blood glucose monitor provide you with immediate information on how well your diabetes is controlled at a particular point in your day. In addition, this information can help you to adjust your diet, exercise routine, and sometimes your medication so that you can lead a healthy

and active life.

On April 3rd, Shoppers Drug will be holding a national Diabetes Day and HEALTHWATCH® Pharmacists across the country will be available for a one-on-one consultation with diabetes patients.

During the session, the pharmacist will:

- ✓ Check the strips and ensure they are not outdated;
- ✓ Demonstrate how the blood glucose monitor must be calibrated. Prior to using a new box of test strips, the monitor must be prepared to read the new test strips. This process is called monitor calibration;
- ✓ Ensure that the battery in the monitor is not low;
- ✓ Clean the monitor, if necessary; and
- ✓ Observe your self-mon-

toring technique (blood testing on your own monitor) to make certain that it is being done correctly. You will not need to actually draw blood, but rather to go through the motions of doing a blood test on your own monitor.

"In my experience, there are a number of patients who are confused about the use of their monitor, which creates a sense of helplessness," says Paul Murphy, a Certified Diabetes Educator (CDE) Pharmacist in Guelph, Ontario. "Diabetes Day offers patients the opportunity to ask questions and reassures them that their monitors are functioning properly. They regain a feeling of security and are appreciative of the information and guidance they receive on

this day."

Diabetes patients need to bring their own blood glucose monitor and four test strips to the education session. Be sure to contact your local HEALTHWATCH® Pharmacists

before April 3rd for an appointment. To find the nearest Shoppers Drug Mart location in your area, simply call 1-800-SHOPPERS, or visit the web site at www.shoppersdrugmart.ca.
-News Canada



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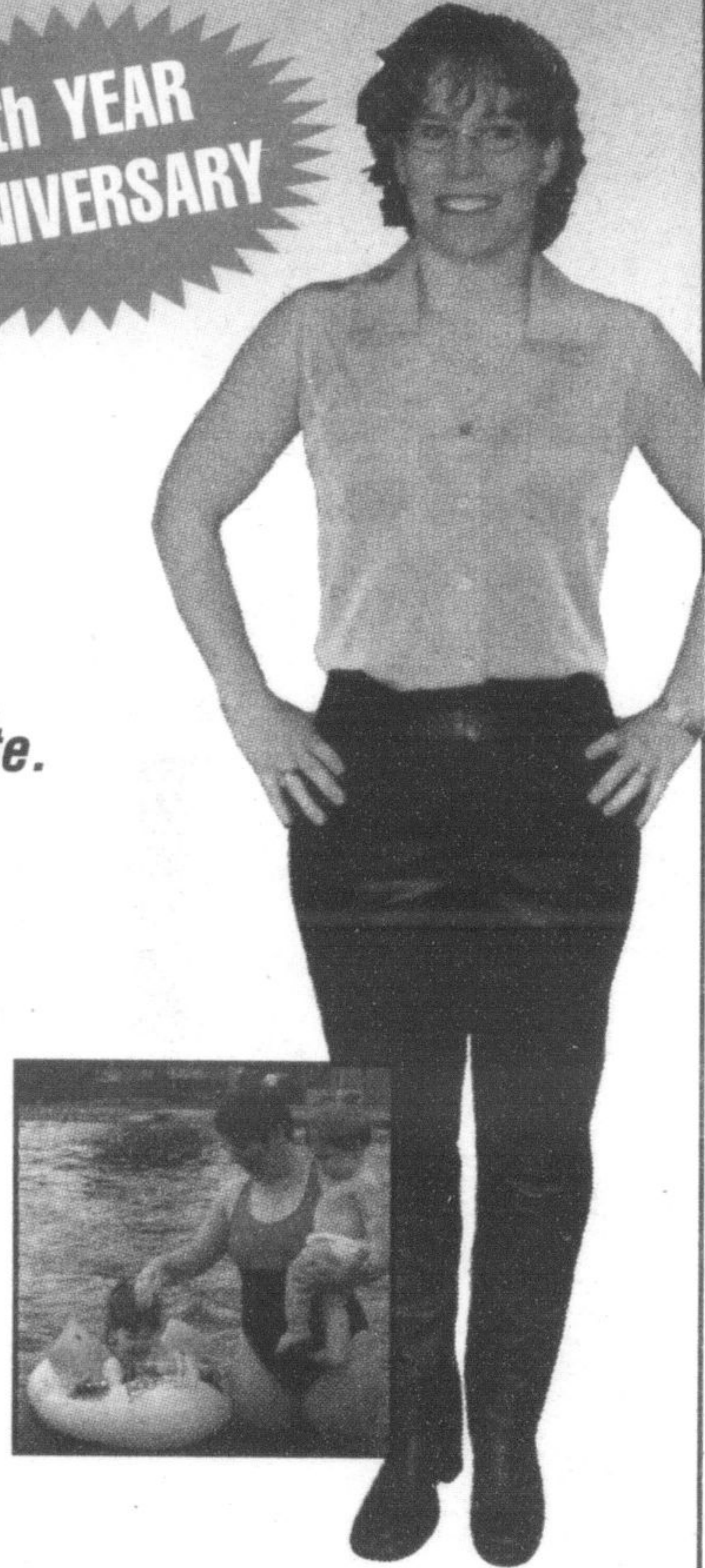
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invitation

The Board of Directors of
Halton Healthcare
Services Corporation
invites you to attend the
Annual General Meeting

2003

Thursday, June 19th, 2003
7:30 p.m.

Oakville Conference & Banquet Centre - 2515 Wycroft Road, Oakville



Long Service recognition awards will be presented to HHS staff and physicians.
By-Law changes will be recommended.

Audited Financial Statements will be available at the meeting.

Please call the Public Relations Office at 905-815-5100 for additional information.