



World Diabetes Day 2023 Resource Page:

Below you will find links to videos, PowerPoints and resources highlighted during the presentations held on November 14, 2023 for World Diabetes Day.

What happens if your blood sugar is high, or low?

PowerPoint: <https://mfndlc.ca/resources/what-happens-if-your-blood-sugar-is-high-or-low-nov-14-2023/>

Lows and highs, blood sugar levels handout: <https://guidelines.diabetes.ca/docs/patient-resources/lows-and-highs-blood-sugar-levels.pdf>

Hypoglycemia low blood sugar in adults handout: <https://guidelines.diabetes.ca/docs/patient-resources/hypoglycemia-low-blood-sugar-in-adults.pdf>

What happens if you are feeling stressed?

PowerPoint: <https://mfndlc.ca/resources/stress-and-diabetes-nov-14-2023/>

Setting Goals | Ask the Experts from Diabetes Canada:

<https://www.youtube.com/watch?v=DpJOalsimlw>

What happens if you're sick and tips to stay safe

PowerPoint: <https://mfndlc.ca/resources/what-happens-if-you-are-sick-and-tips-to-stay-safe-nov-14-2023/>

Stay Safe When You Have Diabetes and Are Sick or at Risk of Dehydration handout: <https://guidelines.diabetes.ca/docs/patient-resources/stay-safe-when-you-have-diabetes-and-sick-or-at-risk-of-dehydration.pdf>

What to include in an evacuation kit for someone living with diabetes?

PowerPoint: <https://mfndlc.ca/resources/what-if-you-had-to-leave-your-home-nov-14-2023/>

Mental Wellness | Ask the Experts from Diabetes Canada:

<https://www.youtube.com/watch?v=TI7RwTXw-WQ>

What happens if you don't get your feet checked?

PowerPoint: <https://mfndlc.ca/resources/what-happens-if-you-do-not-take-care-of-your-feet-nov-14-2023/>

Foot care: A step toward good health handout: <https://guidelines.diabetes.ca/docs/patient-resources/foot-care.pdf>

What happens if you are pregnant and diagnosed with gestational diabetes?

PowerPoint: <https://mfndlc.ca/resources/what-happens-if-you-are-pregnant-and-diagnosed-gestational-diabetes-nov-14-2023/>

Gestational Diabetes Handout: <https://guidelines.diabetes.ca/docs/patient-resources/gestational-diabetes.pdf>

Diabetes Canada Webinar: Diabetic Retinopathy & Sight Loss:

<https://www.youtube.com/watch?v=yJ674PTUGkY>

