

Real Successes, Real People



DIABETES MANAGEMENT

Why was the Diabetes Management Program a good fit for you?

The biggest thing for me was that I had to think about food differently. I was not overweight so I never put more thought into what I ate and just ate to fill myself up. It was a big realization that you can be thin but that doesn't mean you are healthy.

After I started coming to the PCN, I realized I could not do this on my own. The support of the clinicians I talked to and the classes I attended helped me tremendously in shifting my thoughts around food.

What was the biggest thing you learned after talking with Michelle?

I have a physical, busy job and I would forget to eat. Michelle taught me how to add healthy calories to my diet, and to add foods that would keep me fuller, longer. I lost weight when I first came to the PCN (which was not good for me) so I had to be really aware of making sure I was getting enough to eat, and enough of the right foods. I didn't know I wasn't eating properly and I did not know how important the foods you eat are to your body.

How has your life changed since coming to the PCN?

It has changed the life of my whole family! I keep a food journal and read labels all the time now. This has rubbed off on my grandkids as well. They are reading labels at the grocery store with me and will say "No Grandma, this has way too much sodium, let's make a better choice". It is making the grandkids want to eat healthier as well. I have a balanced plate at home and when we cook meals, they take turns using it, making sure they have ½ plate of veggies, ¼ plate of protein and ¼ plate of starch. So while the program benefitted my life, it has also benefitted the grandkids, which is just as important.

I am also no longer considered pre-diabetic. The last three blood tests I had all came back normal.

What would you tell someone who is thinking about taking to their doctor about going to the PCN?

Definitely do it! There are so many programs and services at the PCN to help people in so many different ways. All it takes is that one step.

PATIENT SUCCESS PROFILE



NAME: Rose Verdonck

AGE: 60

REFERRING PHYSICIAN:

Dr. Lisa Rebus, Princeton Medical Clinic

CLINICIAN: Michelle Hnatiuk,
Registered Dietitian

PROGRAM: Diabetes Management

Rose is originally from Toronto but has been in Edmonton for over 35 years. She has three kids and five grand kids who keep her on her toes! A number of years ago, she went back to school for correctional services and worked with young offenders, which was a very high stress job. She needed to make a change and started to work the overnight shift at a retail store, which she loves.

In January 2017, she saw her family doctor, Dr. Lisa Rebus after some routine blood tests and was told she was pre-diabetic, which was a complete shock. Dr. Rebus referred Rose to the PCN to help her get her blood sugar under control.

This is her success story.

Your doctor. Your team. Here for your health.

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