



know your risk

Are you at risk for diabetes? In Canada, more than two million Canadians live with diabetes, and many more may have it but don't know it. The good news is that type 2 diabetes can often be prevented by following a healthy diet, getting active and losing weight. Talk to your doctor about getting screened for diabetes, what you can do to prevent it, and how to lead a full, normal life.

If you have diabetes, you should try to keep your blood glucose as close to target range as possible: 4.0-7.0 mmol/L before meals and 5.0-10.0 mmol/L 2 hours after meals.* This will help to delay or prevent complications of diabetes.

* Blood glucose targets as recommended by the Canadian Diabetes Association. Consult your healthcare professional to set targets that are specific for you. Trademarks owned by Johnson & Johnson and used under license © LifeScan Canada Ltd., Burnaby, BC V5C 6C6 AW096-431A 10/10

ONETOUCH

OCTOBER 2011							DECEMBER 2011							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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30	31													

*Every medication or natural health product may cause serious adverse reactions or interactions with other medications. Read the label, warnings and inserts provided by the manufacturers and consult your pharmacist when purchasing such medications or natural health products. *Always keep medications and natural health products out of the reach of children.



Walking, rowing or swimming can be beneficial to people with diabetes. Exercise strengthens the cardiovascular system, increases circulation to the arms and legs and controls blood sugar levels.

NOVEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Experience testing with DoubleSure Technology.						
6 Daylight Saving Time ends	7 Zellers Senior's Day	8	9	10	11 Remembrance Day	12
13	14	15	16	17	18	19
20	21 Bonus Zellers Senior's Day	22	23	24	25	26
27	28	29	30			

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