You have been referred to:

☐ Saskatoon—LiveWell Adult Diabetes Program (nurse, physician and dietitian)

☐ Regina—MEDEC (nurse, dietitian and physician)

☐ Other - __________________

If you have not heard from your Adult Care Team/Physician within 3 months of your last appointment with our Pediatric Team, please contact us so we can ensure your transfer of care occurs. If you have any diabetes-related concerns that arise prior to becoming involved with your Adult Team, you can contact us for assistance.
Congratulations! You are receiving this information to prepare you to move your care to an Adult Diabetes program.

If you have questions that we can help you with before you meet with an Adult Program, please call a Pediatric Team Member through 306-655-2199.

Wishing you all the best!

Sincerely,
The Pediatric Diabetes Program Team
Drs Nour, Inman, Au-Yeung & Yau
Nurses Alex, Melody, Nola & Carrie
Dietitians Heather, Julie & Krista
Social Worker Melissa
Admin Support Joanne

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### Routine Screening for Diabetes

Ask the Adult team how these will be ordered or done—this routine may change according to your needs

<table>
<thead>
<tr>
<th>TEST OR CHECK</th>
<th>HOW OFTEN TO HAVE DONE</th>
<th>LAST DONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td>Every 3 months.</td>
<td></td>
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<tr>
<td>Blood Pressure</td>
<td>Every visit</td>
<td></td>
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<tr>
<td>Urine test (albumin-to-creatinine) for kidney function</td>
<td>Once a year (do first thing in the morning)</td>
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<tr>
<td>Thyroid function</td>
<td>Every 1-2 years (type 1 only)</td>
<td></td>
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<tr>
<td>Lipids-Cholesterol, LDL, HDL, Triglycerides</td>
<td>Every 1-2 years—done fasting</td>
<td></td>
</tr>
<tr>
<td>Neuropathy exam</td>
<td>Once a year—or earlier if you have concerns</td>
<td></td>
</tr>
<tr>
<td>Celiac screen</td>
<td>As needed (type 1 only)</td>
<td></td>
</tr>
<tr>
<td>Eye exam</td>
<td>Once a year. To be done with your optometrist (or ophthalmologist)</td>
<td></td>
</tr>
<tr>
<td>Flu Shot</td>
<td>Once a year</td>
<td></td>
</tr>
<tr>
<td>Women:</td>
<td>Pre-pregnancy planning</td>
<td></td>
</tr>
<tr>
<td>Men:</td>
<td>As needed to check for changes to sexual function, erectile dysfunction</td>
<td></td>
</tr>
</tbody>
</table>
QUESTIONS

When would I need to talk/see the Adult team between visits?

Some examples would be:

- You are unable to recognize low blood sugars, or you are experiencing an unusual increase in frequency of lows without explanation
- You have changes in your schedule such as a job change involving shift work and need help to adjust your diabetes plan
- You are pregnant or considering a pregnancy
- You have noticed a change in health or overall sense of well-being or depression

What if I need any diabetes-related prescriptions of lab requisitions?

At your first visit with the Adult team, discuss who will be the person to help you with this, as it is may be different from the Pediatric program.

“Moving on...with Diabetes” What to Expect in an Adult Program

Attending an Adult program appointment for the first time can be a little overwhelming for some—it may be a change from the Pediatric diabetes appointment routine you have grown accustomed to. Give the new team the time to get to know you. Be open about the challenges you face—school, work, sports, parties, stress, etc. so they can help you figure out how to manage diabetes for these.
**SUPPORT**

Bring a support person (parent, friend, partner) if able...but be prepared to see the doctor and nurse/dietitian on your own as well. You are expected to be the decision maker in your diabetes care.

**APPOINTMENTS**

Be sure to show up on time. If you can’t make your scheduled appointment, please give advance notice (at least 1-2 weeks in advance, ideally) You may not be reminded of your appointment date or be called to re-book if you cancel—so keep track of your appointment dates and times.

**PREPARATION**

Bring some records of your blood sugars on paper (written, computer print-out or pump download) and review them in advance, with your thoughts on what might need to change. Your Adult team can assist you in making changes, but they will expect you to identify areas of concern and suggest and make changes as well.

Other items to bring:
- Health card
- You blood sugar meter
- Insurance information
- Any other medications or details of them

**ASK QUESTIONS and ASK FOR HELP**

It’s your appointment so be sure to ask you questions. Consider writing notes down so you don’t forget.

It’s also important to ask for help. If you are struggling with your diabetes care, one of the Adult team members may be able to provide you with the advice you need. Don’t be afraid to try calling or emailing them!

**FAMILY DOCTOR**

Continue to keep your family doctor in the loop. Your family doctor should see you at least once per year to oversee other medical issues and general health concerns as they arise.