The Diabetes Centre



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The Diabetes Centre -Your partner in wellness.WHO WE ARE.The Diabetes Centre has been supporting patients living with diabetes since we opened in 2004.GOOD DIABETES MANAGEMENTPrevents serious diabetes related complications which could impact your life expectancy and quality of life. This is a daunting task and requires involvement of many role players.We at The Diabetes Centre take a team approach to your diabetes care with you as the patient at the centre. We run a multi-disciplinary diabetes program with most services under one roof and ensure that you are looked after and followed up regularly, empowering you to manage your condition confidentially.WALKING WITH YOU -MY DIABETES MAPGood to knowGood Diabetes Management prevents complications from occurring and can lead to a full and healthy life. Use the following guide to help you manage your Diabetes going forward.EVERY 12 MONTHSOphthalmologist (Eye Screening)Podiatrist (Foot Screening)Dietitian (Meal Planning)Blood Tests (Cholesterol, Kidney Function)EVERY 6 MONTHSDoctor Visit (Blood Pressure. Weight. Check Medication)Diabetes Educator (Education & Support)Blood Test (HbA1C)EXTRA CAREPsychologistBiokineticist (Exercise Support)Individual Targets (Tailored to your own Diabetes journey)Long term care is essential with any chronic condition.Let us

walk with you.Diabetes can become a burden at times, but getting support makes the burden a lot lighter!Contact us today to see how we can support you in the management of your Diabetes.Something as simple as taking your medication for diabetes everyday can lead to much healthier blood sugar levels.If you are taking pills, try work out a routine so that you do not forget them.If you are using insulin injections, make sure you are rotating the sites you inject and timing your insulin correctly with your meals.Sometimes managing your diabetes can feel very overwhelming!Remember to keep it simple.Monitoring your blood sugar levels is very important if you have Gestational Diabetes.Visit our Centre if you need a Glucometer to measure your blood sugar levels or advice regarding how to reach target.Our team of Dietitians at The Diabetes Centre have a great program to assist with lifestyle changes.Join their 12-week empowerment program to start the journey to your healthy lifestyle!Guardian Connect (G4) is another CGM system available in South Africa.It requires no finger sticks, allowing you to see your blood glucose levels and receive alerts on your phone when sugar levels are increasing or decreasing and provides trend arrows to show direction sugar levels are moving in.There are 3 CGM systems available in South Africa now.1. Abbott Freestyle Libre Flash Glucose2. Dexcom G6 sensor3. Medtronic Guardian 4 sensor

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