

Trillium opens diabetes care centre

Julie Slack, Mississauga News
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Diabetes control. The Trillium Health Centre opened a new Diabetes Management Centre today. Clinical Leader Stacey Horodezny shows off the facility's state-of-the-art kitchen where patients can learn on ways to prepare healthy meals. *Photo by Fred Loek*

A state-of-the-art Diabetes Management Centre that helps patients control the disease officially opened today at Trillium Health Centre Mississauga.

The centre, which operated on a smaller scale at Trillium's West Toronto site before relocating to Mississauga three months ago, provides adult diabetics with one-stop information, services and supports. Located on the second floor of the new Clinical and Administrative Building, it offers classes on various topics including insulin use, diet and exercise and expects to serve some 8,000 patients annually.

Mississauga resident Soo Jones, who uses the centre, praised the facility, which has some 40 people on staff.

"I'm thankful for the positive attitude they have given me in controlling my diabetes and the abundance of resources that I'm able to receive at the centre," said Jones, adding staff members are "wonderful people" and approachable.

Stacey Horodezny, the centre's clinical leader, said fast food and other poor food choices are leading to a higher number of diabetics across Canada. The disease affects more than two million Canadians.

"It's not just about taking a pill," she said of diabetes care. "It's about healthy eating and food choices that are a cornerstone of diabetes care."

The centre offers cooking classes to help patients identify healthy foods they can prepare themselves, and dietitians teach people about proper food portions, how to cut fat and carbohydrates and how to add fibre to their diets.

Four examination rooms, a healthy feet clinic and an exercise room are among the centre's facilities.

Note: This story appeared in November 28 print edition of the Mississauga News, on page 6, entitled "Centre helps diabetics' with a photo of Huron Park Community Centre fitness specialist Sheila Williams helping patient Soo Jones with a workout routine. Trillium partners with the City of Mississauga's Huron Park facility to offer the Sweet Success exercise program for people with diabetes