



Diabetes Digest

April 2023

Boozhoo!

AKRC held a Diabetes Wellness Conference in Fort Frances at the end of March, to bring awareness of diabetes in the communities, to share experiences and learn a bit more about the disease.

Guest speakers included Doctor of Naturopathy, Chris Brown from Little Oak Wellness in Kenora. He helped us understand how to read nutrition labels on packaged foods and why it's important to read them, especially if living with diabetes. Another great presentation was from Anishinaabe Physician, Dr. Alexa Lesperance, who showed us what happens in the body in prediabetes and symptoms people may experience. Other great presenters we had include Elder Albert Hunter who touched on traditional medicines (he will be doing a Traditional Medicines for Diabetes seminar in May!), and Vanessa Powassan, who graciously shared her personal experience with diabetes and how serious it can get if left untreated. We also had a hairstyling corner (Miigwech, Sharlyn!) - almost everyone at the conference got a free haircut!

Here are some pictures from the conference:





Members had the opportunity to share their diabetes journeys and realize they are not alone.



Dr. Alexa Lesperance presenting



Dietician, Elin Czayka from Gizhewaadiziwin Health Centre presents on food portion control, another important factor in managing diabetes



Type 2 diabetes numbers are very high in the First Nations demographic, same with people from Black African, African Caribbean and South Asian backgrounds. More research needs to be done, but it seems that we have *all* gotten farther away from eating *natural, fresh foods from Mother Earth*. Packaged foods, refined sugars and lots of salt are now taking over our diets.

Coming next month (May), Elder Albert Hunter will be holding a 2-day Traditional Medicines for Diabetes seminar. Location is Manitou Mounds, but there are only 20 spots max per day to attend IN PERSON. Contact your band office to get on the list. The whole seminar will be broadcast on ZOOM as well, so you can attend from the comfort of your home.

On your internet browser, just go to **Zoom.com**, click on Join and enter **meeting number 235 970 3745**.
Passcode: **healing**

Chi-Miigwech - until next months' newsletter, eat more veggies than anything!



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