



**Media Contact:**

Matt Vijayan

CEO

647-992-0224

[mvijayan@homecareassistance.com](mailto:mvijayan@homecareassistance.com)

## **Home Care Assistance Hosts an Educational Event for Health Care Professionals on Diabetes Management**

*Dr. Afshan Zahedi, Endocrinologist and Associate Professor, University of Toronto, provides practical tips in managing diabetes in senior facilities.*

**(Waterloo, Ontario – Wednesday, June 13, 2018)** [Home Care Assistance Waterloo](#), a leading provider of in-home care for seniors in Waterloo and Wellington Regions, is dedicated to partnering with other community members in an effort to increase awareness around longevity and aging. In line with this commitment to community education and the company's expertise in evidenced based care known as the [Balanced Care Method](#), Home Care Assistance Waterloo is hosting an educational event for geriatric health care professionals. The presentation will cover the following topic, "Practical Management of Diabetes in Elderly in Senior Facilities." The event will be held on Wednesday, June 20<sup>th</sup>, 2018 at the Discovery Hall in the distinguished [University of Waterloo-Schlegel Research Institute for Aging](#) facility in Waterloo.

The speaker of the educational event is Dr. Afshan Zahedi, BAsC, MD, FRCPC. Dr. Zahedi is the Assistant Professor of Medicine at the University of Toronto. She is the Division Head of Endocrinology, Women's College Hospital with cross appointment to Division of Endocrinology UHN/MSH. Dr. Zahedi is also a clinician teacher and is involved in both undergraduate and postgraduate education at the Faculty of Medicine. In the educational presentation, Dr. Zahedi will provide insight on which strategies to use for diabetes management in retirement homes, assisted living facilities and long-term care facilities.

Diabetes is a chronic disease that results from the body's inability to sufficiently produce and/or properly use insulin, a hormone that regulates the way glucose (sugar) is stored and used in the body. The body needs insulin to use sugar as an energy source. Type 2 diabetes occurs when the body no longer produces enough insulin, or has difficulty using the insulin it produces, causing sugar to build up in the blood. Over time, this damages blood vessels and nerves and can result in severe complications including: blindness, heart disease, stroke, kidney failure, nerve damage, amputation, and erectile dysfunction.<sup>1</sup>

Adopting a healthier lifestyle can help prevent or control type 2 diabetes, and can significantly reduce risk of heart disease, and stroke. It can also contribute to your overall well-being and quality of life.

According to Diabetes Canada Clinical Practice Guidelines, “Diabetes in older people is distinct from diabetes in younger people and the approach to therapy should be different. This is especially true in those who have functional dependence, frailty, dementia or who are at end of life. Personalized strategies are needed to avoid overtreatment of the frail elderly. Diabetes is a marker of reduced life expectancy and functional impairment in the older person. People with diabetes develop disability at an earlier age than people without diabetes and they spend more of their remaining years in a disabled state.”<sup>2</sup>

Currently, 415 million adults are estimated to have diabetes in 2015, and 318 million adults have impaired glucose tolerance. This translates into a global diabetes of roughly 1 in 11 adults have diabetes, and 1 of 2 adults is undiagnosed as having diabetes. Every 6 seconds a person dies as the result of diabetes, which accounts for 5 million deaths in 2015. By 2040, 642 million people worldwide will have diabetes, and about a third of them (200 million) fall into the age group of 65 to 79 years.<sup>3</sup> Home Care Assistance has made it part of its mission to produce the tools and resources necessary to educate the public, reinforce knowledge of health care professionals and its employees on this debilitating disease. This includes specialized disease-specific trainings through Home Care Assistance University for caregivers, printed resources and public webinars for those caring for someone with dementia. The company also wrote one of its seven books in Home Care Assistance’s widely acclaimed [Healthy Longevity Webinar Series](#).

By being proactive and identifying potential problems that dementia sufferers may encounter, caregivers can better provide for their safety and wellbeing.

To learn more about what Home Care Assistance has to offer or to schedule a free in-home assessment, please visit [www.homecareassistancewaterloo.ca](http://www.homecareassistancewaterloo.ca) or call 519-954-2111 today. Home Care Assistance of Waterloo is located at 324 Highland Rd W #12A, Kitchener, ON N2M 5G2.

#### **ABOUT HOME CARE ASSISTANCE**

[Home Care Assistance](#) is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2018 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2017, Home Care Assistance has received numerous industry awards including Entrepreneur’s Fastest-Growing Franchises and Franchise Business Review’s Top 50. The company was recognized as a [2018 Endorsed National Provider](#) by the home care industry’s leading research firm, Home Care Pulse. Home Care Assistance CEO Lily Sarafan was also named Health Care Executives’ [2016 Woman of the Year](#). For more information about Home Care Assistance, our services and franchise opportunities, visit <http://www.homecareassistance.com>.

#### References:

1. <https://www.canada.ca/en/public-health/services/chronic-diseases/reports-publications/diabetes/diabetes-canada-facts-figures-a-public-health-perspective/chapter-4.html>
2. 2018 Diabetes Guidelines, Diabetes in Older People, <http://guidelines.diabetes.ca/browse/chapter37>
3. [https://www.canadianjournalofdiabetes.com/article/S1499-2671\(15\)00900-4/fulltext?code=jcjd-site](https://www.canadianjournalofdiabetes.com/article/S1499-2671(15)00900-4/fulltext?code=jcjd-site)