

Exmouth Pharmacy

ALWAYS THERE FOR CARE

TAKE CONTROL. LIVE WELL.

DIABETES CARE & SUPPORT

Your pharmacist can help you understand your medications, manage your condition, and support your overall health—every step of the way.



BETTER CONTROL

Helping you manage your blood sugar for better health and fewer complications.



PREVENT & PROTECT

Prevent complications before they start with the right care and support.



USE IT RIGHT

The right medications, devices, and habits make managing diabetes easier.



WE'RE HERE TO HELP

Personalized care, education, and ongoing support you can trust.

MANAGING DIABETES



Medication management
We help ensure your medications are safe, effective, and right for you.



Blood sugar monitoring
We can help you choose and use the right monitoring supplies.



Healthy lifestyle support
Nutrition, exercise, and daily habits that make a difference.



Ongoing support
We're here to answer your questions and support your journey every day.

SIGNS OF HIGH OR LOW BLOOD SUGAR

HIGH BLOOD SUGAR (Hyperglycemia)

- ✓ Increased thirst
- ✓ Frequent urination
- ✓ Fatigue
- ✓ Blurred vision
- ✓ Headache

LOW BLOOD SUGAR (Hypoglycemia)

- ✓ Shakiness
- ✓ Sweating
- ✓ Dizziness
- ✓ Hunger
- ✓ Confusion



If you have symptoms of low blood sugar, treat right away with a quick source of sugar (e.g., glucose tablets, juice).
If symptoms persist, seek medical help.

DIABETES MEDICATION SUPPORT



ORAL MEDICATIONS

- Take as prescribed
- Don't skip or double doses
- Ask us about side effects and interactions



INSULIN & INJECTIONS

- Proper storage and handling
- Injection technique
- Dose timing
- We're here to help

COMPLICATIONS CAN BE PREVENTED

Good control today can help prevent problems tomorrow.

- ♥ Heart disease
- 👤 Kidney disease
- 👁️ Eye problems
- 🦿 Nerve damage
- 🦶 Foot problems



CHECK-UPS THAT MATTER

Regular check-ups help you stay on track.

- 🩺 A1C test – every 3 to 6 months
- 🩺 Blood pressure – every visit
- 🩺 Cholesterol – at least once a year
- 🩺 Kidney test – at least once a year
- 👁️ Eye exam – once a year
- 🦶 Foot check – every visit

WE CAN SUPPORT YOU

- ✓ Medication reviews & refills
- ✓ Blood sugar monitoring support
- ✓ Lifestyle & nutrition advice
- ✓ Vaccinations & foot care
- ✓ Action plan guidance
- ✓ Referrals to healthcare providers
- ✓ Support for you and your family

You're not alone.
We're here to help you live your healthiest life.



BETTER HEALTH STARTS HERE.
Work with us to manage your diabetes and live well—every day.

BOOK A MEDICATION REVIEW TODAY.
Walk in or call us to speak with your pharmacist.



CALL US
519-491-6861

Your health. Your well-being. Our priority.



500 Exmouth St. #3
(Northgate Plaza)
Sarnia, ON N7T 5P4
Fax: 519-491-7949



FREE
BLISTER
PACKAGING



FREE DELIVERY
IN SARNIA



LOCAL CARE
YOU CAN TRUST



ALL DRUG PLANS
ACCEPTED

We do not replace your doctor. We work with your healthcare team to support your health.

DIABETES CARE & SUPPORT

Exmouth Pharmacy

ALWAYS THERE FOR CARE

DIABETES RESOURCE CENTRE

Helpful resources, support, and trusted contact information to help you manage your diabetes with confidence.



INFORMATION

Clear, reliable information to help you make confident choices.



SUPPORT

Connect with programs and people who care.



RESOURCES

Access tools and services to help you stay on track.



WE'RE HERE

Your pharmacist is here to listen, help and guide you.

DIABETES EDUCATION & SUPPORT



Diabetes Canada
Information, education, and local support.

1-800-BANTING
(1-800-226-8464)
diabetes.ca



Diabetes Self-Management Ontario (DSMO)
Free programs to help you manage diabetes and live well.

1-855-336-2376
dsmo.ca



Unlock Food
Healthy eating tips and recipes for people with diabetes.

1-800-505-5525
unlockfood.ca



ParticipACTION
Simple ways to move more every day.

1-877-397-9711
participation.com

HEALTH SERVICES & CLINICS



Bluewater Health – Diabetes Education
Individual and group education, support and resources.

519-464-4400
Ext. 5290



Sarnia Community Diabetes Program
Assessment, education and support for diabetes management.

519-332-4444
Ext. 3364



Foot Care Clinic – Bluewater Health
Assessment and care for foot health.

519-464-4400
Ext. 5374



Eye Care – Vision Screening
Regular eye exams help protect your vision.

Ask your pharmacist or eye care provider for a referral.



Kidney Health – Ontario Renal Network (ORN)
Information and support about kidney health.

1-866-901-6646
ornkidney.ca

DIABETES SUPPLIES & PROGRAMS



Ontario Drug Benefit (ODB)
Helps cover the cost of eligible diabetes medications and supplies.

1-800-668-9938
ontario.ca/odb



Insulin Pump Program (Ministry of Health)
Coverage for insulin pumps and supplies for eligible individuals.

1-800-267-1153
ontario.ca/page/insulin-pump-program



Assistive Devices Program (ADP)
Covers many diabetes testing supplies for eligible residents.

1-800-268-6021
ontario.ca/adp

WHEN TO SEEK MEDICAL HELP



Low blood sugar (hypoglycemia)
Shaky, sweating, confused, hungry, irritable, or dizzy.

Treat right away with 15g of fast-acting carbohydrate.



High blood sugar (hyperglycemia)
Very thirsty, frequent urination, tired, blurry vision.

Check your levels and contact your healthcare provider if needed.



Serious symptoms
Chest pain, shortness of breath, severe vomiting, or signs of stroke.

Call 911 or go to the nearest emergency department.

KEEP TRACK. STAY ON TOP.



Good records help you and your healthcare team make the best decisions.

- ✓ Check your blood sugar as advised.
- ✓ Record your numbers, medications and how you feel.
- ✓ Bring your record to every appointment.
- ✓ Ask your pharmacist to help you set a plan.

Your notes
make a
difference.

YOUR PHARMACIST IS YOUR PARTNER



We can help you:

- ✓ Understand your medications
- ✓ Review for interactions
- ✓ Check your technique
- ✓ Manage side effects
- ✓ Monitor your progress
- ✓ Find programs and resources
- ✓ Answer your questions

We're here for you—every step of the way.



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