

Frequently Asked Questions

Do I need a referral?

Yes, a referral is required to be included in the Diabetes Program. Please provide the Diabetes Referral form to your doctor and fax it to the number indicated. We will contact you with appointment details.

How often will I have an appointment?

After the initial consultation, you will be booked for follow up appointments every three months, to monitor and manage your condition.

My blood sugar is too high/low but my appointment is a month away. What should I do?

Don't wait, see your physician right away. Any changes made to your treatment plan should be discussed during your regular Diabetes Program follow-up appointment.



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Treat Your Diabetes Today


Diabetes visits are available by appointment only.



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Diabetes

Book by Phone 

Book Online Via our Patient Portal 

**What You Need To Know
About Diabetes**

Diabetes Program

What is Diabetes?

Diabetes is a chronic and often debilitating metabolic disorder. Metabolism refers to the way our bodies use digested food for energy and growth. A person with diabetes has a condition that prevents their body from producing insulin, or properly using the insulin it produces.

This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves. The body needs insulin in order to effectively use glucose as an energy source.

What Are the Different Types of Diabetes?

Diabetes Type 1

10% of the diabetic population is incapable of producing insulin.

Diabetes Type 2

90% of the diabetic population either does not produce enough insulin, or the insulin available is not working as intended.

Gestational Diabetes

Occurs in 2-4% of pregnant women.

What Causes Diabetes?

Type 1 diabetes occurs as a result of the destruction of the insulin-producing cells in the pancreas.

It's unclear why these cells have been damaged, but the most likely cause is the body having an abnormal reaction to the cells.

Type 2 diabetes is due to a combination of genetic and lifestyle factors.

What Treatments Are Available for Diabetes?

Appletree offers Diabetic Clinics for Type 2 diabetes by appointment. Supervised by specialists, these clinics are designed to assess your needs and help you manage your diabetic risk factors, including your blood pressure, weight, blood sugar levels and social habits.

You will receive nutrition and exercise advice, and will set goals to help you manage your condition. Your treatment plan will be analyzed and reviewed every three months to ensure that you receive the care you require. Referrals from your family doctors are welcome.

What To Expect



Book Your Appointment

Book your appointment at any Appletree Medical Centre online or book a Virtual Care appointment.



During the Appointment

The technician will update your current medical chart, perform a physical examination, take your measurements, provide nutritional information and update your vaccines as required.



After Your Appointment

We will provide you with online access to all of your medical results and reports through your secure Patient Portal account.

Treat Your Type 2 Diabetes



✓ Virtual Care



✓ In-Clinic



✓ Telemedicine

