



blood sugar testing

everybody's doing it... should they?

Wednesday, March 3, 2010 at 7:00 p.m.
MacKenzie Art Gallery

3475 Albert Street, Regina
Space is limited - doors open at 6:30 p.m.

Please RSVP: www.cadth.ca/cafe

Join us for an evening of lively discussions, debate, and complimentary food and refreshments. This free event is presented by the Canadian Agency for Drugs and Technologies in Health (CADTH).

If you have type 2 diabetes, you are probably testing your blood sugar every day or several times a week. Does all this self-testing really *improve* your health? Not for most patients with type 2 diabetes, according to the latest research. The evidence shows that if you don't use insulin, you can self-test less often without negatively impacting your health.

But what does this mean for you? How often should you test? What else can you do to manage your diabetes?

Join us for a lively discussion about the difficult but real issues surrounding self-monitoring of blood sugar.

Get your questions ready for our panel of experts:

Dr. Ann Colbourne
Professor of Medicine,
Vice Chair-Clinical,
Department of Medicine
University of Alberta

Dr. Adam B. Gruszczynski
Family Physician,
Regina General Hospital
Assistant Professor,
University of Saskatchewan

Karen McDermaid
Pharmacist,
Certified Diabetes Educator,
Manager, Rural Pharmacy Practice,
Regina Qu'Appelle Health Region



Moderator:
Bernard Gauthier
Chief Executive Officer,
Vision Research Inc.

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