



blood sugar testing

everybody's doing it... should they?

Thursday, February 18, 2010 at 7:00 p.m.
Pier 21, Canada's Immigration Museum
1055 Marginal Road, Halifax
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. Michael Evans
Family Physician
Director, *Patient Self-Management and Knowledge Support*, University of Toronto

Dr. Michael Vallis
Clinical Psychologist,
Capital District Health Authority Diabetes Centre

Dr. Dale Clayton
Endocrinologist, *Queen Elizabeth II Health Sciences Centre*
Medical Director, *Capital District Health Authority Diabetes Centre*
Associate Professor, *Dalhousie University*



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

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