



Society of Rural Physicians of Canada
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SESSION 121

Advances in Diabetes Management - Devices to Medications to Philosophy

Type 2 diabetes is a life-shortening disease that is increasingly common in epidemic levels such that no primary care provider can practice without some ability to manage (diabetes), especially in rural and remote settings. Along with the epidemic levels comes increased understanding of the pathophysiology, implications, medical management, disease monitoring, and approaches to lifestyle modifications that ultimately underlie improved outcomes. This talk cover the approach of a family practitioner's evolved framework to approaching those with type 2 diabetes from practice in Labrador to rural Alaska to city Alaska.

1. What is type 2 diabetes? Defining the issue so no longer a mystery to the patient.
2. Understanding advances in therapeutics and monitoring, having an approach to controlling type 2 diabetes without fear of causing hypoglycemia.
3. Lifestyle changes are requisite for increased longevity, understanding basic non-threatening ways to affect involuntary life-style changes.