

Review
Type 2 Diabetes Management
January 26, 2018

On January 26th 2018, TEGSA held a health and wellness talk on "Type 2 Diabetes Management" that was presented by Chieng Kao and Johnny Yu. Chieng Kao is a pharmacist owner at Shoppers Drug Mart, Woodside Square, located at McCowan Road and Finch Avenue East. Johnny Yu, is a pharmacy student, at the same store. The talk delivered was excellent and well attended by 107 members.

As usual the committee did a splendid job organizing the event, making sure everything went well right from the moment you entered to register. A tasty snack pack that was so complete and satisfying was served, the sound system and overhead projector was all set up and organized for a smooth presentation. Needless to say, they do all this over and over again at every event with a smile and volunteer their time without a second thought for you and me. A big thank you to the committee for all that you continue to do for us members.

The presentation started on time, with a short introduction from Chieng Kao and Johnny Yu. They did not waste time going right into the subject with Johnny taking the lead on most of what was said. He covered the subject systematically walking through a bit of an education of what Type 2 Diabetes was about, with a slide presentation that was very informative and factual as well. He discussed the level of HbA1c acceptable levels in your blood work that would dictate whether or not you were pre-diabetic or diabetic and how to monitor your blood sugar to take control of your diabetes with the device that was given to patients to keep track of their blood sugar index. He also spoke about how you needed to take interest in choosing the food you eat making sure you take care to choose foods that had a low glycemic index, what foods to avoid, what exercise to take and how much exercise was recommended per week. Topics on eye care, foot care and vaccinations that were recommended were also talked about and on the whole he did a wonderful job explaining and answering questions that were thrown at him as well. He wrapped up his presentation by making us aware of the blister pack medication organizer that would be handy to all of us seniors who would do well with it, helping us manage consuming the medications that were prescribed in an organized manner.

I encourage those of you who take the time to read the reviews to let the committee know any other topics of interest that you would like to have talks on and also feedback on what you felt about the presentation for those of you who attended. I also encourage those of you who can share the information with those who did not attend or were not aware of the event so that passing on the information would help more members take advantage of such events in the future.

Once again on behalf of all the members, I would like to thank the committee for organizing this event and making it such a success, because without the time and effort put in by so many of them, this event would not have been such a success.

Effie Coelho