

## **The Sweet Life: Taking Control of Diabetes**

**January 18, 2006**

Toronto, Ontario. Diabetes is a major cause of heart disease, blindness, kidney failure and limb amputations in Canada. The number of people with diabetes mellitus (DM) is projected to increase substantially over the next 20 years, largely as a result of increases in rates of obesity and inactivity, as well as the aging of the population.

Women's Health Matters Forum and Expo will feature a variety of diabetes talks from various experts. Both days of the Forum and Expo will showcase diabetes presentations.

**Friday, January 20, 2006**

Wendy Levin, a Registered Dietitian at TRIDEC at Sunnybrook Health Sciences Centre, will present Beyond the Basics: Meal Planning For Healthy Eating, Diabetes Prevention and Management at 11 a.m. In the afternoon, please drop by at 2 p.m. to hear You Can't Always Say What You Think...": How to Offer Support to a Family Member with Diabetes, presented by Gwen Morgan, Social Worker, TRIDEC, S&W and Gail MacNeill, Diabetes Nurse Educator, TRIDEC, Sunnybrook.

What Every Woman Should Know about the Glycaemic Index will be presented by Dr. Tomas Wolever, Professor, U of T; Staff, Division of Endocrinology & Metabolism, St. Michael's Hospital; President, Glycemic Index Laboratories Inc., at 3:30 p.m. Capping off Friday's presentations at 5 p.m. is Diet, Herbs & Alternative Therapies for Diabetes, with Dr. Vlad Vuksan, PhD.

**Saturday, January 21, 2006**

Dr. Ian Blumer will be on hand to present Don't Just Survive: Thrive With Your Diabetes at 10:00 a.m. Dr. Blumer is a diabetes specialist and author of Diabetes for Canadians for Dummies. Following his presentation, Dr. Mary Xiumei Wu, MD, expert in Chinese medicine and acupuncture (TCMA) will discuss how diabetes and its symptoms and signs are analyzed and explained according to theory of Chinese medicine. This session will take place at 11:30 a.m. on Saturday, January 21, 2006.

Dr. Barry Simon will present Power of You: Living Healthier with Diabetes and will discuss how to maintain a healthy lifestyle when living with diabetes at 2:30 p.m. Simon, an Assistant Professor at the Mount Sinai Leadership Centre For Diabetes and Columnist for the Toronto Star, will cover everything from nutrition to activity. And to complete the day, Jeanette MacDonald, Diabetes Educator, TRIDEC, S&W will present Hot & Bothered: Diabetes, Menopause, or Both? at 4 p.m.

Celebrating its tenth successful year, Women's Health Matters Forum and Expo is a two-day interactive consumer and health provider event for women and men of all ages. The event provides current facts, fresh perspectives and new information on hot issues in the ever-changing women's health environment. There will be more than 50 presentations by medical experts and health professionals. In addition, the expo offers 200 exhibits featuring products, services and information about women's health.

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To obtain media passes for the Forum & Expo, please contact Kathy Cox, Sunnybrook Health Sciences Centre, Communications & Stakeholder Relations at 416.480.4040 or email [kathy.cox@sunnybrook.ca](mailto:kathy.cox@sunnybrook.ca). You can also visit the Forum's official web site [www.womenshealthmatters.ca/forum](http://www.womenshealthmatters.ca/forum)