

GLYCEMIC ROOTS

KEEPING DIABETES EDUCATORS CONNECTED

Waterloo Wellington Diabetes Newsletter

Diabetes and Eating Disorders

A Complicated Journey

February is Eating Disorder Awareness month. This year's theme is "Breaking Barriers, Facilitating Futures". Having both the diagnosis of diabetes and an eating disorder is a very challenging medical situation. As Diabetes Educators, we need to be aware of the signs/symptoms of eating disorders, know when to screen and how to help our patients access supports.

According to Canadian statistics, women with T1D have twice the risk of being affected by an eating disorder than women without diabetes. Both male and female adolescents with T1D have a higher incidence of eating disorders than their peers without diabetes. With the ever-present societal focus on weight, news stories and commercials for the latest incretin therapy or weight loss product, disordered eating patterns are on the rise.

This month, try to take time to review some of the website links below to better equip yourself to offer support.

Eating Disorder Supports and Resources:

- [Body Brave](#)
- [Sheena's Place](#)
- [Here 24/7](#)
- [Waterloo-Wellington Eating Disorders Coalition](#)
- [National Eating Disorder Information Centre](#)
- [National Eating Disorders Association](#)

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Diabetes and Ramadan

Ramadan: March 11-April 10, 2024

Ramadan is a holy month for Muslims. It is a sacred time for worship, reflection and celebration. It involves fasting from sunrise to sunset, which means abstaining from eating, drinking, smoking and taking oral medications during these hours. After sunset these restrictions end. Often two meals are eaten each day with optional snacks. The first meal (Suhoor) is eaten before dawn and the second meal (Iftar) is eaten after sunset, some may also choose to eat a bedtime snack.

Depending on geographical locations and time of year (Ramadan changes yearly based around the lunar cycle), fasting can be up to 20 hours.

It is very important to discuss Ramadan fasting plans with your Muslim patients, to create a safe fasting treatment plan.

The International Diabetes Federation (IDF) and Diabetes Canada (DC) have recently released updated guidelines to help guide HCPs in assessing a patient’s risk to fast during Ramadan and how to create a safe fasting treatment plan. To learn how to incorporate the new guidelines into your clinical practice, you can access the IDF Ramadan guidelines [here](#) and DC Ramadan position statement [here](#).

Also, the Diabetes and Ramadan Alliance have developed a Ramadan Nutrition Plan (web and digital tools)- access [here](#).

Review with your patients how fasting can impact their glucose and blood pressure levels.

Some important topics to cover:

- adjustment to diabetes medications (timing and dose)-if needed
- when to break the fast due to safety concerns
- increase frequency of testing to avoid hypo/hyperglycemia
- review hypoglycemia treatment, carry simple carbohydrates
- how to adjust calorie and carbohydrate intake over 2 meals/1-2 snacks, with minimal impact to glucose levels & weight
- light to moderate exercise is safe while fasting
- review hydration goals
- glucose testing & insulin injections do not break the fast

For those patients who are unable to fast or deemed high risk, ensure patients are aware that they can observe Ramadan through other alternative methods (acts of kindness etc.)

New Diabetes and Ramadan Resources

1. Diabetes and Ramadan patient handout

[Click here](#)



Check out our [website](#) for more great diabetes resources!

waterloowellingtondiabetes.ca

2. Diabetes and Ramadan 2024

Virtual patient info session

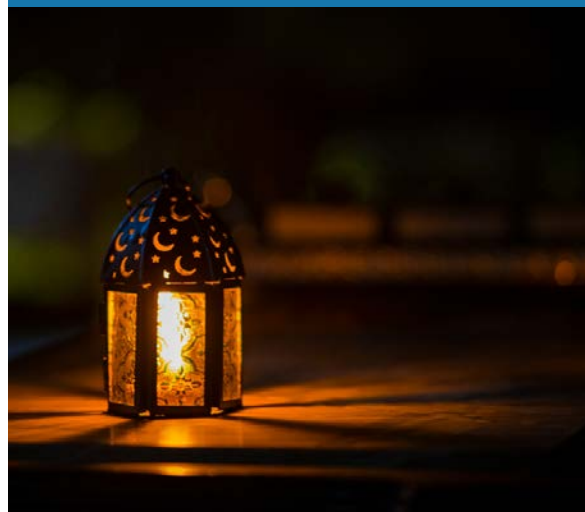
Speakers:

Dr. Tarakji - Nephrologist
Hafsah Samad - RD CDE

Wed Feb 21st, 6-7:30 pm

[Click here](#) for the flyer

[Click here](#) to register





Medically Supervised Wound Care Consults

A new referral option in our region

As many diabetes educators in the region know, accessing care for patients with high risk feet can be challenging, as many patients can not afford fee for service options.

Waterloo Wellington Diabetes has recently been introduced to an Infectious Disease Specialist working in the Kitchener Waterloo region - Dr. Cesar Orellana.

He has opened a new clinic in the north end of Waterloo to help meet the growing needs for patients living with new or chronic wounds and/or diabetic foot ulcers. He has several trained wound care nurses working with him and they work closely with Home and Community Care nurses to continue treatment in-between visits to his clinic. He also currently has three hyperbaric chambers to offer this specialized treatment option.

He has agreed to accept requests for consult through the Waterloo Wellington Diabetes (WWD) referral form. A new specialist category is being added to both the paper and Ocean e-referral forms - "Medically Supervised Wound Care".

He has no geographical boundaries, so as long as the patient can travel to his clinic, they can be referred.

A Physician or Nurse Practitioner can refer by completing the WWD referral form, requesting a Medically Supervised Wound Care consult, providing their billing number and signature. Attaching medical history, current medications, wound cultures, relevant imaging or doppler reports and wound photos would be appreciated.

We hope to add additional providers in the near future.

This is wonderful news for people living with diabetes in our region!

Coming soon - updated WWD referral forms, once available we will circulate regionally.



Upcoming Events

1. 11th Annual Peter Munk Cardiovascular Symposium
Feb 23-24, 2024
2. BBDC Advances in Diabetes Care
March 1, 2024
3. WWD CDE Exam Prep Sessions
March 5, 26, April 16, May 7, 2024
4. Sustaining Change Workshop
March 6, 2024
www.selfmanagement.ca
6. Charles H Best - The State of the Art Management of T1 Diabetes in Adults
April 4-5, 2024
7. Obesity and Diabetes Update 2024
Toronto - April 11-13, 2024

Want to learn how the Self-Management Program can benefit you, your patients & program? Contact Danielle at danielleh@langs.org or call 519-496-7231



CDE Exam Preparations

2024 Exam Dates - May 23-25

For those of you who are writing the CDE exam for the first time this year, or recertifying - either by portfolio or exam, WWD is here to support you!

For those of you writing the exam, we have created a suggested preparation list of resources, which can be found [here](#). The exam is 13 weeks away, which may seem like a considerable amount of time to study but the weeks can move quickly. We would suggest creating a weekly study plan - where you try to cover a certain amount of material each week. Forming a CDE study group with peers can really help to retain information or provide an opportunity for clarification. The CDEBC website contains important information to review. It discusses preparation steps to take in advance of exam day to ensure success and reduce stress the day of the exam.

WWD and the SMP will be hosting four **FREE** CDE exam preparation sessions. These sessions are meant to augment your studying, to help reinforce concepts or provide an opportunity to ask questions. These sessions are not meant to be the only form of study, as not all information that could be on the exam will be covered in these sessions.

To learn more about these sessions, click [here](#).
To register, click [here](#).

I would love to hear from you after you write - to hear about your experience writing.

WWD wishes you a success outcome with writing the CDE exam and on your portfolio submissions!

Have a safe and happy finish to the winter season!

Trina

good luck

WWD New Initiative

Diabetes Educator Collaborative Meetings

As some of you may be aware, Diabetes Canada has decided to no longer support the Diabetes Educator Section (DES) Chapter meetings post COVID. These chapter meetings were a way to provide education, Diabetes Canada updates and networking opportunities.

WWD along with industry representatives want to revive this opportunity to connect regionally. We are currently planning a Diabetes Educator Collaborative meeting for this spring.

Stay tuned for more information!



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