

## **TYPE 2 DIABETES CLINIC**

### **Clinic for Teens:**

To take care of your diabetes between appointments, you need to:

1. Check your blood sugar twice a day and record in your logbook:
  - fasting (before breakfast)
  - 2 hours after a meal (usually dinner)
2. Keep a daily record of your:
  - type and length of activity (30 minutes daily)
  - comment on stress, school, e.g. exams

### **Appointments:**

Your appointments are booked every 6 months, on Tuesday mornings, for about 1½ hours. Always remember to bring the following with you to clinic:

- meter
- logbook
- snack

### **Desired Blood Glucose Levels:**

- fasting: less than 7.0 mmol/L
- 2 hours after a meal: less than 9.0 mmol/L

The Type 2 Diabetes Team is here to help you achieve your goal.

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