



# blood sugar testing

## everybody's doing it... should they?

**Wednesday, March 3, 2010 at 7:00 p.m.**  
MacKenzie Art Gallery

3475 Albert Street, Regina  
Space is limited - doors open at 6:30 p.m.

**Please RSVP:** [www.cadth.ca/cafe](http://www.cadth.ca/cafe)

Join us for an evening of lively discussions, debate, and complimentary food and refreshments. This free event is presented by the Canadian Agency for Drugs and Technologies in Health (CADTH).

If you have type 2 diabetes, you are probably testing your blood sugar every day or several times a week. Does all this self-testing really *improve* your health? Not for most patients with type 2 diabetes, according to the latest research. The evidence shows that if you don't use insulin, you can self-test less often without negatively impacting your health.

But what does this mean for you? How often should you test? What else can you do to manage your diabetes?

Join us for a lively discussion about the difficult but real issues surrounding self-monitoring of blood sugar.

**Get your questions ready for our panel of experts:**

**Dr. Ann Colbourne**  
Professor of Medicine,  
Vice Chair-Clinical,  
Department of Medicine  
*University of Alberta*

**Dr. Adam B. Gruszczynski**  
Family Physician,  
*Regina General Hospital*  
Assistant Professor,  
*University of Saskatchewan*

**Karen McDermaid**  
Pharmacist,  
Certified Diabetes Educator,  
Manager, Rural Pharmacy Practice,  
*Regina Qu'Appelle Health Region*



**Moderator:**  
**Bernard Gauthier**  
Chief Executive Officer,  
Vision Research Inc.

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