



**WESTERN**  
GENERAL INTERNAL MEDICINE

WesternGIM.ca  
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## **DIABETIC TEACHING CLINIC**

Diabetic education equips you with the knowledge and skills to manage your diabetes effectively. It's like learning the ABCs of diabetes self-care.

Dr. Gill & our Diabetic Educator may discuss with you:

- Healthy Eating
- Exercise
- Blood Sugar Monitoring
- Medication
- Preventing Complications
- Problem Solving

The appointment will take approximately 30 – 60 MINUTES.

Do not forget to bring your METER, your LOGBOOK, and a list of CURRENT medications and supplements.

**THERE IS A \$100 CHARGE FOR MISSING YOUR APPOINTMENT.**