

One-Page Summary: Webinar on Diabetes in Canada

1. Overview:

This webinar discussed the prevalence, types, and management of diabetes in Canada. Key statistics on the number of Canadians affected (currently 11 million, projected to reach 13.6 million by 2025) were presented, along with regional variations in prevalence. The webinar differentiated between Type 1, Type 2, gestational diabetes, and pre-diabetes, explaining their causes, symptoms, and management strategies. Common misconceptions about diabetes were also addressed.

2. Key Action Items/Decisions:

- Increased public awareness regarding diabetes prevention and management is crucial.
- Routine blood tests are recommended for early detection of pre-diabetes and gestational diabetes.
- Healthy lifestyle choices (diet and exercise) are emphasized for prevention and management of Type 2 diabetes and pre-diabetes.
- Pregnant women should undergo testing for gestational diabetes.

3. Multilingual Remark:

The presentation included significant portions in Cantonese, providing crucial information to a broader audience. This bilingual approach enhanced understanding and accessibility for the participants.