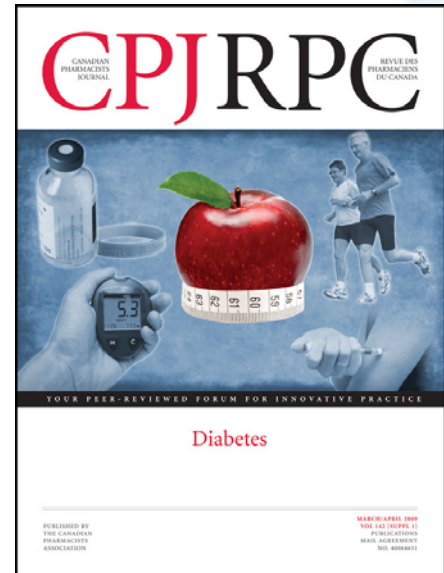




The **Diabetes Strategy for Pharmacists** is an initiative to raise the level of care pharmacists can provide to persons with diabetes.

As part of the Strategy, the *Canadian Pharmacists Journal (CPJ)* developed the first set of diabetes practice guidelines, specifically for pharmacists, based on the *Canadian Diabetes Association 2008 Clinical Guidelines for the Prevention and Management of Diabetes in Canada*. This CPJ supplement, distributed with the March/April 2009 issue of the journal, contains a summary of recommendations for pharmacists in the management and follow-up of patients with this chronic disease.  
[www.cpjournal.ca/diabetes](http://www.cpjournal.ca/diabetes)



To accompany these guidelines, CPhA has developed *The 'how to' of managing diabetes...A prescription for pharmacists*, a continuing education course that provides pharmacists with comprehensive tools and information to help patients better manage their diabetes. The course is available in two formats:

- Online at [www.diabetespharmacists.ca](http://www.diabetespharmacists.ca), in 10 separate modules worth 12 CEUs in total
- Via live workshops, in three separate modules worth three CEUs each. *Workshop details will be posted at [www.pharmacists.ca/diabetes](http://www.pharmacists.ca/diabetes) when available.*

**diabetes strategy for pharmacists**

**Managing diabetes: The Basics**

Whether you have type 1 or type 2 diabetes, the following are important aspects of living well with diabetes.

**Healthy eating**

Balance what you eat with the amount of insulin you have

- For a healthy weight
- For health cholesterol (lipid) levels

**Physical activity**


- For lower blood glucose
- For a healthy weight
- For a healthy heart

**Medication**

- Type 1: insulin
- Type 2: no medicine, oral medicine, or insulin

**Living with diabetes, day to day**

- Emotional adjustment
- Social adjustment



Remember you are in charge of your diabetes. Learn all you can and be sure to ask if there is something you do not understand.

To further promote the Strategy, CPhA has recruited 10 provincial Diabetes Pharmacist Champions to act as spokespersons, leaders and facilitators of the live workshops in their regions. Each Champion brings with them their unique experiences and devotion to diabetes education and the promotion of the pharmacy profession. Read their stories at [www.pharmacists.ca/champions](http://www.pharmacists.ca/champions).

**Additional resources and information can be found by visiting [www.pharmacists.ca/diabetes](http://www.pharmacists.ca/diabetes)**

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○ - The blue circle is the universal symbol for diabetes.

