WITH DIABETES, YOU DON’T HAVE TO STAND ALONE.

Diabetes is a lifelong condition where your body either does not produce enough insulin (type 1) or cannot use the insulin it produces (type 2). With over 8 million Canadians living with type 2 diabetes or prediabetes, chances are it affects you or someone you know. If left untreated or improperly managed, diabetes can result in a variety of complications.

Reduce your risk for type 2 diabetes:

- Quit Smoking
- Exercise for at least 30 minutes a day
- Limit intake of fats and sugars
- Keep a healthy weight
- Keep healthy cholesterol and blood pressure levels

There are more than 60,000 new cases of diabetes each year.
Best Doctors brings together the top clinicians to help you get the right diagnosis, the right treatment and peace of mind when it comes to dealing with diabetes or any other chronic disease. If you are facing medical uncertainty, Best Doctors is your solution.

WE CAN HELP YOU FIND:

• An expert endocrinologist or nutritionist that fits your needs
• Group support
• Information on healthy eating and lifestyle
• Answers to questions on medication, lifestyle or disease management

Contact Best Doctors today.

For diabetes or any medical issue, Best Doctors helps you take control of your health and make the best possible medical decisions with confidence by guiding you in the right direction.

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