

GEORGE CLARE SURGERY



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Dr Shirin Howell

Dr Angela Stevens-King

Dr Kimberley Gabbittas

Type 2 Diabetes Group Consultation Workshop

Rika Kamper Nutritionist:

My presentation will give you a brief overview of type 2 diabetes, how glucose and insulin work together and how you can enhance the action of Metformin.

I will talk about specific nutrients aimed at lowering blood glucose levels, how they work in the body and where (in which foods) to find them.

I explore hidden sugars in everyday foods and their effects on your blood glucose levels.

Lastly, most importantly, I give ideas for breakfast, lunch, dinner and snacks PLUS some lovely recipes.

The workshop lasts for 1½ hours – ½ hour of slides and then an hour for questions.

You will receive the slides afterwards.