



**McMaster  
Children's Hospital**

## **Welcome to the Adolescent Type 2 Diabetes Program**

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**Are you a teen with Type 2 diabetes?**

**This program is for you!**

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## How will this program help me?

Our team will help you gain the knowledge, skills and confidence you need to live well with diabetes.

As well as learning about Type 2 diabetes, you will learn how to:

- ✓ choose healthy foods and plan your meals
- ✓ choose exercise and activities that are right for you
- ✓ test your blood sugar levels
- ✓ take medications for diabetes
- ✓ cope with having diabetes
- ✓ lower your risk of health problems from diabetes

**Type 2 diabetes won't stop you from doing the things you enjoy, or living a long and healthy life.**



## Who will I work with in the program?

You and your family will work closely with a team of experts in diabetes care and education.

This team includes:

- A diabetes doctor, called an Endocrinologist
- Registered Nurse
- Registered Dietitian
- Registered Social Worker
- Behavioral Therapist
- Exercise Specialist

You will also have the chance to learn from other teens with Type 2 diabetes. In a group session, you will meet others who know what you are going through.

The clinic support staff will help you make all of your appointments.

**Together, we will make a plan that is right for you to manage your diabetes.**

## What can I expect at my clinic visits?

At your visit, you will meet with several members of the diabetes team.

You will meet with the team members individually, and there will be a group session where you will meet other teens with Type 2 diabetes.

Other visits are planned to meet your needs. You will see the diabetes doctor every 3 to 4 months, and meet with other team members as needed. Your follow-up visits will last about 1 hour.

We will give you written information to help you and your family manage your diabetes.

**Family members and friends are welcome to come with you to your appointments.**

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## What should I bring to each visit?

Please bring:

- your Ontario Health Card
- your blood sugar meter and logbook
- all your medications, including vitamins and herbal supplements.
- your insulin pen, if you use one.

We may also ask you to bring other items as needed, such as a food record.

**If you have questions or want an appointment:**

**Call 905-521-2100,  
ext. 78517**



**Patient Education**

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