

Diabetes Shared Medical Appointments



We are offering a new type of diabetes clinic visit called a **Shared Medical Appointment**. During the 90-minute visit, you will see your endocrinologist, nurse, and dietitian all in one visit — and you will have the chance to meet and learn from other people living with diabetes.

What to expect

At the Shared Medical Appointment you will meet with your diabetes health care team in a group setting. Your endocrinologist (diabetes specialist) will also see you one-on-one during this visit.

You can also bring a friend or family member with you. Simply inform us ahead of time.



During the 90-minute appointment, you can:

- have your health-related questions answered
- have your weight and blood pressure checked
- review your blood work and blood sugar results with your health care team members, and together, make decisions about your care
- have your insulin dosage adjusted, if needed
- learn and share better ways to live healthier with diabetes
- hear guest speakers talk about topics of interest to the group
- see your endocrinologist privately for medical care
- set your own goals and have the health care team
- work with you to help you achieve them

Is a Shared Medical Appointment right for you?

Yes, if you...

- ✓ Are under the care of an endocrinologist, nurse and dietitian of the Toronto Western Hospital diabetes clinic
- ✓ Speak and read in English
- ✓ Are comfortable talking about your health with others
- ✓ Enjoy learning with others who have similar medical issues

If you have any questions, please call the Sun Life Financial Banting and Best Diabetes Clinic at Toronto Western Hospital: 416 603 5897.

Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

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