

GLYCEMIC ROOTS

KEEPING DIABETES EDUCATORS CONNECTED

Waterloo Wellington Diabetes Newsletter



New Year, New Habits: An Opportunity to Review Alcohol Intake

The Canadian Centre on Substance Use and Addiction (CCSA) has released updated guidance on alcohol and health, reshaping how we view alcohol consumption. The updated recommendations reflect a growing body of research linking alcohol consumption and significant health risks. For people living with diabetes, these new recommendations are particularly relevant, as alcohol can significantly impact blood glucose levels. The new guidance emphasizes moderation and highlights the risks of even low levels of alcohol intake.

Key Points

- Drinking recommendation classifications:**
 - 0-2 standard drinks/week = **low risk**
 - 3-6 standard drinks/week = **moderate risk**
 - 7 or more standard drinks/week = **high risk**
- No safe level of alcohol intake:**
 - Any amount of alcohol increases health risks (e.g. cancer, chronic disease)
- Diabetes-specific considerations:**
 - Blood sugar fluctuations: alcohol can interfere with the liver's ability to regulate blood glucose levels, increases risk of hypoglycemia
 - Caloric intake: calories from alcohol can contribute to weight gain
 - Long-term risks: increases the degree of insulin resistance, elevates cardiovascular disease risk

Practical Tips for Alcohol Intake

- stay within the low risk alcohol threshold
- never drink on an empty stomach, eat small portions of carbohydrate with protein
- monitor blood glucose levels before, during and after alcohol intake
- opt for lower-calorie and lower-sugar options (dry wines, light beers)

The CCSA's updated guidance on alcohol intake provides a valuable opportunity for individuals to reassess their relationship with alcohol. To review the CCSA guidelines and access patient educational materials [click here](#).

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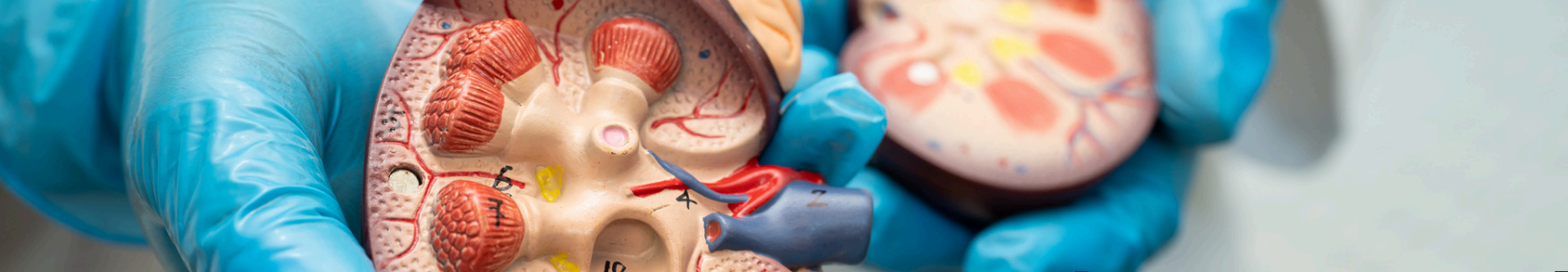
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Finerenone

A New Adjunct Therapy for Protecting the Kidney

For Canadians living with T2D and CKD, the risk of developing severe complications, including kidney failure and CVD is a serious concern. The recent approval of Finerenone (Kerendia) in Canada offers an innovative treatment option to reduce these risks and improve outcomes.

Finerenone is a non-steroidal mineralocorticoid receptor antagonist (MRA), specifically designed to block the mineralocorticoid receptor which is overactivated in people with T2D and CKD. This overactivation leads to inflammation and scarring of the kidneys and cardiovascular system. Unlike traditional MRAs, Finerenone has a targeted mechanism of action, minimizing hyperkalemia.

Current standard treatment options (ACEs, ARBs and SGLT2i) have made significant strides in managing these risks but a gap still remains. Finerenone offers an additional layer of protection by addressing inflammation and fibrosis directly. Two major trials (FIDELIO-DKD and FIGARO-DKD) showed the efficacy of finerenone in slowing CKD progression and reducing cardiovascular events.

FIDELIO-DKD (n= 5,674)

- 18% reduction in kidney disease progression
- significant reduction in proteinuria, helping to preserve kidney function

FIGARO-DKD (n= 7,352)

- Focused on CV outcomes, 14% reduction in major CV events

In Canada, Finerenone is approved for use in adults with T2D and CKD (stage 1-4) who are already receiving standardized care to further reduce risks.

For Canadians living with T2D and CKD, Finerenone offers the potential to slow disease progression, improve quality of life, and reduce the risks of life-threatening complications.

To learn more about Finerenone, [click here](#).
To access the product monograph, [click here](#).



DIABETES CANADA

Updated Resources:

1. Clinical Practice Guidelines: Quick Reference Guide

[Click here](#) to access

2. Insulin Prescription Form

[Click here](#) to access

3. Insulin Pen Start Checklist

[Click here](#) to access

4. What Medications Should I be Taking to Reduce My Risk of Diabetes Complications?

[Click here](#) to access

5. Prescription of Cardiorenal Protection with Diabetes

Coming soon!

New Resources:

1. Immunizations Recommendations for Adults Living with Diabetes

Coming soon!



Ramadan 2025

Essential Tips for a Healthy & Spiritual Journey

Ramadan, the holy month of fasting, begins on Sunday March 30, 2025. It is a time of spiritual reflection, prayer and community. For individuals with diabetes, fasting during Ramadan can be a meaningful experience, but it can also present unique challenges in managing blood glucose safely. Approximately 80% of Muslim people with T2D and 40% with T1D choose to fast during Ramadan. A pre-ramadan assessment has been shown in literature to reduce hypoglycemia by 23%. With proper planning and guidance, many people with diabetes can fast safely while observing their faith.

Pre-Ramadan Preparation

1. **Consult Healthcare Team:** 4-6 weeks before Ramadan to discuss the risks of fasting, the need for medications adjustments, review the steps to fast safely as well as when to break the fast.
2. **Meal Planning:** RDs can help create balanced meal options for Suhoor and Iftar to maintain steady blood glucose levels.
3. **Monitor Blood Glucose Frequently:** ensure patients understand checking blood glucose & taking injections does not break the fast and to test more often to understand the impacts of fasting on blood glucose levels.
4. **Understand the Risks:** fasting for long hours can increase the risk of hypoglycemia, hyperglycemia, dehydration, and diabetic ketoacidosis. Ensure patients know the warning signs and how to prevent each.

Who Can be Considered Medically Exempt from Fasting?

- people with type 1 diabetes
- people with poorly controlled type 2 diabetes
- pregnant or breastfeeding women
- frail elderly
- prepubertal children

Tools for Fasting Safely

1. [International Diabetes Federation \(IDF\)/ Diabetes and Ramadan \(DaR\) Guidelines](#)
 2. [DaR Fasting Risk calculator](#)
 3. [DaR fasting safely phone apps](#) - visit the apple app store or google play for both patient and HCP apps to help support safe fasting
1. Patient education materials:
- [click here](#) to access IDF & DAR Ramadan and Diabetes handout
 - [click here](#) to access Waterloo Wellington Diabetes Ramadan handout

Post-Ramadan Follow-Up

Ensure follow-up a couple weeks after Ramadan to review the impact of fasting on blood glucose levels, if medication adjustments were effective and to ensure medications have been readjusted to a non-fasting state.

Upcoming Events

1. Motivational Interviewing Workshop for HCPs

Integration of many evidence-based behaviour change practices
March 6 & 13, 2025 - Virtual
[Click here](#) to learn more

2. CDE Exam Prep Sessions

1-hour interactive virtual meetings:
Exam-style questions and time for group discussion/Q&A.

March 18 - Lifestyle & Mental Health

April 1 - All About the Numbers

April 15 - Pharmacotherapy & Complications/Co-Morbidities

April 29 - Special Populations

[Click here](#) to learn more

3. BBDC Advances in Diabetes Care 2025 - Glucose and Beyond

Learn about the latest therapies and devices that are transforming diabetes care

March 28, 2025

[Click here](#) to learn more

4. Charles H. Best - State of the Art Management of T1D in Adults

Topics: Incretin therapy in T1D, effects of T1D on male sexual health, nutrition hot topics, state of the art looping

April 4, 2025

[Click here](#) to learn more

5. Foot Focus: Key Skills for Effective Screening

Virtual workshop lead by chiropodist
April 14, 2025

[Click here](#) to learn more

6. Diabetes and Obesity Update

Hybrid medical congress combining the latest obesity and diabetes updates

April 24-26, 2025

[Click here](#) to learn more

[Click here](#) to access the full list of upcoming events on our website



NEW Ypsomed Insulin Pump System Introducing *mylife Loop*

The Ypsomed mylife Loop system is an innovative automated insulin delivery (AID) solution that continually learns and adjusts settings to help people living with diabetes achieve better glycemic control. At its core is the Ypsopump insulin pump, which communicates with a Dexcom G6 continuous glucose monitor device and the mylife Loop smartphone app. This partial closed-loop system automatically adjusts insulin delivery in real-time based on a users' glucose readings, significantly reducing the burden of manual adjustments.

The system's smart algorithm, developed in partnership with CamDiab, adapts to users' unique needs by maintaining target glucose levels more effectively. The adaptive and learning algorithm adjusts to a person's daily routine on 3 levels: overall, diurnal and post-meal learning. It can adjust insulin delivery every 8-12 minutes based on current and predicted glucose levels. It also provides a customizable personal glucose target range between 4.4-11.0 mmol/L.

Key features include:

- **Customizable control:** individualized glucose targets, ability to preset meal carbs for bolus calculations to help children or elderly users' simplify meal-time boluses
- **User-friendly:** Ypsopump touch screen with intuitive icons, app allows for glucose monitoring and system control from users' smartphone
- **Discreet design:** lightweight, easy to wear pump, 360 degree radius infusion set allows access to new infusion site areas
- **Interoperability:** seamless integration with CGM sensor, Ypsomed pump and smartphone app
- **Continuous learning:** learns and adapts to users' lifestyle offering personalized insights for improved glycemic control

The system's automation can help minimize the burden of constant decision-making, allowing users more time to focus on living their lives.

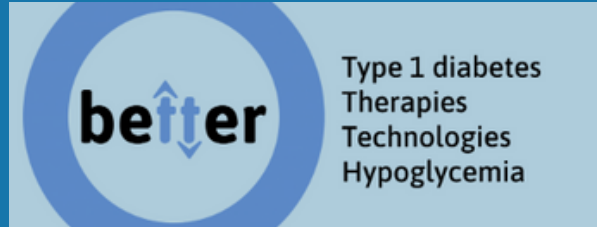
For more information on the Ypsomed mylife Loop system,

[Click here](#)

Wishing you a wonderful beginning to 2025!

Trina

The Better Project



The BETTER project brings together people who live with T1D, parents of children with T1D, researchers, health professionals and decision-makers to advance research to improve clinical practices, therapies and quality of life for people who live with T1D.

The BETTER project is focused on measuring and reducing hypoglycemia in people with T1D. Hypoglycemia and fear of hypoglycemia are two main barriers to optimal T1D management and can have a profoundly negative impact on quality of life.

Joining the registry provides access to a support platform which includes information on topics important to people with T1D including medication, blood glucose monitoring, nutrition, physical activity, hypo and hyperglycemia and overall health.

The registry also includes updates and information on T1D research and upcoming educational webinars.

[Click here](#) to learn more.

Contact Information:

Trina Fitter - Resource Clinician

trinaf@langs.org

519-947-1000 ext 262

info@waterloowellingtondiabetes.ca

www.waterloowellingtondiabetes.ca