

AUGUST 2025 - ISSUE 8

GLYCEMIC ROOTS

KEEPING DIABETES EDUCATORS CONNECTED

Waterloo Wellington Diabetes Newsletter

**DIABETES
CANADA**

Diabetes Stigma: New International Research



No one chooses to develop diabetes. Many are made to feel the diagnosis is a personal failure.

A new multi-study, multi-country review article reveals:

- people living with diabetes face stigma all over the world
- highlights this as a significant global health issue and the need for further international collaboration to support diabetes awareness-raising and stigma-reduction initiatives
- people with diabetes report experiencing stigma, distress, and challenges finding support which has a negative impact on their lives (isolation and inequality)
- many living with diabetes blame themselves, feel blame from others for developing the condition, report being treated unfairly or differently, made to feel ashamed
- many report unfair assumptions about what they can and cannot do
- many express a desire for greater understanding and empathy from others

[Click here](#) to access the review article

[Click here](#) to read Diabetes Canada 2024 report: The Social Experiences of Living with Diabetes in Canada



As HCPs we need to help support the change in conversation so that people living with diabetes feel safe to disclose their feelings, stigma they are experiencing and to seek support.

[Click here](#) to learn more about changing the conversation

[Click here](#) to sign the pledge to end diabetes stigma

[Click here](#) to access a directory of mental health providers who have engaged in additional training to understand the reality of living with diabetes

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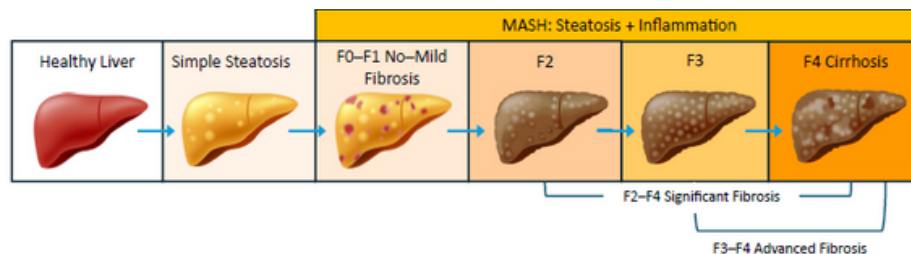
NEW Diabetes Canada Guideline Chapter

Diabetes and Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) in Adults

Formally known as Nonalcoholic Fatty Liver Disease (NAFLD), MASLD is the most common liver condition, especially in people living with diabetes. It remains underrecognized and underdiagnosed by HCPs. This new guideline aims to raise MASLD awareness, screening, diagnosis and management.

Key Chapter Messages:

- MASLD affects approximately 70% of people with T2D, 22% of people with T1D
- Bidirectional relationship between T2D and MASLD, each increasing the risk of the other
- MASLD is the second leading cause of hepatocellular carcinoma and liver transplants, increases the risk of GI, breast, lung and gynecologic cancers by 1.2-1.5 fold
- MASLD is strongly associated with metabolic conditions (obesity, insulin resistance, T2D, inflammation and dyslipidemia)
- Consider screening for MASLD fibrosis in people living with prediabetes and T2D using the Fibrosis-4 (FIB-4) Index score. Fibrosis staging (F0-F4) is critical in determining prognosis
- Sustained weight loss of 5-10% is recommended, weight loss > 10% is preferred and may assist with reversing liver fibrosis
- Suggested pharmacologic treatment options: Pioglitazone and subcutaneous semaglutide
- CV protection is crucial for those diagnosed with MASLD, many experts now consider MASLD an independent risk factor for CVD



Diabetes Canada Clinical Practice Guidelines, Chapter 42 - Figure 3--Spectrum of Metabolic Dysfunction

Assessing Risk: prediabetes or diabetes diagnosis with 1 additional cardiometabolic risk factor (should be screened)

Cardiometabolic risk factors:

- Overweight or obesity- (BMI > 25 or BMI > 23 if from Asian ancestry) or waist circumference > 94 cm (male), > 80 cm (female) or ethnicity adjusted equivalent
- Hypertension: BP > 130/80, OR on antihypertensive therapy
- Dyslipidemia: TG > 1.7, HDL < 1.0 (male) < 1.3 (female) OR on lipid lowering therapy

Screening: use the FIB-4 score (age, platelet count, AST, ALT). [Click here](#) to access an online FIB-4 calculator

Diagnosis: **FIB-4 score of < 1.3** = low risk of advanced liver fibrosis, managed in primary care, repeat screen every 1-2 yrs

FIB-4 score of 1.3-2.67 = further evaluation is recommended to improve diagnostic precision

FIB-4 score of > 2.67 = high risk of advanced liver fibrosis. Consider referral to hepatology specialist

Treatment:

1. **Healthy Behavioural Intervention:** dietary modifications, physical activity and weight management and behaviour change strategies to aim for weight loss of 5-10% to improve glycemia, insulin sensitivity and decrease hepatic steatosis. Weight loss > 10% to increase chance to reverse fibrosis.
2. **Pharmacologic Interventions:** Pioglitazone or subcutaneous Semaglutide

[Click here](#) to access the full MASLD chapter guideline



Meet Freestyle Libre 3 Plus



Key Takeaways:

- 1. Smaller Size:** world's smallest sensor
- 2. Real-time CGM:** glucose readings automatically transmitted every minute via Bluetooth & Freestyle Libre 3 app, which allows real-time high/low glucose alerts
- 3. Longer Wear Time:** now 15 days
- 4. New Indication:** children 2 years and older
- 5. More Accurate:** MARD of 8.2%
- 6. Works with AID Systems:** Works with Tandem t:slim X2 insulin pump with Control-IQ technology and the Ypsomed mylife Loop system
- 7. Easy to Apply:** one-piece applicator simplifies sensor application process
- 8. New Libre App:** Libre 3 plus sensor is compatible with the Freestyle Libre 3 app

[Click here](#) to learn more



NEW Meet Barbie: She has T1D

For the first time Barbie is living with type 1 diabetes. Her debut is about visibility—but more than that, it's about validation, empowerment, and changing the way children with the condition see themselves and are seen by others.

Mattel has partnered with Breakthrough T1D to create the first ever Barbie with type 1 diabetes; to accurately reflect the medical equipment those with this condition may utilize and the doll's look, all the way down to the dress pattern.

- She wears an insulin pump and a glucose sensor. To keep her sensor in place, she uses heart-shaped medical tape – Barbie pink, of course!
- She also carries a phone in her bag that displays her current glucose level.
- She wears a stylish polka dot top and matching skirt with ruffles. Both the color blue and circle print are nods to the global symbols that represent diabetes awareness.
- She comes with a pastel blue purse, perfect for Barbie to carry any essentials, such as diabetes supplies or snacks, when she's on the go.

[Click here](#) to learn more



Upcoming Events

- 1. MASLD Masterclass**
One-day in-person program designed to enhance your knowledge of MASLD
Novotel Toronto North York
Sept 13, 2025, 8-3 pm
[Click here](#) to learn more
- 2. Diabetes Educator Collaborative Meeting**
Insulin Adjustments in High Risk Patients
Borealis Kitchener
Sept 16, 2025, 6:30-8:30 pm
[Click here](#) to register
- 3. What's in Your DKD Toolkit?**
A practical webinar on diabetes & kidney disease
Sept 16, 2025, 8:30-9:30 pm
OR
Oct 22, 2025, 6:30-7:30 pm
Virtual Events
[Click here](#) to learn more
- 4. Health Literacy**
Learn health literacy concepts, practical skills for clear and effective communication with patients & family members
Sept 25, 2025, 9-12:30 pm
[Click here](#) to learn more
- 5. Diabetes Educator Collaborative Meeting**
Delaying the Onset of T1D: A New Era in Managing Diabetes
Charcoal Steakhouse
October 23, 2025, 6:30-8:30 pm
[Click here](#) to register
- 6. Evidenced Based Management of the Diabetes Epidemic**
A comprehensive informative mini-conference on the emerging evidence in diabetes care
Nov 12, 2025, 12-5 pm in-person
Liuna Station, Hamilton
1:15-5 pm virtual
[Click here](#) to learn more
- 7. Diabetes Canada Professional Conference**
Learn about significant advancements in diabetes research, treatment and care
Metro Toronto Convention Centre
November 23-26, 2025
[Click here](#) to learn more

prevention

Want to learn how the **Self-Management Program** can benefit you, your patients & program? Contact Kyla at kylapelangs.org or call 519-947-1000 ext. 265



Healthy Habits for Life

**A Drop-In Wellness Series for Chronic Disease Prevention
COMING SOON FALL 2025**

The Waterloo Wellington Self-Management Program is pleased to share that a new, free, 8-session Wellness Workshop Series on Chronic Disease Prevention will be launching soon!

This series is ideal for individuals at risk of type 2 diabetes or living with prediabetes to improve their health with the goal of prevention. Sessions will be available as a complete series or as stand-alone workshops. Stay tuned for more details! To be notified when the first series launches, please contact Kyla at kylapelangs.org.

Session Topics:

- o **Small Steps for Better Health** - learn what are chronic conditions and how to prevent
- o **Healthy Habits That Stick** - discover how to build and keep new healthy habits
- o **Eat Well, Live Well** - learn about portions balance, healthy eating environments and cooking methods, importance of hydration
- o **Move for Health** - explore ways to add physical activity into your daily routines
- o **Sleep and Stress: A Two Way Street** - understand how stress and sleep affect your health
- o **Health Information without the Overwhelm** - learn how to interpret health information to ask informed questions
- o **Decoding Health Information Online** - learn how to identify trustworthy sources and spot misinformation
- o **Alcohol, Smoking and Screen Time** - understand how these life choices affect health



Wishing you a wonderful remainder of summer and here's to a beautiful Autumn!

Trina



YMCA Program Update

Small Steps for Big Changes

- **FREE** - Evidenced-based counselling & prevention program to help people diagnosed with prediabetes make lasting lifestyle changes
- Now being offered in KW, Cambridge and Guelph - starting Sept 2025

[Click here](#) to learn more

Diabetes Fit Program

- **FREE** program to help support people diagnosed with prediabetes or T2D become more physically active
- Now being offered in KW, Cambridge, Guelph, Stratford and virtually - starting Sept 2025

[Click here](#) to learn more



Diabetes Canada

Instructor-Led Virtual Exercise Sessions

Resistance training: September 16, 7 p.m. (EST)

Aerobic training: November 11, 7 p.m. (EST)

Free, instructor-led physical activity sessions: 30-45 minutes, including aerobic, resistance, and flexibility exercises. Q & A available after the session.

Share the registration link interested clients.

[Click here](#) for link



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