

# Therapeutic Carbohydrate Restriction: Understanding the Intervention, Evidence & Safety Concerns to Support Patients with T2/ T1 DM

*Moderated by Amy Waugh RD, CDE, Clinician Resource*

WEDNESDAY FEBRUARY 2, 2022

12:30 PM- 3:30 PM

Please join us for this virtual session for physicians on the use of Therapeutic Carbohydrate Restriction (TCR) in managing Metabolic Syndrome & T1/ T2 Diabetes. This workshop will leave you better informed of the evidence, medication risks, and practical application of this intervention to better support patients who may be choosing this approach.

## GUEST SPEAKERS:

- **Dr. Michael Mindrum, MD, FRCPC**
- **Eliana Witchell, MSc, RD, Private Practice**
- **Kelly Proulx, RD, CDE, Pediatric Diabetes Education Clinic, Peterborough Regional Health Centre**

## GAIN INVALUABLE TOOLS TO:

- Review evidence for TCR & DM Remission
- Be aware of safety precautions/medication management
- Understand the intricacies of the intervention
- Increase your confidence to inform/support patients
- Understand Diabetes Canada's position on the use of TCR

## REGISTRATION IS REQUIRED

Please visit [www.wwselfmanagement.ca](http://www.wwselfmanagement.ca)  
or call 519-947-1000 ext 255

THIS GROUP LEARNING ACTIVITY HAS BEEN CERTIFIED BY THE COLLEGE OF FAMILY PHYSICIANS OF CANADA AND THE ONTARIO CHAPTER FOR UP TO 3 MAINPRO + CERTIFIED CREDIT

Waterloo Wellington  
Self-Management  
Program

Self Management Program  Ontario

