



Dr. Charmaine Ma, Family Physician

Born in Hong Kong and growing up in Vancouver Dr. Ma completed her pharmacy degree from the University of British Columbia. She enjoyed the beautiful outdoors as she worked as a pharmacist throughout BC. After completing her medical degree from UBC she moved to Hong Kong with her husband where she attained a Diploma of Family Medicine. With a passion for public medical education and global medicine she was involved in volunteer medical work in rural China for two years.

Upon returning to Vancouver, she completed family practice residency training at St Paul’s Hospital. In addition to full-service family practice Dr. Ma has a passion for patient medical education and is involved in radio/television programs, community, and online medical seminars.

Dr. Ma lives in Vancouver with her husband two children. Her experiences overseas have given her a more global perspective on medical care. In her spare time Dr. Ma enjoys performing theatre and relaxing in Vancouver’s “liquid sunshine”.

Session: *Understanding diabetes and how does it affect our health.*

- Objectives:**
1. Understand what blood sugar is, and the significance it has on the body
 2. Recognize risk factors, signs, symptoms, and different types of diabetes (Pre-Diabetes, Type I, Type II, and gestational diabetes)
 3. Recognize the different treatment options for diabetes
 4. Understand how poorly treated, or untreated, diabetes can affect the body in the long term

Date: Day 1 – Saturday, November 19, 2022