

iCON Chinese Health Forum 2022

Take Charge of Your Health – Living Well Together with Diabetes

Part 1 – Saturday, November 19, 2022 (1:30 – 4:00 PM)

Speakers: Dr. Charmaine Ma, Laura Ng, Gloria Tsang, Dr. Kendall Ho

Overview: An overview of what diabetes is, and how it is treated. Who are the health care team members and how they can help? Self-management strategies in eating habits.

Agenda
<p>Welcome & Introductory Remarks</p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit Barbara Ho, iCON Chief Nursing Officer</p>
<p><i>Understanding diabetes and how does it affect our health</i></p> <p>Dr. Charmaine Ma, Family Physician</p>
<p><i>Introduction to the Diabetes Education Program</i></p> <p>Laura Ng, Registered Nurse and Certified Diabetic Educator</p>
<p><i>Healthy eating strategies for diabetes</i></p> <p>Gloria Tsang, Registered Dietitian</p>
<p><i>Digital tools for diabetes self-management</i></p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit</p>
<p>Question & Answer Session</p> <p>All speakers</p>
<p>Thank You & Closing Remarks</p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit Barbara Ho, iCON Chief Nursing Officer</p>

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Part 2 – Sunday, November 20, 2022 (1:30 – 4:00 PM)

Speakers: Dr. Joseph Leung, Dr. Tigerson Young, Kent Ling, Nicole Tai, Emily Pak

Overview: Practical self-care tips and lifestyle management for diabetes.

Agenda
<p>Welcome & Introductory Remarks</p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit Barbara Ho, iCON Chief Nursing Officer</p>
<p><i>Importance of keeping blood sugar under control and preventing complications</i></p> <p>Dr. Joseph Leung, Endocrinologist</p>
<p><i>Stress management for people living with diabetes and their family caregivers</i></p> <p>Dr. Tigerson Young, Registered Psychologist</p>
<p><i>Proper medication management</i></p> <p>Kent Ling, Registered Pharmacist</p>
<p><i>Staying active</i></p> <p>Nicole Tai, Registered Physiotherapist Emily Pak, Registered Physiotherapist</p>
<p>Question & Answer Session</p> <p>All speakers</p>
<p>Thank You & Closing Remarks</p> <p>Dr. Kendall Ho, Emergency Physician, Lead of UBC Digital Emergency Medicine Unit Barbara Ho, iCON Chief Nursing Officer</p>