In addition to the demanding work of running the clinic, Dr Tupy has also been involved in research at the Wits Donald Gordon Medical Centre for the past three years. The money she earns doing this is used to buy equipment for her clinic that the state is unable to provide. In addition, she also teaches students/interns, making them aware of the challenges involved in treating diabetics. ‘You can do anything if you really want to’, she concludes.

Dr Tupy has some strong feelings about hospital protocols, which apply a ‘once size fits all’ approach to a diverse patient population. She believes in individualising treatment and, as a physician, employs a cross-disciplinary holistic approach. (She acknowledges the support she gets from the podiatrist at Hillbrow Community Health Centre when it comes to managing diabetic foot complications.) ‘Even though I may be paid as a general practitioner, I cannot separate my knowledge, and I believe in using all my skills to treat patients to the very best of my ability. This includes, for example, being aware of and treating cardiac and other complications, such as ketoacidosis. Many of my patients are HIV positive or have tuberculosis, and I need to be aware of this too and factor it into my care.’

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Diabetes Personality

presented, are unable or reluctant to introduce insulin therapy.

‘There is often no time to lose in initiating therapy and it’s imperative to overcome patient resistance to needles, given that insulin is still the best option. Unlike private practitioners who might be reluctant to offend a patient for fear of losing their business, I don’t try to be subtle. I make it clear that this is a chronic disease and that without insulin, they will die! It may be necessary to repeat the message and re-educate at intervals if there is initial non-compliance, but once patients begin to trust me and really believe that I have their best interests at heart, it’s very rewarding to see the change in their attitude, along with a desire to please and their gratitude at feeling better. I’m also very conscious of praising compliance and improvement in their condition in order to keep them motivated.’

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South African Cookbook for Diabetes and Insulin Resistance 1: Hilda Lategan (R175)

Hilda Lategan is a registered dietician and well-known author from Pretoria, who specialises in the dietary treatment of people with diabetes and insulin resistance.

The South African Cookbook for Diabetes and Insulin Resistance 1 promotes good blood sugar control and optimal health. It enables one to affordably prepare easy, nutritious meals, follow a healthy diet while still enjoying one’s favourite treats, and choose from more than 230 tested recipes made with readily available ingredients.

The comprehensive introduction includes important information such as the differences between type 1 and 2 diabetes, and glycaemic index (GI) and glycaemic load (GL), general information on meal planning, and tips for handling special occasions, for example, hiking trips, functions and children’s parties.

This cookbook is ideal for diabetics and specialists working with people with diabetes. It is available at most bookstores or can be ordered from the distributors on 086 1668 368 or orders@onthedot.co.za.

The South African Journal of Diabetes & Vascular Disease and Tafelberg together are giving away two cookbooks, one each in English and Afrikaans. To win one of these, simply e-mail Wendy on wendy.icon@wol.co.za with your name, specialty, address and language preference. The draw will take place on 1 August 2009 and winners will be contacted by e-mail.
form of diabetes need insulin every day in order to control the levels of glucose in their blood. Without insulin, a person with type 1 diabetes will die. Type 1 diabetes often develops suddenly and can produce symptoms such as: abnormal thirst and a dry mouth. Women who develop a resistance to insulin and subsequent high blood glucose during pregnancy are said to have gestational diabetes (also referred to as gestational diabetes mellitus or GDM). Gestational diabetes tends to occur around the 24th week of pregnancy. The condition arises because the action of insulin is blocked, probably by hormones produced by the placenta. Sign up today and get $5 off your first purchase. The South African Cookbook for Diabetes 2 will enable you to prepare easy and nutritious meals at affordable prices, have... Books related to South African Cookbook for Diabetes & Insulin Resistance 2. Skip this list. Eat to Live Cookbook. Joel Fuhrman M.D. $15.49. Power Foods. The Editors of Whole Living Magazine. This cookbook will help you get your diabetes and insulin resistance under control. It contains more than 100 delicious and healthy recipes using ingredients that are affordable and easy to find, important information about type-1 and type-2 diabetes, pregnancy (gestational) diabetes, impaired glucose tolerance and the glycemic index (GI), nutritional analysis for each recipe, tips for menu planning and shopping lists and inspirational photographs to accompany the recipes. Hilda Lategan has specially selected recipes from the two volumes of her best-selling ‘South African Cookbook for Dia...