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## Implementation of preventive interventions for care of patients with type II diabetes at primary care clinics in British Columbia, Canada

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Type II diabetes is a major public health issue with increasing prevalence in British Columbia and in Canada. The importance of life style changes for improving health outcomes in patients with type II diabetes is well known. There is newly emerging evidence suggestive of the reversibility of type II diabetes with the loss of 15% or more of body weight in obese patients. However, implementing these approaches at the primary care level is challenging mainly due to the lack of a local/provincial guideline. This study focused on developing a preventive guideline to be

used at the primary care level in BC for the prevention and/or reversal of type II diabetes at initial stages of disease.

### Biography

Golshan Massah completed her Bachelors of Science from the University of British Columbia and is currently in her second year of medical school at the University of British Columbia School of Medicine. She is interested in preventive medicine and the management of chronic diseases in the primary care setting. Following her medical studies she hopes to pursue a residency in family medicine.

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