

## MEDIA ADVISORY

### Local Endocrinologist Joins North East LHIN Team

**Monday, June 3, 2013** – On Friday May 31, Dr. Boji Varghese reviewed the highlights of the recently released 2013 Canadian Diabetes Association's Clinical Practice Guidelines --published twice a decade-- with colleagues from across the region through a videoconference held at Health Sciences North.

Acting as a resource and leader for both specialist and primary care providers is part of Dr. Varghese's new job as the North East Local Health Integration Network's (LHIN) **Endocrinologist/Specialist Lead for Diabetes and Chronic Disease Management**. This newly created position is designed to advance the objectives and goals of the Regional Coordination Centre, the Ontario Diabetes Strategy and the North East LHIN.

Dr. Varghese is a practicing Endocrinologist, based in Sudbury, who has provided diabetes and endocrinology care for patients across the North East for 10 years through his private practice and the Diabetes Program at Health Sciences North.

Through the course of his patient-focused work, he has supported and collaborated with nurse practitioners, diabetes nurse educators, dietitians, social workers, pharmacists, and physiotherapists.

"I feel that diabetes should be managed mainly in the primary care practice and enhancing patient care in that setting is very important. I am also a great advocate for prevention strategies, especially life style changes," explained Dr. Varghese.

Dr. Varghese is equally committed to evidence based practice. He follows Canadian Diabetes' guidelines in his practice and will work to highlight the changes to the revised guidelines across the region.

"We are very fortunate to have such a passionate advocate for diabetes and chronic disease management join our team," said CEO Louise Paquette.



*Dr. Boji Varghese, the North East LHIN's newly appointed Endocrinologist/Specialist Lead for Diabetes and Chronic Disease Management, is joined by Jennifer Michaud, North East LHIN Chronic Disease and Primary Care Officer.*

### Background:

- Dr. Varghese is the Medical Director of the Complex Diabetes Program and the Bariatric Program, in Health Sciences North's Sudbury Outpatient Centre. During his time at the hospital he has developed the inpatient insulin protocol for patients at HSN. He is also involved in teaching students from the Northern Ontario Medical School and regularly gives talks to family physicians, nurses and pharmacists throughout the north. In addition, Dr. Varghese has devoted himself to numerous research projects.
- Dr. Varghese joins the North East LHIN's team of Health Care leads including Dr. Alan McLean, Primary Care Lead, Dr. Andy Caruso, Emergency Department Lead, and Dr. Derek Manchuk, Critical Care Lead.
- In Northeastern Ontario, 25 (21 adult and 4 pediatric) Diabetes Education Programs previously managed by the Northern Diabetes Health Network were transitioned to the North East LHIN in December, 2012.
- The 21 adult Diabetes Education Programs are located throughout the region within hospitals, Community Health Centres, and community agencies. The 4 pediatric Diabetes Education Programs are located at Health Sciences North in Sudbury, North Bay Regional Health Centre, the Group Health Centre in Sault Ste. Marie and VON's Porcupine Diabetes Information Services in Timmins.
- The expertise of the Diabetes Education Program staff is also made available to surrounding locales via outreach (in person and using the Ontario Telemedicine Network) to ensure equitable access for residents of remote and isolated communities in NE Ontario.
- Education is essential in the management of diabetes. People living with diabetes are encouraged to take an active role in the day-to-day management of their own health care. Diabetes Education Programs staffed by Certified Diabetes Educators provide the information, knowledge and skills needed to support self-management of diabetes. People living with diabetes are encouraged to attend group or one-on-one sessions at the onset of their illness, during transitions or changes (i.e. going on new medications) or anytime to refresh their knowledge about how best to self-manage and get additional support.

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