



## TREATMENT | CLINICAL RESEARCH

**Project: Helping couples communicate better: Does this help persons with type 2 diabetes respond better to a step count prescription?**

**Through donor support, Dr. Kaberi Dasgupta, Professor of Medicine at McGill University and Director of the Centre for Outcomes Research and Evaluation at the Research Institute of the McGill University Health Centre, is determining if helping couples communicate better helps people manage their diabetes.**

In healthy individuals, blood sugars are controlled by a hormone called insulin, which lowers blood sugar levels. For people with type 2 diabetes, they can no longer produce or use enough insulin to control their blood sugars, which can lead to health complications such as nerve damage, sight loss, heart disease, kidney failure, anxiety, amputations, and even death.

Being active can help improve health through better blood sugar control for people with type 2 diabetes. A “step prescription” is one way to help people set and meet physical activity targets.

Between doctor’s visits, a person’s partner can play a key role in supporting a person with diabetes’ increased activity levels.

Dr. Dasgupta is studying the impact of couples being physically active together to help manage one partner’s type 2 diabetes.

**By encouraging couples to communicate better and exercise more together, she hopes partners with type 2 diabetes can better manage their blood sugar levels.**