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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**South African Cookbook for Diabetes and Insulin Resistance 1**

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.

From left to right: Fahiul Josepha Fischer, Sr Lanele Mthimkhulu, Dr Daniela Tupy, podiatrist, Helen Versfeld.
Statistics show that the incidence of diabetes among South Africans is growing at an alarming rate. 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...