

A Journey of Type 2 Diabetes Remission



A graphic novel

A bit about these comics....

There is evidence that Type 2 Diabetes (T2D) remission is possible; however, achieving T2D remission in real-world settings is poorly understood, and conversations can often involve shame and stigma.

With our interdisciplinary team including researchers, healthcare professionals, decision makers, and persons with lived or living experience with T2D, we are working to increase T2D remission awareness, and increase the uptake and exchange of current evidence regarding T2D remission strategies. **These comics are one such tool to share new research on T2D remission and tell a story of achieving remission in the real world.**

Who is this for?

These comics are meant for everyone! Anyone who wants to learn more about T2D remission can read these comics. We hope anyone living with T2D may resonate with the emotions, challenges, and success of the main character in **this story as she journeys through the stages of change and works toward T2D remission.**

Who created these comics?

These comics were illustrated by Jing Yi Xie (undergraduate student at McMaster University) and the script was co-developed with Donna Fitzpatrick-Lewis (patient partner), Mark Ewer (patient partner), Jing Yi Xie (student), Diana Sherifali (Professor and RN CDE at McMaster University), and Megan Racey (Research Coordinator at McMaster University). Through a process of drafting, editing, revising, and discussing, our patient partners / persons with lived experience and researchers involved in this project worked together to create the story and develop the illustrations.

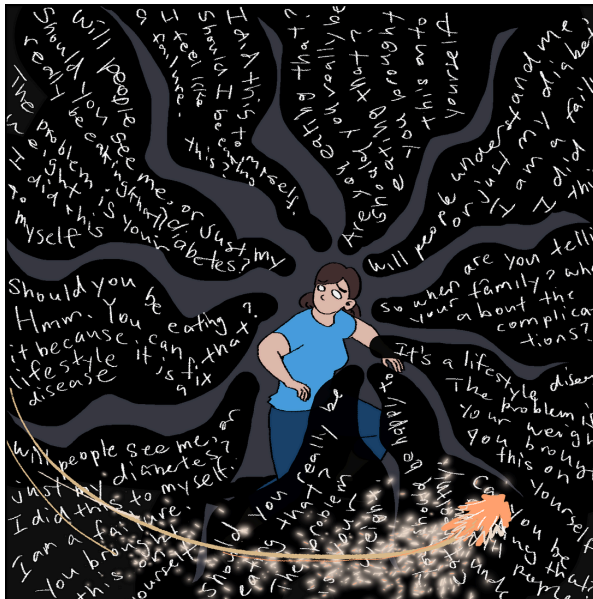
To Learn More:

Scan the QR code for more resources and information about T2D remission and to read the [published journal article](#) that supported the evidence for this work.



Stage 1 of Change: Pre-contemplation

Pre-contemplation is a stage where you aren't even considering changing behaviours. You might not be aware of the need to change, or your beliefs don't align with change at that moment. For example: You have been advised to get more active, but don't believe it is necessary as you are on your feet all day at work.





It's not my fault.

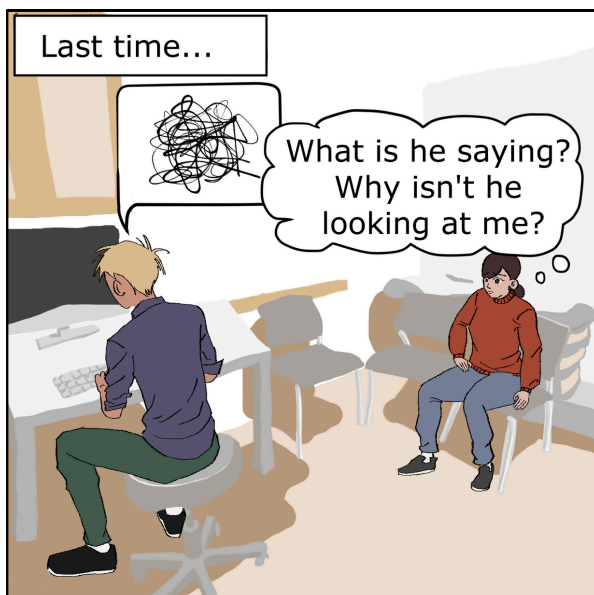


I am doing a good job.

Stage 2 of Change: Contemplation

In the **contemplation** stage, you might be considering the benefits of making a change and its impact on your life. You haven't made any plans but are considering whether the change is possible for you. You haven't made a commitment yet, but you might be exploring options and collecting information on the behaviour you're thinking about. For example: Starting to consider the pros and cons of cooking ahead for the week and looking into different recipes that you might include.

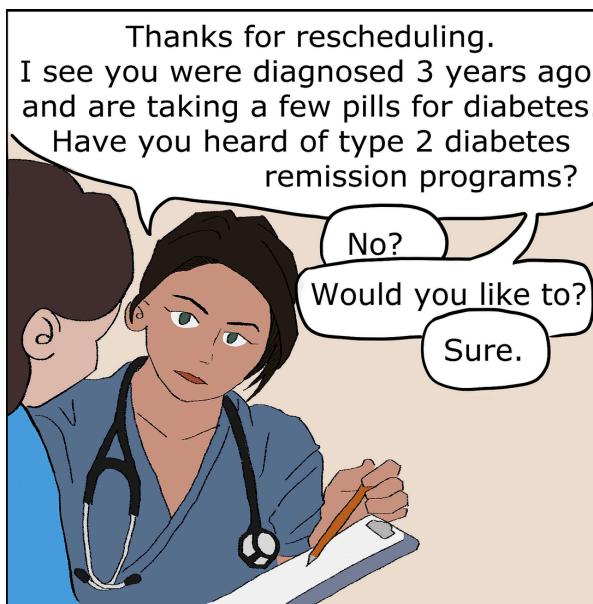


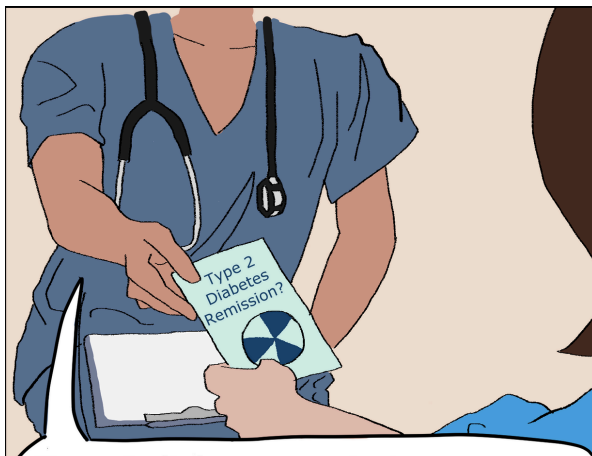




Stage 3 of Change: Preparation

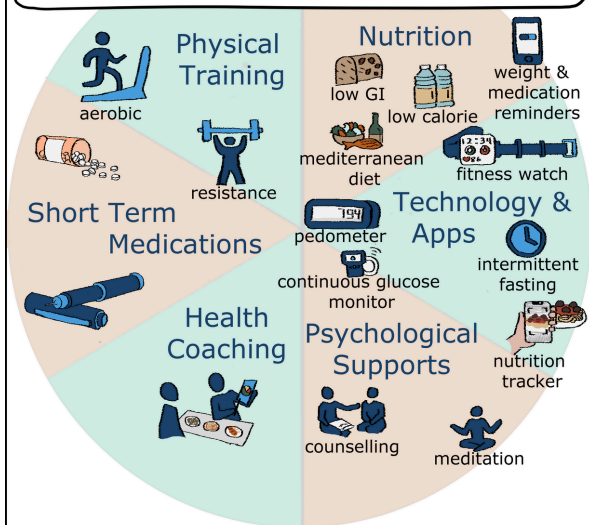
In **preparation**, you are actively preparing to make a change. You are setting up a routine, goals, environment, and acquiring the tools and skills that you would need to do that behaviour soon. For example: You want to increase your walking in the winter season and prepare to buy Nordic walking sticks.





Type 2 diabetes remission programs can help your blood sugar levels return to normal levels without the need for diabetes medications.

A menu of strategies can be chosen from.





Stage 4 of Change: Action

In the **action** stage, you are actively doing that behaviour for approximately 6 months or less. Actively doing the behaviour also means you keeping up with your routine and environment to keep that behaviour going. For example: You are in a comfortable routine with cooking meals for the week every Sunday afternoon.







Stage 5 of Change: Maintenance

The **maintenance** stage is reached when you are sustaining behaviour for more than 6 months. You continue to adapt your skills, goals, routine, and environment to maintain your behaviour. For example: You have maintained your sleep routine and environment and are able to adapt your sleep routine to the seasons, changing work routines, and travel.



Those pastries still smell nice.
But fresh produce feels better these days.



My support group is a good friend + wifi



I hear you are aiming for
type 2 diabetes remission
just like me! So glad to
have someone who understands
the challenges.

And on this journey, I'm enjoying myself
and making the best choices for me.



I can keep going.



I am doing a good job.

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To learn more about T2D remission, talk to your healthcare provider.

Scan the QR codes for more [resources](#) and [information](#) about T2D remission and to read the [published journal article](#) that supported the evidence for this work.



For questions about the grant or research on T2D remission, please contact:

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Note that this resource is for educational purposes only and is not medical advice.

