

Thomas Wolever

Associate Editor at Diabetes Canada

Toronto, ON, CA

Dr. Wolever's research concerns the role of dietary carbohydrates in human nutrition and metabolism.

Dr. Wolever obtained his medical degree from Oxford University, England in 1980. During this time he became interested in the potential role of dietary fiber to prevent and treat chronic diseases such as heart disease, cancer and diabetes. He took a year off from his medical studies to do an MSc on the effects of dietary fiber on blood glucose responses under the supervision of Dr. David Jenkins. As part of his MSc research, he helped design and conduct the first study showing that the ability of fiber to reduce blood glucose and insulin responses was related to its viscosity, and also the first successful study to use purified fiber supplements to treat diabetes mellitus. In addition, before completing medical school, Dr. Wolever was involved in the development of the Glycemic Index, playing a major role in the data analysis for the first paper on GI published in 1981. Dr. Wolever obtained his PhD in Nutritional Sciences from the University of Toronto in 1986, researching the validity of the GI concept. He obtained a Doctorate in Medicine from Oxford University in 1993. Dr. Wolever was first appointed to a faculty position in the Department of Nutritional Sciences, University of Toronto in 1986, and was promoted to full professor in 1998. He has been a member of the medical staff at St. Michael's Hospital in the Division of Endocrinology and Metabolism since 1987. From the beginning of his research career, Dr. Wolever has had a special interest in diabetes, and has been an active volunteer for the Canadian Diabetes Association for many years. He has served as a member of the National Nutrition Committee from 1984-87 and its Chair from 1996-2000. He also sat on the Grants Committee from 1995-1999; on the Council of the Clinical & Scientific Section from 1996-98; on the Planning Committee for CDA Professional Conference in 1998; and on the committee for the Revision of clinical practice guidelines in 1997-98 and again in 2002-03. He was also a member of the Personal Awards Committee from 2000-2005. Dr. Wolever was an expert consultant and appointed Rapporteur for the FAO/WHO Expert Consultation on Carbohydrates held in Rome in 1997.

Training and Development, Education/Learning, Program Development, Public Policy, Research

Glycemic Index, Diabetes, Nutrition, Cardiovascular Disease, Insulin Resistance, Obesity, Hyperlipidemia

University of Toronto, Department of Nutritional Sciences : Professor, St. Michael's Hospital, Division of Endocrinology and Metabolism : Active Medical Staff, Centre for Addiction and Mental Health, University of Toronto : Consulting Physician, Glycemic Index Laboratories : President

Oxford University

D.M. Medicine

University of Toronto

Ph.D. Nutritional Sciences

Oxford University
M.A. Physiology

Oxford University Clinical Medical School
B.M., B.Ch. Medicine

University Laboratory of Physiology
M.Sc. Physiology

Oxford University
B.A. Physiology

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