

November is **Diabetes Awareness Month!** There are two main types of diabetes. Type 2 is the most common, is treated with lifestyle changes, and can be overcome. On the other hand, type 1 diabetes (T1D) is an incurable autoimmune disease. It strikes without warning at any age, most often in childhood. T1D is the result of the pancreas not working normally; it stops producing insulin, a hormone that enables you to get energy from food. People living with T1D must take multiple daily injections of insulin (and test their blood) in order to survive.

The **Charles H. Best Diabetes Centre** is a charitable organization that currently supports over 400 children and 2,000 adults living with T1D, most are from Durham Region. They help patients by providing healthcare education and support that is necessary for this life-changing disease.

**DID YOU
KNOW?**

1. There is no known cause and no cure for type 1 diabetes.
2. Children do not grow out of it.
3. Over 300 factors can affect blood sugar levels every day.
4. Living with T1D requires blood sugar testing by poking fingers (by needle prick) at least 4 times per day.
5. Carbohydrates in all the food they eat must be counted to calculate correct insulin dosages for injection.
6. Life-saving insulin injections must be given 6-8 times each day.

By donating a toonie to The Charles H. Best Diabetes Centre, you are helping someone in your community who lives with type 1 diabetes.

Thank you for your support!

