

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 T1D.
2. Children do not grow out of it.
3. Over 300 factors can affect blood sugar levels every day.
4. People living with T1D must test blood sugar levels by needle prick up to 6 times per day or with a sensor that is attached to their body.
5. Any food that has carbohydrates must be counted to calculate correct insulin dosages for injection.
6. Life-saving insulin must be given 4-6 times per day by injection or continuously by automated insulin pump.

HOW TO HELP?





TOONIE FOR T1D

November 14th is World Diabetes Day!

Collect \$2 donations at school, from friends and family or at work!

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!