



The Charles H. Best Diabetes Centre

"Keeping children, youth & adults with type 1 diabetes healthy until a cure is found"

WORLD DIABETES DAY

Did you know that November is [National Diabetes Awareness Month](#)? There are two main types of diabetes. Type 2 is the most common and can usually be controlled by diet and exercise. Type 1 Diabetes accounts for approximately 10% of the diabetes population and is an auto-immune disease that strikes without warning at any age. It occurs when a person's pancreas stops producing insulin, a hormone that enables you to get energy from food. Without multiple daily injections of insulin those [living with Type 1 Diabetes would not survive](#).

The [Charles H. Best Diabetes Centre](#) is a charitable organization that currently supports over 400 children and 1,000 adults with Type 1 Diabetes in the Durham region, by providing the valuable education and support necessary to manage this life-changing disease.

DID YOU KNOW?

- There is no known cause and no cure for Type 1 Diabetes.
- Children do not "grow out of it".
- Over 300 factors can affect a person's blood sugars each day.
- A person with Type 1 Diabetes will test their blood sugars by poking their fingers at least 4-6 times each day.
- They must count each carbohydrate in the food they eat to calculate their correct insulin dosage.
- Life-saving insulin injections must be given 6-8 times each day.

That's over 5,400 needles each year... every year... FOR LIFE!



By donating a loonie or a toonie to the Charles H Best Diabetes Centre, you can help support someone in your community living with Type 1 Diabetes.

Your spare change can change lives. Thank you for your support!

Please tape your toonie here...

