



What is Diabetes?

Diabetes is a chronic, debilitating disease affecting every organ system. There are two major types of diabetes: type 1 and type 2.

Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. Type 1 diabetes strikes children and adults suddenly, but lasts a lifetime. Just to survive, people with type 1 diabetes must take multiple injections of insulin daily or continually infuse insulin through a pump.

Type 2 diabetes is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively. Type 2 diabetes is usually diagnosed in adulthood and does not always require insulin injections. However, increased obesity has led to a recent rise in cases of type 2 diabetes in children and young adults.

Taking insulin does not cure any type of diabetes, nor does it prevent the possibility of the disease's devastating effects: kidney failure, blindness, nerve

damage, amputation, heart attack, stroke, and pregnancy complications.

The Scope of Diabetes

- More than 3 million Canadians have some form of diabetes.
- Over 300,000 Canadian children and adults live with type 1 diabetes. The number of people living with type 1 diabetes is increasing by three to five per cent annually, the greatest rise is in children five to nine years of age.
- Globally, every ten seconds two people develop diabetes.
- Canada has the sixth highest incidence rate of type 1 diabetes in children 14 years of age or younger in the world.
- Diabetes currently affects 285 million people worldwide, and is expected to affect 435 million by 2030.

The Cost of Diabetes

- Diabetes is one of the costliest chronic diseases.
- Diabetes and its complications cost the Canadian economy more than \$17.4 billion a year.

The Harm Caused by Diabetes

Damage to Many Organ Systems: Diabetes is the leading cause of kidney failure, adult blindness, and non-traumatic amputations. It is also a leading cause of nerve damage.

Increased Heart Disease Risk: People with diabetes are two-to-four times more likely to have a heart attack or stroke than people without the disease.

Shortened Life: Life expectancy for people with diabetes has historically been shortened by an average of seven to 10 years, and the risk of death for people with diabetes is about double that of people of similar age without diabetes.