

## SPONSOR CONTENT

# Type 1 diabetes



Olympic swimmer Barbara Jardin shares her experiences of living with T1D as JDRF's national ambassador to create awareness on World Diabetes Day. SUPPLIED

## 'Don't let T1D hold you back from realizing your dreams'

Imagine receiving a diagnosis that could put an end to the dream you've had since childhood. Imagine finding out that you have a disease that would – for the rest of your life – limit your chance of succeeding in the field you've made a name for yourself. That's what being diagnosed with type 1 diabetes (T1D) felt like for Barbara Jardin, a competitive swimmer who narrowly missed a spot on the podium at the 2012 Summer Olympics in London (she finished 10th in the 200-metre

"After living with T1D for a few months, I knew that training would actually help me manage my diabetes. I went back to swimming."

**Barbara Jardin** is an Olympic swimmer living with type 1 diabetes

individual freestyle and fourth as a member of the Canadian team in the 4x200-metre freestyle relay).

Jardin – who has no history of diabetes in her family – had sought medical help after feeling weak and tired, becoming easily dehydrated and experiencing problems with her vision. Recalling her visit to the hospital in September 2014, the 24-year-old says, "I was shocked to learn I had diabetes. I thought my swimming career was over."

She stopped training, yet giving up the dream she's had since she was 11 – to represent Canada at the Rio Olympics in 2016 – wasn't easy. And Jardin realized it wasn't even necessary. "After living with T1D for a few months, I knew that training would actually help me manage my diabetes," she says. "I went back to swimming."

Jardin, who first made the Olympic team at age 17, knows how demanding the training to qualify for the team is. T1D – an autoimmune disease that leaves a person insulin-dependent for life – makes it even more challenging.

At times, she struggles with the extra demands of living with T1D. "There are days when I want to cry, days when I'm exhausted and want to throw my insulin pump at the wall," she says. Yet overall, she feels she is successfully managing her diabetes. "I have a great support team and JDRF is there for me as well," says Jardin. JDRF is an organization dedicated to T1D research funding and advocacy. Dave Prowten, Canada's president and CEO of JDRF, understands that a T1D diagnosis changes someone's life forever. "Every day, many times a day, you have to check your blood glucose. Typically that involves poking your finger, testing that and determining how much insulin you need," he explains.

"It's important to keep blood glucose levels stable and counteract highs and lows," says Prowten. "There are many serious consequences that can come from not managing the disease properly."

For Jardin, living with T1D means stringently monitoring her blood glucose levels to determine how much insulin she needs to administer. "Since I train, I have to poke myself at least 10 times a day to see what my glucose level is," she says, adding that there are many factors that can cause spikes in blood glucose – different types of workouts, for example, or even stress.

Prowten says that while JDRF is committed to helping the many people with T1D live better lives and avoid complications related to the disease, the organization's ultimate goal is to find a cure through accelerating the most promising research in the field.

Individuals like Jardin are examples of how people with T1D can lead full and active lives and succeed in the areas they are passionate about through carefully managing their diabetes, says Prowten. "Barbara is an inspiration for everyone," he adds.

And Jardin is determined to "train her hardest" to fulfill her dream.

This content was produced by Randall Anthony Communications, in partnership with The Globe and Mail's advertising department. The Globe's editorial department was not involved in its creation.

In addition to getting ready for next spring's Olympic qualifying trials, Jardin is busy as JDRF's national ambassador to bring the stories of Canadians living with T1D to the attention of the public during Diabetes Awareness Month this November.

"The campaign has the slogan 'T1D looks like me,'" she says. "There are many people living with T1D day in and day out. While it's hard and you want to be mentally prepared for anything, I would tell them, 'Stay positive and don't let T1D hold you back from realizing your dreams.'"

### WORLD DIABETES DAY



Many landmark buildings around the world – CN Tower in Toronto among them – participate in World Diabetes Day by glowing blue.

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### DO YOU HAVE PLANS FOR NOVEMBER 14?

JDRF invites you to participate in World Diabetes Day by joining regional chapters across Canada to help build awareness about type 1 diabetes (T1D).

JDRF is the largest charitable funder and advocate for T1D research, with the mission to find a cure for diabetes and its complications. "With our 'T1D looks like me' campaign, we want to spark conversations about what T1D looks like," says Dave Prowten, president and CEO, JDRF Canada. "We want to engage all Canadians to share the stories of individuals who have remarkable journeys and have overcome barriers in their lives."

JDRF invites people to share inspiring stories and photos on social media (with the hashtag #T1Dlookslikeme). And homeowners can brighten their homes with lights that are blue – the colour of World Diabetes Day.

"In addition to creating awareness, 'T1D looks like me' is also a fundraising campaign," says Prowten, adding that JDRF is committed to improving the lives of people affected by T1D by accelerating progress on the most promising opportunities for curing, better treating and preventing the disease.

Through local chapters, volunteers, staff and corporate partnerships in over 100 locations worldwide, JDRF offers a diverse support network, outreach programs, advocacy initiatives and innovative fundraising programs.

"We have made a tremendous jump in diabetes research but much work still needs to be done," says Prowten, who suggests checking out [jdrf.ca](http://jdrf.ca) for more ideas on how to support JDRF and World Diabetes Day.

More information at [jdrf.ca](http://jdrf.ca).

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### IMPACT

## Finding a cure and improving lives

More than 300,000 Canadian children, adolescents and adults live with type 1 diabetes (T1D), and this number is increasing by three to five per cent annually. T1D is a non-preventable autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells of the pancreas. It can strike children and adults suddenly, at any age.

"Managing T1D is a daily challenge. This disease is with you for life, and the obstacles that come with it never take a break," says Dave Prowten, Canada's president and CEO of JDRF, an organization dedicated to T1D research funding and advocacy.

Prowten explains that when JDRF decides to invest in health research, it does so based on the merits of research, the quality of the science and the potential of the results to improve the lives and health of people with T1D.

"Canada has long played a leadership role in T1D research, right from the

"We are working to accelerate the research and discoveries, and our corporate partners are really important. Bayer is a great example of how they help us raise awareness and improve the lives of people with T1D."

**Dave Prowten** is Canada's president and CEO of JDRF

discovery of insulin by Sir Frederick Banting and Dr. Charles Best," he says. "Insulin is saving lives every day."

Decades of research have led to an understanding of T1D that has prompted a number of potentially life-changing therapies – such as new smart insulins, stem cell therapies, diabetes vaccines, drugs that help restore the body's insulin-producing beta cells and an artificial pancreas – with a few already moving from laboratories into clinics.

"Our search for the cure has accelerated at an impressive pace," says Prowten. While finding a cure is a top priority, JDRF is also committed to reducing the burden of living with the disease by improving glucose control with drugs and devices, and Prowten says partnerships play an important role for reaching those goals.

One of JDRF's partners is Bayer Diabetes Care – a leading manufacturer of diabetes monitoring systems.

Bayer is a long-time JDRF Canada supporter. Since the beginning of that partnership in 1998, Bayer has donated more than \$600,000 to JDRF Canada. Bayer employees regularly participate in the TELUS Walk, raising funds for JDRF research. Bayer also partnered to sponsor JDRF Canada's Diabetes Research Symposiums for many years. In addition, the company supports JDRF international affiliates through the JDRF One Walk, as well as gala and community engagement programs.

JDRF research efforts have helped to significantly improve the care of people living with this disease and have expanded the critical scientific understanding of T1D, says Prowten. "We are working to accelerate the research and discoveries, and our corporate partners are really important. Bayer is a great example of how they help us raise awareness and improve the lives of people with T1D."

"My biggest hurdle is the one you can't see."

Gregory MacNeill, Hurdler Type 1 Diabetes

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