



October 2019

Editorial



The first time

This year, as with every new year, a new adventure has begun with ups and downs for many families whose children have been newly diagnosed with Type 1 diabetes. And then came the start of the school year and a major challenge along with it: having to entrust the health and care of your child to strangers. A terrifying prospect.

Full of first times! For the child and the parents.

Just let it go. Move forward without fear. Embrace a new environment. Explore new horizons and build a place for yourself with confidence. Learn to accept your difference and be accepted by your peers. Quite a challenge.

What you need to know is that, diabetic or not, we all experience firsts at every stage of our lives. New school, new job, new neighbourhood, new relationship, and sometimes even a new country. Certainly, the difference is apparent, in the omnipresent and vital care, but once this reality has been well integrated into daily life, we are all the new kids, wherever we go. You need to know how to make room for letting go and how to trust in life's journey.

With this in mind, we would like to wish our families a happy fall.

This month's news

Candies that are good for the cause

Once again, members of the **Regina Assumpta** College Youth Leaders Committee voted for *Fred* as part of their entrepreneurial social impact project. Twelve hand-wrapped candy sales took place over lunchtime in order to raise awareness of *Fred's* mission.

The choice of candy is not insignificant. It is there to remind of young people with diabetes and their need to control their blood sugar levels at all times, hence making a lasting impression.

An amount of **\$300** was given to *Fred*.

What a nice example of involvement. Thank you from the bottom of our hearts to these young leaders who have chosen to support *Fred* again this year.



Info-Diabetes

Nasal glucagon finally approved by Health Canada

Hot off the presses: Ready-to-use glucagon has finally been approved in Canada. It comes in the form of a single-use nasal spray. It is recommended for severe hypoglycemia when the person with diabetes is unable to swallow sugar. It will be marketed under the name **BAQSIMI** and should be available on the market in the coming weeks.

Glucagon used to only exist in injectable form and required dilution prior to administration, which limited the number of people authorized to administer it.



Ready-to-use glucagon will soon be available: What difference does it make?

In a few weeks, ready-to-use glucagon will be on the market. This is great news in more than one respect. This product could save lives. Simplifying use is priceless. On the other hand, knowing that this is a product administered in critical cases, this news is also able to remove some apprehensions, especially when it comes to taking care of a child with diabetes, or even to allow better integration into groups in the same way as the ubiquitous Epipen.

But above all, the fact that this product is available in a ready-to-use format makes a change from a legal point of view by increasing the number of people authorized to administer it, as in the case of a child with diabetes at school.



In fact, Section 39.8 of the Professional Code allows non-healthcare professionals in schools to administer prescribed and ready-to-use medications. As long as Glucagon had to be prepared for use, no one, except for healthcare professionals, was allowed to administer it. The child would remain dependent on emergency services and the school's ability to reach his parents quickly. Once glucagon becomes ready for administration and is in the emergency kit, school staff should administer it if necessary, under section 2 of the Charter of Human Rights and Freedoms, which states that every person has an obligation to assist any human being whose life is in danger. The scope of licensing of nasal glucagon therefore has, in addition to its clinical importance, a legal value.

[Find out more about nasal glucagon](#)

Visit our [Facebook](#) page and leave us a comment.

Do you know Fred's new friend?



Our children, our heroes □

This month, we are pleased to introduce Livia, a bright young girl, who has decided to participate in the Grand Défi Pierre Lavoie. She didn't let her diagnosis of type 1 diabetes stop her; she rose to the challenge with gusto.

Through her [Facebook page](#), she introduces her followers to what her daily life is like and to the passions and hopes of a young girl who feels good about herself. In doing so, she teaches us a lesson in courage, hope and tenacity, proving that we can always pursue our dreams, beyond diabetes and beyond ourselves.

[Watch the video](#)

Thanks to Sabrina Riendeau for sharing this inspirational story with us!
Please continue to introduce us to children (our heroes), who take us along their inspirational

Diabetes at school is on Fred's website



Visit Fred's website and discover our tools

Here it is!

A [whole section of Fred's website](#) is now entirely devoted to [what you need to know about diabetes in school](#).

We also offer some [tools](#) to help you in this essential step in the lives of your children and your own lives.

If you have any questions or if a topic you're concerned about is not addressed, please do not hesitate to [contact us](#).

Fred's activities



Will you join Fred's Halloween campaign?

Autumn has officially begun, and our Halloween piggy bank is getting a makeover so that in a few weeks, thousand of witches and fairies can wander the streets proudly wearing *Fred's* piggy bank around their necks.



A special THANK YOU to the Governing Boards and Principals, Teachers and Activity Committees for your commitment and support to children with type 1 diabetes.

And you?

Will you don your magician's cape or join our coven of witches to help us?

We need day, night and weekend volunteers. To lend a hand, contact us at info@diabetes-children.ca or call us at **514.731.9683**.

Fred's upcoming events

Coffee meetings with *Fred* become supper meetings

Thanks to the generosity of our partner, the Saint-Hubert Foundation (Fondation Saint-Hubert), you will be able to enjoy a free meal with other families who are having the same experiences as you.

Come and discuss your concerns and forge relationships with other parents and children. *Fred* and camp Carowanis are waiting for you.

Meeting:

Back by popular demand

Let's meet for supper



Date and location:
Wednesday, October 23, at 6:00 pm
Rôtisserie St-Hubert
2939, boul. St-Charles, Kirkland

Please register (advance is free!)
Please confirm your presence by telephone at 514-731-9822 or by email at info@diabete-enfants.ca

Hope to see you there!

The meal is graciously offered to you by St-Hubert Foundation



Wednesday, October 23rd at 6 pm
Rôtisserie St-Hubert
2939 boul. St-Charles, Kirkland

We are excited to meet you.

8th Professionals' Symposium
in Paediatric Diabetology 2019
November 14-15, 2019



New at the 8th Symposium of Paediatric Diabetes Professionals Pharmacists will be in attendance

Health professionals and specialists in paediatric diabetes, come and learn more on the latest approaches in treatment, follow-up and care.

Accredited training:

Collège Royal: 8 hours of continuous training

Order of pharmacists: 7 hours of continuous training

Hurry and [sign-up](#)

A reminder:

The symposium will take place on **November 14 and 15**, at the **Manoir des Sables** in Estrie.

Psst: Wear blue for the World Diabetes Day.

8^e Symposium des professionnels
en diabétologie pédiatrique



14 et 15 novembre 2019
Manoir des Sables, Orford

Pour vous inscrire
www.diabete-enfants.ca



Read the
program

Register

This would not be possible without you

We would like to send a special **THANK YOU** to all of our sponsors who have made the 18th edition of our Classique Golf-Vélo 2019 possible.

Thanks to you, many support and information activities will be carried out, not to mention many children will be going to Camp Carowanis next summer.

Thank you!



Also thank you to our partners

Medtronic
Further, Together

Fondation
StHübert M.C.T.M.



Do you have any questions about type 1 diabetes? Would you like to know more about certain topics? If there is a subject close to your heart that you would like to see addressed during one of our coffee meetings or during the Families' Symposium, contact us at info@diabetes-children.ca

Fred | www.diabetes-children.ca/

