



November 2020

Editorial



It's diabetes month : Let our young people with T1D have their say

The month of November, which is dedicated to diabetes awareness worldwide, awakens a range of feelings in our hearts: pride, sadness, a fighting spirit.

So many feats accomplished.

So much still needs to be done.

Thanks to visionaries, type 1 diabetes can now be treated. There are many technologies to better control it and research is making giant strides.

But what won't change is that children will remain children and a diagnosis of type 1 diabetes will remain heartbreaking.

While waiting for recovery, **Fred** is there to help children and their families move on and build a new life.

This month, we asked young people with diabetes to speak up and share their daily lives, their hopes and the obstacles that stand in their way.

Follow them on our [Facebook](#) et [Instagram](#) pages.

Join the movement and let's talk about diabetes!

Claire Rousse,
Executive Director

Info-Diabetes

Delaying the onset of type 1 diabetes: a promising first trial

A study by Professor Lucienne Chatenoud, from the Necker-Enfants Hospital, suggests that it would be possible to delay the onset of type 1 diabetes in



patients at high risk of developing it by a few months or even a few years, thanks to injections of monoclonal antibodies.

[Read more \(in French only\)](#)

When questioned, **Dr. Louis Geoffroy, M.D.**, explained that there have already been a multitude of promising trials to try to prevent type 1 diabetes, such as the elimination of bovine proteins in infants, the reduction of gluten exposure, the injection of microdoses of insulin as a preventive measure or drugs to prevent type 1 diabetes such as Nicotinamide.

Unfortunately, the dozen or so trials were not as successful as expected.

A year ago, new research came to light revealing that a monoclonal antibody directed against CD3 T-cells (Teplizumab) could prevent diabetes. T cells play an important role in the autoimmune cascade that eventually destroys the insulin-producing beta cells of the pancreas.

By stopping this cascade with these monoclonal antibodies, diabetes could be prevented.

This trial was conducted in humans in several countries, including Canada.

This relatively safe 14-day treatment delayed the onset of diabetes by 2 to 4 years. This is the first study that has been this promising in diabetes prevention! Attention! Diabetes is not prevented, but rather delayed.

Since this study included only 76 patients, this will likely need to be confirmed by a larger study.

However, this is still an important step forward.

Depression and diabetes

A study shows that young people with diabetes are one and a half times more likely to develop anxiety disorders and dark thoughts.

A study conducted by a team of researchers from McGill University, led by Dr. Meranda Nakhla, involving 3,544 people with diabetes and 1,388,397 people without diabetes, ages 15 to 25, revealed that the risk of developing anxiety and depressive disorders was significantly higher in people with diabetes (approximately one and a half times higher). The probability of attempting suicide is even greater (three times higher in young people with diabetes).

[Read the study](#)

Reaching out when hope wavers

Growing up with diabetes is not easy.

The burden of treatment, the risks, the feeling of being different from others, the feeling of injustice : Why me? Isolation, because we tell ourselves that no one can understand what we are going through or



how we feel. Vulnerability sets in and there is a real risk of developing anxiety disorders or even depression. It is therefore essential to be on the lookout for warning signs, to surround oneself well and to cultivate a sense of belonging in the community.

At **Fred**, like at **Camp Carowanis**, we focus on exchange, we encourage relationships through various activities and we help to build a large family for life. By making a variety of programs and resources available to youth, **Fred** helps them to live better with their diabetes and to not let their condition get in the way. If you are concerned or have any questions about this, please contact us at info@diabetes-children.ca. This Diabetes Month, let's open our hearts to these young people and **donate** to **Fred**.

Research and study side

Are you turning 18? Would you like to become a research hero?

A new study by the name of GET-IT is currently underway. It involves an educational group for young people, whose objective is to prepare young people with type 1 diabetes to approach adulthood more easily.

To participate, please contact Dr. Merenda Nakhla's team at **438.349.9762** or by email at get.it@gmail.com

**TU AS LE DIABÈTE DE TYPE 1 ?
TU AS PRESQUE 18 ANS ?
TU TRANSÈRES AUX SOINS ADULTES
BIENTÔT ?**

PARTICIPANTS RECHERCHÉS

COMPENSATION DE 60\$

Nous recherchons des ados (16 et 17 ans) qui désirent participer à une étude de recherche comparant deux approches éducationnelles sur la gestion du diabète.

Tu veux plus d'information?
Appel ou message texte: 438-349-9762
Courriel: get-it@mcgill.ca

Institut de recherche
Centre universitaire de santé McGill

Research Institute
McGill University
Health Centre

CIHR IRSC
Conseil canadien de la recherche en santé de Canada

CHU Sainte-Justine
Le centre hospitalier universitaire pédiatrique
Université de Montréal

Were you diagnosed a year or more ago and think that your life isn't the same anymore? Talk about it and help research

ADOLESCENTES ET ADOLESCENTS ATTEINTS DE MALADIE CHRONIQUE RECHERCHÉS

NOUS SOMES À LA RECHERCHE

DES ADOLESCENTES ET ADOLESCENTS ATTEINTS DE MALADIE CHRONIQUE (DIABÈTE, MALADIE CŒURONASCAIRE, ÉPILEPSIE, etc.) SONT RECHERCHÉS POUR PARTICIPER À NOTRE ÉTUDE DE RECHERCHE SUR LA GESTION DE LA MALADIE CHRONIQUE EN PÉRIODE DE TRANSITION À L'ADULTE.

LES PARTICIPANTS QUI PRÉFÈRENT PARTICIPER À L'ÉTUDE ONT QUELQUES QUESTIONS:

• Comment participer à l'étude?
• Où se déroule l'étude?
• Combien de temps dure l'étude?
• Quelles sont les exigences de l'étude?
• Quelles sont les compensations de l'étude?
• Comment contacter l'équipe de recherche?

LES PARTICIPANTS ET PARTICIPANTES

• Les participants et participantes doivent être âgés de 16 à 17 ans.
• Les participants et participantes doivent être atteints d'une maladie chronique depuis au moins un an.
• Les participants et participantes doivent être résidents de Montréal ou de la région métropolitaine de Montréal.
• Les participants et participantes doivent être capables de lire et d'écrire en français.

LES PARTICIPANTS ET PARTICIPANTES

• Les participants et participantes recevront une compensation financière de 60 \$ par semaine.
• Les participants et participantes recevront également une compensation financière de 100 \$ par semaine.
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The purpose of this study is to better understand what you are experiencing and the skills you are developing to deal with it.

To participate, simply contact:
allard-tremblay.jeanne@courrier.uqam.ca
or call 581.235.5910.

Have you been diagnosed and feel ready to learn how to manage your diabetes?



A project on self-care decision making in adolescents with type 1 diabetes in Quebec City is underway at Laval University. For more information and to register, click on the following link:

<https://www.powtoon.com/s/gl8kda8PaOE/1/m>

Join the movement #Tuesday I am giving to Fred



The year is coming to an end but the needs remain great. This is why, in the current context, Fred informs you that our foundation joins the Giving Tuesday movement as of December 1st. Think big! Join the **#TuesdayIamgivingtoFred** movement and contribute to building a strong and united community.

Tuesday I am giving to Fred



It's almost time for the holidays : Are you ready to fill children with diabetes' Christmas stockings with hope?

The holiday season is coming, and diagnoses continue to pour in, disrupting lives and turning the lives of children and their families upside down.

In these moments, Fred is there, filling in the gaps, supporting parents and children, creating opportunities for sharing and connection, and allowing youth to benefit from the learning and self-discovery they will experience at Camp Carowanis.

When you make your wish list, consider making a donation to Fred to help a child with diabetes regain a taste of being... just a kid.

Make a donation