



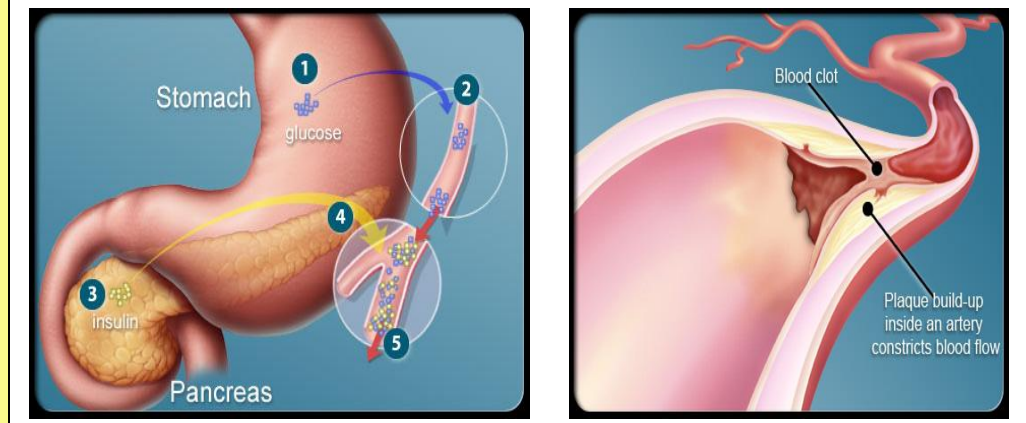
The Brave Kids Canada

What is Type 1 or Juvenile Diabetes? (A simplified explanation)

A healthy pancreas produces insulin, a hormone that the body uses to change glucose in the blood into energy. Glucose in the blood comes from the food & drink a person consumes. A person with type 1 diabetes doesn't produce any insulin. Without insulin, the glucose builds up in the blood, causing high blood sugar, or hyperglycemia. Type 1 diabetes often develops in children, adolescents, & young adults, so it's called as "**Juvenile diabetes.**" A life threatening illness. Serious Care & Control is the **ONLY** Cure.

How is your pancreas today?

I'll bet you haven't been asked that question today. However, as a diabetic I have learned a little about how important that quiet little organ that sits behind the stomach producing insulin is! This petite life-giving bioactive machine also churns out digestive enzymes and glycogens. The pancreas acts as a master juggler in this three ring circus. For a diabetic, endocrine disorders are the results when this organ malfunctions. This lens deals with the resulting insulin weight gain and insulin weight loss.



Obesity

Obesity is one of the number one risk factor for developing diabetes because fat cells do not absorb insulin as well as muscle cells do. Some scientists feel that because the pancreas has to work harder to pump increased levels of insulin into the blood to compensate for resistance, that the pancreas eventually wears itself out and can no longer keep up with the demand.

Insulin Weight Loss & Insulin Weight Gain



Insulin and Weight Insulin

Insulin has two critical roles in the body that we cannot live without, yet it can be the root of many health problems, including diabetes. Insulin carries sugar (glucose), fat and protein into your cells where they are used for energy and the repair of your cells. When you eat, a certain amount of the food will be converted into glucose and enter the bloodstream. As the sugar levels rise, the body senses it and the pancreas secretes insulin to lower the sugar.

If you eat too much of any food, especially carbohydrates (starch and sugar) the levels of glucose in the blood rise to very high levels. In turn this triggers a large release of insulin from the pancreas. Your cells will take what they need and then insulin will begin the process of converting the excess glucose, fat and protein into fat and then put it all away in your fat cells. By combining foods the right way for your body, you will maintain optimum levels of insulin throughout the day. The best way to control insulin and fight sugar cravings is to eat protein snacks when you are hungry or when you have severe "sweet" cravings. Also, try to limit yourself to three carbohydrate-containing meals per day and try to eat vegetables with most meals and snacks & **STOP** eating unhealthy food or drinks.



Warning Signs:

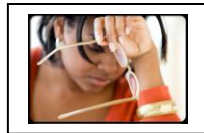
Thirst

One of the first symptoms of diabetes may be an increase in thirst. This is often accompanied by additional problems, including dry mouth, increased appetite.



Headaches

As blood sugar levels become more abnormal, additional symptoms may include headaches, blurred vision, and fatigue



Infections

In most cases, type 2 diabetes is not discovered until it takes a noticeable toll on health. One red flag is troubling infections, such as: Cuts or sores that are slow to heal.



Frequent yeast infections. Itchy skin, especially in the groin area.

Frequent Urination

Frequent urination – sometimes as often as every hour



Unusual weight loss or gain.

You may feel very quick weight loss or gain in days or weeks time.

Risk of Complications

High blood sugar levels over a number of years can cause serious damage to the body's organ systems. This damage may cause complications affecting the heart, nerves, kidneys, eyes, and other parts of the body. A number of studies, however, have proven that careful monitoring and control of blood sugar levels greatly reduces the threat of these complications.



Reality & Imagination.

Imagine a pain level of one vaccine short or a small needle penetrating in human body for fraction of a second & now compare this with the factual real pain, when **THE BRAVE KIDS** (ages from 6 months to teen) with type 1 Diabetes must puncher their small fingers and arms with needle 4160 times a year for blood glucose level test & to inject insulin in body (Fingers, thighs, tummy & other parts of body) **just to save their lives.** Parents have to perform all this themselves or monitor, all life before their own eyes. Through joint efforts of our members & with the help of our supporters / sponsors we try to share this pain and make life joyful for **THE BRAVE KIDS** to forget about all above pain & to live normal & better quality of life.

Insulin Needs

with type 1 diabetes can't produce their own insulin, they must put insulin into the blood stream through injections or an insulin pump. If people with type 1 diabetes inject too much insulin (or eat too little) they may have a hypoglycemic reaction. Hypoglycemia (low blood sugar) is the most common problem in children with diabetes. It can be very serious and requires **immediate action.**



Risk Factors You Can Control

Your habits and lifestyle can affect your odds of developing type 2 diabetes. Factors that boost your risk include: **Being overweight**, defined as a body mass index (BMI) over 25. **Abnormal cholesterol and blood fats**, such as good cholesterol (HDL) lower than 35 mg/dL or a triglyceride level over 250 mg/dL. **High blood pressure**, greater than 140 /90 in adults. **Sedentary lifestyle.**



Families in Canada & around the world need more awareness & support!

Diabetes in children usually is a surprise for parents and they don't know how & why it happened. This is a very serious and dangerous illness if not controlled.

There is no cure for this so far. Control & care is the only way to avoid possible future complications. Keeping all above factors a side, this is also a fact that treatment of this illness like many other serious illnesses is not cheap. It is very expensive.

According to our own practical study (2009 to 2011, in Ontario) an average cost to control this illness at minimum level is estimated to \$ 500 per month .Cost includes Insulin, syringes, test supplies only. (Special food, personal care, doctor/ hospital visits, periodic test/blood work, emergency and complicated related treatments and other expenses not included).

Risk Factors You Can't Control

Other risk factors are out of your control, including: **Race or ethnicity:** Hispanics, blacks, Native Americans, and Asians have a higher than average risk. **Family history of diabetes:** Having a parent or sibling with diabetes boosts your risk. **Age:** There is no minimum age limit or control over Type 1 Diabetes in children. Being 45 and older increases your risk of type 2 diabetes. The more risk factors you have, the greater your odds of developing type 1 or 2 diabetes.

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Juvenile Diabetes Care, Control & Cure Inc. CHARITY Reg. 840341051RR0001

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