



September 2020

Editorial



Hand in hand for the new school year

The back-to-school season is already here and, between the steps to be taken to ensure diabetes is monitored at school and the precautions against COVID, it will be no easy task.

For our families, for our children, we have decided to go back to school together, hand in hand, by taking many steps to make the process easier.

Hence, on August 19, we held a conference by [webinar](#), with Dr Geoffroy, pediatric endocrinologist, a school principal, a teacher, and a parent of a T1D child. The testimony of a student with type 1 diabetes was also presented.

Safety first and foremost

The COVID-19 pandemic along with the cabine shuffle have delayed the processing of some files. This will affect the coverage of some diabetes management materials by the Medicare Insurance of Quebec. This is the case for Baqsimi, also known as nasal Glucagon, which allows for the instant treatment of severe hypoglycemia with a simple puff.

That's why, true to his mission, **Fred** is taking steps to ensure that all families have access to diabetes management technologies so all children can go back to school safely.

Welcome back to school! ☀

Claire Rousse, Executive Director

News of the month



In a world where everything is turned upside down, one feeling is dear to our hearts in Quebec: solidarity. And it is in this spirit that **Fred** wishes to acknowledge the "Bien aller" company's gesture for its generous donations of masks.

On behalf of our families, thank you very much ☐

Every gesture counts for families affected by Type 1 diabetes.

News

Deconfinement, body image and eating out: With

the return to school, should we fear eating disorders?



With the beginning of adolescence, young people become more aware of their body image and their relationship to their bodies will change.

In some cases, we are talking about 3 to 4 % of the teens¹, the perception of their body image will lead the young person to develop eating disorders (anorexia, bulimia,...). In Canada, it is even one out of three young girls² who will develop eating disorders.

For young people with type 1 diabetes, the percentage affected by eating disorders rises to 40 %³. Young people start skipping meals, deliberately ignore feelings of fullness or hunger, or skip doses of insulin.

With confinement, meals were eaten with family and food intake and insulin injections remained somehow under control. With the return to school and meals taken outside, it will be important to be vigilant about how the teen experiences his condition in relation to his peers and to reassure him about his body image.

Do you have concerns? Don't hesitate to talk about it. Social support and sharing are very important.

¹ <https://www.futura-sciences.com/sante/dossiers/maladie-tout-savoir-anorexie-181/page/3/>

² <https://www.webmd.com/mental-health/eating-disorders/understanding-eating-disorders-teens#1>

³ <https://type1better.com/fr/prendre-soin-de-sa-sante-mentale-lorsquon-vit-avec-le-diabete-de-type-1/>

Info-Diabetes

The intestinal flora, an ally in the fight against diabetes

An organic compound secreted by the intestinal flora, the metabolite 4-Cresol, is believed to protect against type 1 and type 2 diabetes, by stimulating the growth of insulin-producing beta cells in the pancreas, according to a study published by researchers from McGill University, University of Kyoto and Inserm/Université de Paris. These results point to new therapeutic avenues.

[Read more](#)



ACTIVITIES

Good news: The deadline for the Scotiabank Challenge is extended

The weather is nice.

The heat wave is over. It's the perfect time to walk the streets and paths that border your neighborhood, while listening to your [Fred playlist](#). A great way to enjoy summer by getting back in



shape after months of confinement, while making a difference for children affected by Type 1 diabetes.

Who's in?

As a reminder

The Scotiabank challenge, which should have been held at the end of April, had to rethink its formula to comply with Public Health guidelines and offered a virtual version instead to offer to participants.

The virtual race must take place before September 21. The platform will allow you to

record your time and you will receive your shirt and medal by mail.

Have a good race!

Thank you for helping **Fred** 's children

[I want to register](#)

Our dinner meetings will resume in September



Ready to meet new families like yours?

It has been several months since families and children had been able to meet and get to know each other, thanks to **Fred's** dinner-meetings. We are happy to announce that, with the deconfinement, our meetings will resume to allow you to exchange with other families like yours close to your home.

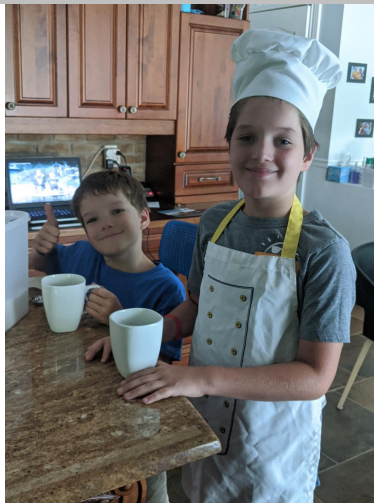
Watch our publications for further details.

From the camp side

Carowanis + : A winning formula



Feeling good next to a camp fire



Proud to be a chef



Nothing beats a homemade coffee!

In order to protect the health and safety of our campers,



we have developed a new formula to continue to support them this summer.

Our new **Carowanis +** program, which brought the great games and activities of the camp into your home, was a great success, bringing together young people from all regions of Quebec. In fact, the magic of Carowanis was felt throughout Quebec, and even in Ontario.

More than 40 campers have registered to the interactive program of Carowanis. For fourteen days, youth of the **Carowanis +** program were able to participate in typical camp activities: songs around the fire, overnight with popcorn, bugjuice and s'mores, square dances. They were even able to enjoy a banquet.



Our campers have also learned a few tips to better manage their diabetes. As a bonus, our head nurse Millimole revealed the secret recipe for our crackers.

Carowanis 2020 was full of challenges, but each of our campers was able to meet them brilliantly. By gaining autonomy, independence, self-confidence and, above all, a sense of belonging to the great Carowanis family, our campers proved to us that there is no limit to what they can accomplish.

See by yourself [their adventure and the smiling faces](#) of our campers.

Carowanis 2021, here we come!

We would like to take this opportunity to say a big THANK YOU to all our families who placed their trust in us and, remember that, in the big family of Camp Carowanis, we always stay **together, near and far**.

Camp Carowanis : Did you rent your tent?



It's hard to get away from Carowanis, even for a summer.

Why not spend your vacation there by simply renting a tent in this idyllic setting?

This is the solution found by several families who have been camping in recent weeks on the property on the shore of Lake Didi.

A simple way to reconnect with this magical place and rediscover the fun of camping.

Thank you to our big allies

metro

Super C

You have questions about Type 1 diabetes? You would like to know more about some aspects? A specific topic is dear to you



and you would like to see it covered at one of our dinner-meetings or at the T1D Discovery Corner?
Send us an email to info@diabetes-children.ca

Fred | www.diabetes-children.ca/

