

November 2021

## Editorial

Some discoveries mark history.

Others change it radically.

And in between, it takes a spirit, a team and effort to bring hope, to make life - everyday life - better, easier and richer.

This year, we celebrate a discovery that revolutionized medicine and changed the game for so many families - insulin. Thank you to physicians Frederick Banting and Charles Best under the leadership of John McLeod, and the brilliant biochemist who refined it, James Collip!

Thanks to them, a diagnosis of type 1 diabetes is now just a prelude to another routine dynamic.

But while they have written a new page in the lives of those affected by type 1 diabetes, there is still a long way to go and it is easier to do so when someone is there for you.

That's why [Fred](#) is staying by your side and our team now has two new members for a range of projects that will bring the best to your families.

Please join us in welcoming **Sandra Roussel**, Content and Social Media Specialist and **Kélyanne Labbé**, Events and Fundraising Coordinator who will be organizing a host of activities for our youth and their families. Together, let's celebrate the centenary of the discovery of insulin!

**Claire Rousse**

Executive Director

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**Diabetes, an invisible illness**

Can you identify those symptoms?

**Testimony**

Andréane Vanasse: Being a nurse with a type 1 diabetic

[Read more](#)

condition

[Read more](#)

## It is time to celebrate

Can you eat pastry puffs?

[Read more](#)

## Info-finances

Thank you for putting a smile on their face

[I help a diabetic child](#)

## Facts and figures about diabetes

### 100 years already

While type 1 diabetes has been around since the dawn of time, the last 100 years have revolutionized both the outcome and management of this condition.

### Facts about Type 1 diabetes today:

Each year, 78,000 children, aged 0-14 years, are diagnosed with type 1 diabetes worldwide.

In Canada, 40,000 children between the ages of 5 and 18 are living with type 1 diabetes.

In Quebec, 4,000 children have been diagnosed with type 1.

[World Diabetes Day](#) has been celebrated worldwide on **November 14** each year since 2007, in honor of Frederick Banting, whose birthday it is.

This year's theme is **access to care**.

To highlight the importance of this day, [Fred's](#) entire team will be wearing [blue in solidarity](#) with all diabetic children around the world who do not have access to diabetes care.

Will you join us?

## Important dates in the history of diabetes



63 years



47 years

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100 years



1921

## Discovering Insulin

In the summer of 1921, Dr. Frederick Banting, assisted by Dr. Charles Best, under the direction of physiologist John McLeod, isolated the internal secretion of the islets of Langerhan. The arrival of a talented biochemist, James Collip, made it possible to improve the pancreatic extracts and to purify them. Insulin has just been discovered.

[Read more](#)



## Insulin

January 11, 1922

1946

1982

Leonard Thompson,  
14 years old, 29 kg,  
receives 1st injection

NPH insulin, less  
restrictive, makes its  
appearance

The first human insulin is  
available on the market

# Technology

## The Seventies (1970s)

Portable glucose meters  
make diabetes  
management easier

1983

The first mini insulin pump is  
born

## Meanwhile, in Quebec

1958

### Camp Carowanis

A bilingual summer camp  
dedicated to diabetic  
children is born



1974

### Fred

Creation of a foundation  
dedicated to the well-being  
of children with diabetes and  
their families



## What does insulin mean to you?



Here are the testimonies of several young people who confide in us their perception of insulin and what it brings to their lives. Testimonies are in French only.

## Unveil an invisible illness



Can you identify these disorders of type 1 diabetes, through [the symptoms shown](#) ?

Visit our [webpage](#) [100 years of insulin through activities](#) and follow our publications on [TikTok](#), [Instagram](#) and [Facebook](#).

## 100 years of insulin from the perspective of the author of Agent Jean

To celebrate the 100th anniversary of the discovery of insulin, **Alex A.**, type 1 diabetic, and author of the popular comic book **Agent Jean**, shares his vision of history.

Follow the adventures of Dr. Medor and learn more about this epic.

[Read more](#) *(In French only)*





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The MiniMed 770G system is indicated for people living with Type 1 diabetes, ages 2 and over.  
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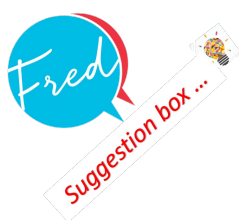
## A big THANK YOU

To mark the centenary of the discovery of insulin, Fred would like to thank all those who have graciously offered to help unveil this invisible disease:

A big THANK YOU to **Alex A.**, author of the famous **Agent Jean** comic series for his kind participation in our Special 100 Years of Insulin issue!

A big THANK YOU also goes out to the young and talented **Mylene Lachance**, **Paris** and her brother **Tristan Farago** for their kindness and great generosity.

Do you have questions about type 1 diabetes? Would you like to know more about certain topics? Is there a topic that is important to you and you would like to see it addressed?



Write to us at [info@diabetes-children.ca](mailto:info@diabetes-children.ca)



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