



FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES



February 2023

## Editorial

Happy New Year 2023 to all!

With the arrival of the new year comes a lot of change at Fred.

I am pleased to announce the appointment of **Janie Lépine-Bédard** as Assistant Executive Director for the Fred Foundation and **Nycolina Melano** as Events Coordinator. At Fred, programs for children, teens and families are of great importance. **Sylvia Mondestin** is responsible for the family programs and is developing the new Clan Fred and Escouade Fred programs for teens and **Chirine Selmi** is the administrative assistant to support the team. I am very happy to be working with them in their new roles and the Foundation is privileged to be able to count on their expertise and competence.

Speaking of new developments, Fred has organized a unique event for all families of T1D children; the T1D Discovery Quarter. You don't want to miss this gathering with conferences, activities and surprises.

Finally, the moment that hundreds of kids have been waiting for... Registration for Camp Carowanis is now open. With a great staff and fun activities, the summer of 2023 promises to be unforgettable!

But before we get to that summer, we need to get through the winter and enjoy the beautiful weather outside! Diabetes can be a challenge when playing winter sports. Cold weather and exercise can affect blood sugar levels. Fred is here to support you in this adjustment with the many tools available on his website.

Fred's team joins me in wishing you a happy new year in 2023, filled with health,

**Claire Rousse**

Executive Director

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## Living with type 1 diabetes during winter...



the summer?

Winter has finally arrived and with it, the cold. While it's the perfect time to enjoy the great outdoors and winter sports, there are still precautions to take with type 1 diabetes.

Did you know that the A1C of kids living with type 1 diabetes is, on average, higher in the winter than in

[To read more...](#)

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## The new Medtronic system : Minimed 780 !

# Medtronic

MiniMed™ 780G system  
with SmartGuard™ tech

A missed meal dose  
doesn't have to mean  
missing your target.<sup>1</sup>

Find out how



<sup>1</sup>MiniMed™ 780G System SSED refers to the SmartGuard™ feature. Individual results may vary. Some user interaction required.

Technology that enables more freedom, less worry

*“When you have a child with type 1, as a parent, you’re constantly worried”* It’s statement that echoes a fear shared by many families. Allison’s father Tom knows it all too well.

*“With my parents worrying less about my numbers, the MiniMed 780G system gives me more freedom to do what I want to do,”* says 14-year-old Allison, who started using the MiniMed 780G -system as part of a clinical trial.

[To read more...](#)

## Diagnosis of type 1 diabetes and COVID-19... is there a connection?

There is nothing new about type 1 diabetes occurring in the wake of a viral infection, whether it's coronavirus or another virus," said Dr. Melanie Henderson, a pediatric endocrinologist at CHU Sainte-





Justine.

In fact, we see a higher incidence [of type 1 diabetes] in the winter months in Canada when respiratory infections are more common," she explained.

[To read more...](#)

## *The human trial*, a documentary about a possible cure for type 1 diabetes...

In 2011, director Lisa Hepner and cinematographer Guy Mossman heard about a radical stem cell treatment for diabetes, a disease that kills more than five million people each year. Driven by a desire to cure Lisa of her own type 1 diabetes, the married couple secured unprecedented, real-time access to a clinical trial led by San Diego-based biotech company ViaCyte—only the sixth-ever embryonic stem cell trial in the world. What follows is an intimate journey with the patients and scientists who put themselves on the line to be first. In the world of biotech and medical research, there are no tidy solutions.



Behind every breakthrough are those who risk everything for everybody else. Watch the trailer for the gripping new documentary **THE HUMAN TRIAL** Now playing nationwide in virtual cinemas and in select theaters.

**Learn more at :**  
[thehumantrial.com](http://thehumantrial.com)

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## Our coffee meetings in the form of brunch... a success!



Fred held his first Brunch Meeting in Sherbrooke on October 30th.

Families had a chance to meet and discuss issues they have in common over a nice lunch. Children had the opportunity to meet other children who are also living with type 1 diabetes.

The brunch was paid in its entirety by Diabetes Estrie, once again, a





huge thank you for this wonderful collaboration!

"Events like last week's brunch not only provide more opportunities for children with diabetes to be together in their reality, but also to connect with friends they made at camp and discover new ones they hadn't had a chance to meet. It is also a wonderful opportunity for the families to meet and exchange. Thank you so much, we can't wait for the next event!"



Amélie Laroche, Mom of Nathan, 11 years old, T1D



### A lunch-meeting despite the storm

On January 29, 2023, 19 participants braved the storm to be with us. Many thanks to Diabète Laval for their collaboration in this lunch meeting. Our participants were able to learn about nutrition, the transition to the pump, and diabetes at school. It is by sharing tips and advice that we can help each other reduce the mental burden of T1D. It warms our hearts to allow you to get together and create beautiful memories.

When we talk about it,  
everything is better!



## 10th edition of the Professional's Symposium !



Fred presented its 10th edition of the Pediatric Diabetes Professionals Symposium on November 24 and 25, 2022 at the Esterel Resort. In collaboration with the CHU Ste-Justine Research Center and organized by Fred (The Diabetic Children's Resource Foundation), this event brought together about 100 pediatric diabetes professionals: physicians, nurses, psychologists, nutritionists and social workers.

Together, with a common goal of better care for our young diabetics, they took into account all aspects of family dynamics. It was a great opportunity to share experiences encountered in practice across Quebec.

Fred would like to thank the scientific committee chaired by Dr. Céline Huot for the elaborate program of the two day conference.

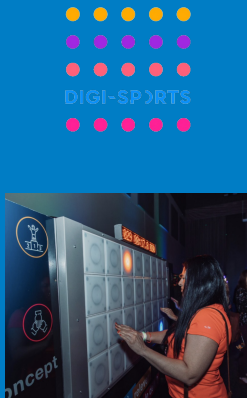
Topics this year included:

- Hybrid closed-loop insulin pumps
- Anxiety over the introduction of new technologies



- The use of HbA1c versus Time in Range (TIR)
- Year in Review
- Diabetes management in youth centers
- Drug use in adolescence and type 1 diabetes
- The impact of parental psychological issues on diabetes management (obsessiveness/compulsiveness and borderline personality disorder)
- Still other modes of eating: intuitive eating and intermittent fasting
- Clinical vignettes: what would you do?

This was a great opportunity to share experiences from practice across Quebec. Fred would like to thank the scientific committee chaired by Dr. Céline Huot for the elaborate program of the two day conference.



## The Holidays with Fred !

Presented by **Dexcom**



On December 4th, Fred's families gathered at Clip n' Climb in Brossard for Fred's holiday event.

The kids were able to push their limits while





the parents had the opportunity to share with each other.

A huge thank you to Dexcom who is always there for our families and made our event a success. Thank you also to Tandem Diabetes Care for their participation in bringing our young DT1's together. Thank you to Amylee Hamelin, Paramedic and type 1 diabetic, for presenting her job. It was a very inspiring conference for the families! Finally, thank you to our wonderful volunteers for being there again this year.



## Fred Squad's 1st match!

Fred has matched his first family with a trained Fred Squad member.

Fred's Squad is available to meet with a trained, Red Cross-certified babysitter who has undergone a short training course in managing a child's diabetes.

Apply to be paired with a Fred Squad designated guardian



## DT1 Discovery Corner

Foundation and Camp Carowanis are pleased to invite you to the first edition of the DT1 Discovery Quarter, an event that will bring together families, health care professionals and camp counsellors for conferences, workshops and a host of activities. The QDDT1 will take place on February 18th and 19th.

[To read more...](#)



Don't miss this event! Presented by

**Dexcom**

[Register for the QDDT1](#)

## Fred Clan's next event



**February 25, 2023,**  
Clan Fred will gather at Mount Royal for a day of outdoor fun.

Skating, snowshoeing, and sledding are on the agenda.

It's a chance to enjoy the winter and make memories between T1D teens aged 13 to 17.

**Plus, it's free!**

[Click here to sign up](#)

## The impact of FRED activities on our families living with type 1 diabetes...

*"I really appreciate meeting other parents of diabetic children. When the boys were diagnosed, it wasn't always easy to go through this alone (...) A dinner like this allows us to meet other people in the same reality as us, who may feel stressed to deal with their diabetes,*





*but everyone has the same challenge to manage."*

- Guillaume Charest, father of three, including two children living with type 1 diabetes.

**Register your child for Camp Carowanis now!**

**To consult the stays of summer 2023**

**Sign up for the information session**

**Registering my child for camp**



**Virtual tour of Camp Carowanis**



## Camp Carowanis is recruiting its fire team!



Looking for a summer job?

Join the Camp Carowanis team!

It's an opportunity to have a stimulating job that allows you to work in nature, with children, and as part of a dream team!



[See the various jobs](#)

## THANKS TO OUR GENEROUS DONORS

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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@diabete-enfants.ca](mailto:info@diabete-enfants.ca)



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