

# Diabetes *discovery*

Bringing you closer to  
the people whose lives  
you help change.

## One family's inspirational story of working together to overcome diabetes

It's not a story that you often hear. A family of four – mother, father and two daughters each diagnosed with diabetes and each working to overcome great obstacles of living with this devastating disease.

Meet the Goodeys – Donna, her husband Michael and daughters Candice and Tara. For the past 28 years, on top of working and raising a family, Donna and Michael have had the full time job of helping their daughters manage diabetes, while also managing their own.

Having two children diagnosed with type 1 diabetes at a young age, Michael having type 2 diabetes for more than 20 years, and Donna herself being diagnosed with type 2 in 2001, the Goodeys have had to face many challenges.

"There is a tremendous cost to keeping well," says Donna. "The food, the medication, the supplies... it's all very expensive." Living with diabetes can be a huge financial challenge and it can also have devastating health consequences.

Over the years, the family has faced numerous complications, including high blood pressure, eye problems and nerve damage. For Candice and Tara, who were diagnosed



We thank BOOST® Diabetic for underwriting the costs associated with the production of this newsletter.

*Story continued inside...*



Goodey family

**Thanks to your support,** the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while working to find a cure.

## What's inside:

Canadians speak up: *What a cure would mean to me...*

Research update: *Shedding light on the link between obesity and diabetes*

Tips to increase your fibre intake





Candice and Tara

in the mid-1980s at the ages of eight and nine respectively, growing up with diabetes has been especially hard. Candice has endured a number of complications and two years ago she had to undergo an emergency kidney and pancreas transplant to save her life.

The help the Goodeys received when dealing with the diagnoses inspired Donna to become a volunteer for the Canadian Diabetes Association. Over the past two decades, Donna has held a variety of positions with a regional branch of the Association, including that of secretary, president and regional director for Chilliwack and the Fraser Valley area. She also helped lobby the government to allow pharmacare to cover the cost of blood test strips.

Following in their mother's footsteps, Candice and Tara took part in counseling their peers and younger children on how to manage their diabetes. Today, both sisters are active in helping to raise funds for critical diabetes research. "I'm a product of Canadian Diabetes Association donations," says Candice. "It's important to donate to the Association so they can continue to fund researchers who are searching for a cure."

Despite the many obstacles of managing their diabetes, the Goodeys continue to persevere making them an inspiration to countless individuals affected by the disease. Last year, the Canadian Diabetes Association presented the Goodeys with the Kurt Kroesen National Inspiration Award for surpassing the odds to overcome diabetes and give back to their community.

## Goodey family gives back

Two decades ago, after learning that both their daughters have diabetes, Donna and Michael Goodey made a decision to make a gift of life insurance to the Canadian Diabetes Association. Their hope is that one day a cure will be found so that no other family will have to endure the constant burden of living with diabetes.

*"I can't think of a better gift than the possibility of a future without diabetes – for our daughters, our family, and for all the people affected by this disease."*

*– Donna Goodey*

## Benefits of Legacy Gifts

Legacy gifts are easy to arrange and can offer numerous benefits such as:

- Significant tax savings
- Enhanced control and flexibility in managing your personal finances and estate planning
- Peace of mind knowing your estate is arranged and you are leaving a meaningful legacy

For more information about legacy giving, please contact Lori Sussman, Senior Manager, Major and Legacy Gifts by telephone at 1-800-BANTING (226-8464) ext. 7121 or by email at [lori.sussman@diabetes.ca](mailto:lori.sussman@diabetes.ca), or visit [diabetes.ca/legacy](https://diabetes.ca/legacy).

Let a cure for diabetes be *your* legacy

# Reaching young people with the diabetes message



Alan Marks, 2009 Volunteer of the Year, presenting to Evelyn Linklater and Florence Highway, 2011 recipients of the Association's National Volunteer of the Year Award.

For people living in the remote and northern communities of Saskatchewan, finding information on diabetes is often difficult. But volunteers like Evelyn Linklater and Florence Highway are helping to change this.

Through the Association's Travelling Diabetes Resource Program, the two women visit First Nations communities to talk to the Aboriginal youth about diabetes prevention, in their native Cree language.

"Education is key to dispelling misconceptions about diabetes and changing people's attitudes about the disease," says Evelyn. It's thanks to Evelyn and Florence's combined dedication, knowledge and leadership with the First Nations culture that the Canadian Diabetes Association in Saskatchewan has been able to expand its reach and message of awareness.

As people managing their own diabetes very well themselves, Evelyn and Florence are able to explain to youth how lifestyle choices today can have an impact on their health tomorrow.

For Evelyn, who has lost three family members to diabetes-related complications, educating Aboriginal communities about the seriousness of diabetes is a cause close to her heart.

"Many young people that I speak to know very little about diabetes risks, prevention and the importance of living a healthy lifestyle," shares Evelyn. "If we can reach these young people with the right message now, we have the opportunity to help them make informed decisions and possibly prevent them from developing diabetes-related complications in the future."

Made possible thanks to generous donor support, the Travelling Diabetes Resource Program is just one of the many ways the Association engages Canadians in learning about healthy lifestyles.

*"Education is key to dispelling misconceptions about diabetes." - Evelyn Linklater*

*"I'm a product of Canadian Diabetes Association donations. It's important to donate to the Association so they can continue to fund researchers who are searching for a cure."*

*Candice Mikkelsen*

## Accountable to You

We know that donations are a demonstration of trust – trust that we'll use the very most of every dollar received to help Canadians with diabetes to live healthier lives, and to enable researchers in their quest to find a cure. By investing in the Association, you can be sure that your donation will be used wisely to help improve the lives of people living with diabetes in your community, while we work to find a cure.



Candice Mikkelsen

## Fibre is your friend

Not only does fibre increase the feeling of being full, it also helps to control blood glucose, manage blood pressure and reduce cholesterol. Fibre can play an important role in helping to regulate blood glucose for people with diabetes, yet many people don't get the recommended 25 – 50 grams of fibre that adults need every day.

### Tips to increase your fibre intake

- eat washed skins and seeds of vegetables and fruits
- choose “whole grain” bread, pasta, cereal, crackers and rice
- use whole grain flour in your homemade baked goods
- add barley, beans and lentils to soups and salads
- use rinsed canned beans, chickpeas in salads or in place of meat a few times every week
- add ground flax seeds to yogurt, cereal or homemade baked goods
- add a small handful of almonds or other nuts to a salad

**Note:** When increasing your fibre intake, be sure to do it slowly and drink plenty of fluids to avoid discomfort and gas.

## Canadians speak up to help raise awareness about diabetes



### Thank you for helping to make our *What Would a Cure Mean to You?* campaign a huge success!

During the course of the campaign, we saw an overwhelming number of inspiring messages, photos and videos pour in to our Facebook page. To help raise awareness about diabetes, Canadians from all over the country shared personal stories of how diabetes has touched their life and what a cure would mean to them and their loved ones.

One of these touching stories was from 24 year old Benjamin Lowrey. Diagnosed at just 12 years of age with type 1 diabetes, the Canadian Diabetes Association's Camp Huronda was one of the only places Ben felt like he could be a normal kid.

*"What would a cure mean to me? It would mean a life free from complications and doctor visits. It would mean less worry for my friends and family. A cure would mean everything."* – Benjamin Lowrey

We want to thank everyone for speaking up and making your voice heard!

**To read the winning comment that received the most votes visit**

**[www.facebook.com/CanadianDiabetesAssociation](http://www.facebook.com/CanadianDiabetesAssociation)**



# Leading-edge research



Dr. Gregory R. Steinberg

## Examining the **link** between **obesity** and **diabetes**

Thanks to the support of generous donors like you, Dr. Gregory R. Steinberg is leading an important research study that may help shed some light on the link between obesity and type 2 diabetes. It has been long known that obesity is one of the leading risk factors for developing diabetes, but why this is the case is not entirely clear.

With obesity, fat accumulates in muscle and the liver, and this contributes to insulin resistance. Dr. Steinberg is examining what causes this accumulation to happen and how it may be prevented. His critical research may lead to the development of new and better therapies to treat, manage and prevent type 2 diabetes.

## Your Gifts at Work

Every year, the Canadian Diabetes Association receives hundreds of research grant proposals from some of Canada's most renowned scientists and clinicians. Their work explores every imaginable avenue of diabetes research, from looking for ways to prevent the onset of diabetes and reverse its complications to searching out new treatments and drug therapies. Although the focus of these researchers are varied and unique, the objective of every study is the same – to improve the quality of life for people living with diabetes and to find a cure.

### Research Highlights

- There are currently 107 promising research initiatives underway across the country, any one of which could lead to a cure or offer new, innovative treatments.
- Last year, generous donor support funded \$6.8 million in promising research projects.
- Since 1975, the Canadian Diabetes Association has awarded more than \$100 million in research grants to scientists who have dedicated themselves to the fight against diabetes.

*Each research project is an important step in making progress toward a future without diabetes and would not be possible without your support.*

Visit [diabetes.ca/research](https://diabetes.ca/research) to find out more.

## Creamy Tomato Soup



### Ingredients

- 1 bottle (237 mL) BOOST® *Diabetic*, Vanilla
- 1 can (10 oz / 284 mL) condensed tomato soup
- ¼ cup (60 mL) water

### Preparation

Combine all ingredients in a saucepan. Heat until warm. Pour into bowls and serve.

Servings: 2

### Nutrition Facts

215 calories • 10 g protein  
• 3.5 g fat • 3 g fibre



For more recipes, visit [boostnutrition.ca](http://boostnutrition.ca)

## Chickpea Garden Green Salad

### Ingredients:

- 2 cups (500 mL) shredded lettuce
- 1-¼ cups (300 mL) rinsed & drained canned or cooked chickpeas
- ½ cup (125 mL) sliced celery
- ¼ cup (60 mL) chopped green bell pepper
- ¼ cup (60 mL) chopped sweet onion - Spanish or Vidalia
- 2 tbsp (30 mL) chopped fresh parsley
- 2 tbsp (30 mL) freshly squeezed lemon juice
- 2 tsp (10 mL) vegetable oil
- Pinch garlic powder
- Freshly ground black pepper
- 1/8 tsp (.5 mL) salt (or less)

### Preparation:

In a salad bowl, combine lettuce, chickpeas, celery, green pepper and onion.

In a small bowl, whisk together parsley, lemon juice, oil and garlic powder. Pour over salad and toss to coat. Season with pepper and up to 1/8 tsp salt.

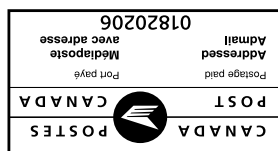
Servings: 4

### Nutrition Facts:

107 calories • 16 g carbohydrate • 3 g fiber • 4 g protein • 3 g fat

Recipe reprinted with permission from Canada's 250 Essential Diabetes Recipes, Edited by Sharon Zeiler, BSc, MBA, RD, published by Robert Rose Inc. 2011, [www.robertrose.ca](http://www.robertrose.ca).

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