



***FOR IMMEDIATE RELEASE***

**DIABETES SYMPOSIUM FOCUSES ON ENHANCING QUALITY OF LIFE**

**Kelowna, BC (May 2, 2007)** — A lifelong commitment to careful diabetes management is key to preventing or delaying the complications of this disease that currently affects more than two million Canadians and is expected to reach three million by the end of this decade. Leading a healthy lifestyle today to ensure an optimal quality of life tomorrow will be the focus of an educational symposium presented by the Kelowna Branch of the Canadian Diabetes Association, entitled “Diabetes Today – It’s Your Life!”

Highlights of the symposium include presentations on the relationship between diabetes, stress and emotional health, the role of nutritional supplementation in one’s diet, how heart disease and diabetes often go hand-in-hand, and the latest on diabetes research efforts.

The symposium takes place Saturday, May 26, from 9 a.m. to 3 p.m., at the Ramada Hotel & Conference Centre in Kelowna. Registration begins at 8 a.m. with an admission fee of \$15 which includes lunch and a morning nutrition break. Pre-registration is required by May 22 by calling 250-762-9447 or emailing [glenna.armstrong@diabetes.ca](mailto:glenna.armstrong@diabetes.ca).

“This symposium will stress the importance of looking after oneself and leading a healthy lifestyle to prevent or delay the complications of diabetes. For most people affected by diabetes, the majority of their care has to come from themselves. The symposium will help give them the tools and information they need to ensure a brighter, healthier future,” said Glenna Armstrong, Kelowna-based interior regional coordinator for the Canadian Diabetes Association Pacific Area.

Diabetes affects people of all ages and ethnic groups. Type 2 diabetes is on the rise due to a number of factors, including:

- Aging population;
- Rising obesity rates;
- Ethnic background (Aboriginal people are three-to-five times more likely than the general population to develop type 2 diabetes. People of Hispanic, Asian, South Asian or African descent are also at higher risk);
- Growing incidence of type 2 diabetes in children from high risk populations.

The Canadian Diabetes Association works to prevent diabetes and improve the quality of life for those affected, through research, education, service and advocacy. With a presence in more than 150 communities, the Canadian Diabetes Association’s strong network of assistance includes volunteers, employees, healthcare professionals and partners.





CANADIAN  
DIABETES  
ASSOCIATION

ASSOCIATION  
CANADIENNE  
DU DIABÈTE

**For more information, please contact:**

Tony Smithbower, Canadian Diabetes Association  
Tel. 604-732-1331, ext. 224

Michele Penz, Canadian Diabetes Association  
Tel. 778-888-2249