

***FOR IMMEDIATE RELEASE***

## **SYMPOSIUM HELPS PORT ALBERNI RESIDENTS TAKE CHARGE OF DIABETES**

**Port Alberni, BC (April 12, 2007)** — In light of the increasing prevalence of type 2 diabetes, many people still think it is “no big deal” and are unaware that diabetes is a serious disease that dramatically increases the risk of heart disease, among other complications. In fact, four out of five people with diabetes will die of heart disease. The Canadian Diabetes Association is here to help with an educational symposium, “Diabetes: What’s the big deal?”

This informative symposium will help Port Alberni residents affected by diabetes better manage their condition in order to live a long and healthy life.

“For people living with diabetes, staying on top of the latest information and resources is vital,” said Erin Lutz, branch coordinator for the Canadian Diabetes Association’s Vancouver Island region. “This symposium will offer essential and, potentially, life-changing diabetes information and resources.”

The symposium takes place Saturday, April 28, from 1 p.m. to 4 p.m., at the Echo Recreation Centre, 4255 Wallace Street, in Port Alberni. Registration begins at 12:30 p.m. with an admission fee of \$5. Pre-registration is required by calling 250-729-3824 or emailing [erin.lutz@diabetes.ca](mailto:erin.lutz@diabetes.ca).

Among the highlights will be information on the latest diabetes products, and presentations by Clair Biglow MD, medical director of the Diabetes Education Centre in Parksville, and Robert O’Dwyer MB, medical director of the Diabetes Education Centre at West Coast General Hospital in Port Alberni.

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. The Canadian Diabetes Association – Know who to turn to.

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