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For Immediate Release

EDMONTON'S BARB WARENCHUK HAS LIVED LONG AND STRONG WITH TYPE 2 DIABETES SINCE EARLY ADULTHOOD

Loss of sister to complications inspired her commitment to healthy lifestyle

EDMONTON, ALBERTA (Nov. 16, 2010) – Edmonton's Barb Warenchuk is proof that it is possible to live well with type 2 diabetes regardless of how early the onset.

“With more than nine million Canadians living with diabetes or prediabetes, chances are you or someone you know may be affected by it. But across this country and around the world, people with diabetes are making positive lifestyle choices to improve their overall quality of life,” said Michael Cloutier, president and CEO of the Canadian Diabetes Association. “This November, during Diabetes Awareness Month, you can see the stories of some of these people by visiting us online.”

When Warenchuk was diagnosed with type 2 diabetes at the tender age of 22, she was an anomaly in terms of its timing, but not the disease itself. Diabetes has been a part of her family for more than three generations with five of her siblings also affected.

Immediately after her diagnosis, Warenchuk changed her diet and started to eat breakfast and better foods more often during the day, even when she wasn't hungry.

“I had a tough and good doctor who didn't give me any option other than to change my lifestyle,” said Warenchuk.

She found the biggest challenge was establishing a routine for eating meals. Having worked as a banker for 35 years before retiring a decade ago, she found it most difficult to manage her diabetes when working full-time and also when travelling by plane. Less onerous has been adjusting to the requisite diet and exercise program.

Now, 40 years later, Warenchuk is a picture of health and credits regular exercise with enabling her to manage her diabetes with very little medication.

“You don't need more money to learn to cook properly, and exercise is free – you just need to be willing to take the time.” said Warenchuk.

“When I was first diagnosed, we didn't have an awareness of what diabetes meant. I lost my sister because of complications with the disease and I think it had a lot to do with poor lifestyle choices. The more you know about something, the easier it is to deal with,” she added.

For the entire month of November, the Canadian Diabetes Association is asking individuals to visit diabetes.ca to see the stories of incredible supporters including Barb Warenchuk – who are living healthy with diabetes, advocating for the cause and breaking ground towards a cure. Join the Association in leading the fight against diabetes by supporting the cause or participating in

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local Diabetes Awareness Month events or fundraising activities in your community. Visit diabetes.ca or call 1-800-BANTING (226-8464) for more information.

The 2010 Diabetes Awareness Month campaign is sponsored by sanofi-aventis.

About the Canadian Diabetes Association

Today, more than nine million Canadians live with diabetes or prediabetes. Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications. For more information, please visit diabetes.ca or call 1-800-BANTING (226-8464).

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