



**FOR IMMEDIATE RELEASE**

**DIABETES EVENT WILL HELP ABBOTSFORD RESIDENTS LEARN MORE ABOUT THIS SERIOUS BUT MANAGEABLE DISEASE**

*More than 9,000 Abbotsford residents affected by diabetes*

**VANCOUVER, BC – October 29, 2008** – In light of sobering statistics about the correlation between diabetes and heart disease, and the urgent need to raise public and health sector awareness of this epidemic health issue, the local chapter of the Canadian Diabetes Association is hosting a special diabetes education event on Tuesday, Nov. 4 at the Cascade Community Church.

November is Diabetes Awareness Month and nowhere is the prevalence of diabetes more evident than in Abbotsford's aging and South Asian populations. Both of these demographics are especially vulnerable to the disease.

Marcia Foreman, an Abbotsford resident, diabetes educator and coordinator of this event, is passionate about educating people about diabetes.

“Diabetes is a challenging, complex disease where healthy eating and healthy living play a strong role. Providing support and education for those living with diabetes has inspired me for over 32 years as a dietitian and diabetes educator,” said Foreman.

Foreman's life has been personally touched by diabetes with several of her husband's family members affected, as well as a good friend and his siblings.

“Diabetes has reached epidemic proportions and is a global health threat of which people need to be aware. People can take charge of their diabetes but need to see it as important and have the confidence they can do it. Diabetes education can be very helpful. And the good news is diabetes is more correctable than ever,” added Foreman.

The event takes place Tuesday, Nov. 4 at Cascade Community Church (Salvation Army Conference Centre), 35190 Delair Road. Doors open at 6:30 p.m. with presentations beginning at 7:30 p.m. Keynote speakers include Walter Hiller, chief project officer, Abbotsford Regional Hospital, and Susan Brown, regional director, community health networks, chronic care and renal services, Fraser Health.

The event will feature displays by Canadian Diabetes Association, pediatric and adult diabetes clinics, and community support groups including The Kidney Foundation and the Blind and Visually Impaired Society, and sponsors Abbott Canada and Safeway Canada. Door prizes and refreshments will be provided.



### **Diabetes and cardiovascular disease**

Only one in five people with diabetes survives heart disease. Early diagnosis and good diabetes management can lower your cardiovascular age and considerably reduce your risk.

People with diabetes are two to three times more likely to die of heart disease than those without. Four out of five people with diabetes die from heart disease.

More than 60 per cent of people with diabetes have high blood pressure, and almost 60 per cent have high cholesterol. Both are risk factors for heart disease and stroke.

The longer a person has diabetes, the greater the chance of complications and death.

Diabetes puts you 15 years closer to a heart attack, stroke or death from any cause.

### **Undiagnosed diabetes**

One in three people with diabetes have it and don't know it.

On average, people have diabetes for seven years before diagnosis.

### **The high price**

Medical costs are two to three times higher for people with diabetes. Costs for medication and supplies range from \$1,000 to \$15,000 a year.

By 2010, it's estimated that diabetes will cost the Canadian healthcare system \$15.6 billion a year and that number will rise to \$19.2 billion by 2020.

### **About the Canadian Diabetes Association**

The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard. To learn more, visit [diabetes.ca](http://diabetes.ca) or call 1-800-BANTING (226-8464).

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