



ICD CHALLENGER

Connect. Challenge. Explore



"Summer is off to a whirlwind start! From running a diabetes education session for instructors at the Canada Ballet School, to hiking a beautiful portion of the Bruce Trail with a large group of T1D's, then joining up with our Intro to Adventure team for the final 3 days, and finally starting our diabetes sports camp on July 9 (last week)! ICD is growing and we're so grateful for this inspiring community that we proudly serve!

I hope everyone is having an amazing summer, and look forward to seeing you at an event in the near future.

Happy exploring!"

-Chris Jarvis
President & Founder



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Community Blog - Intro to Low Carb & T1D

Matt Swain is a Program Development Officer for ICD. Below he outlines his personal experience with Low-Carb diets and how it has impacted his diabetes management.

It was about a year ago that I first heard about the low-carb high-fat (LCHF) diet from some other T1D friends. My reaction at the time? “It’s not for me”, “why would I want to stop eating carbs”, “I’m doing fine with my diabetes”, “carbs are delicious”. To say that I was against the idea of switching up my diet to improve my diabetes management would be an understatement - I wanted no part of it! Now, after lots of deliberation and doing research of my own, I’ve come around to the idea that thinking about low-carb options for my meals actually makes my life easier when it comes to bolusing decisions and how I might manage exercise.

Below I will address some of the questions I, and many others like me, have had before making their own decision to move to a reduce carb diet:

What is the difference between LCHF and the keto(genic) diet?

The ketogenic diet falls under the LCHF umbrella. A ketogenic diet relies on high amounts of fat, moderate amounts of protein, and very low levels of carbohydrates per day. The goal of this diet is to change the body’s source of energy from carbohydrates to fats - thus triggering a state of ketosis (**Disclaimer:** this is different from DKA).



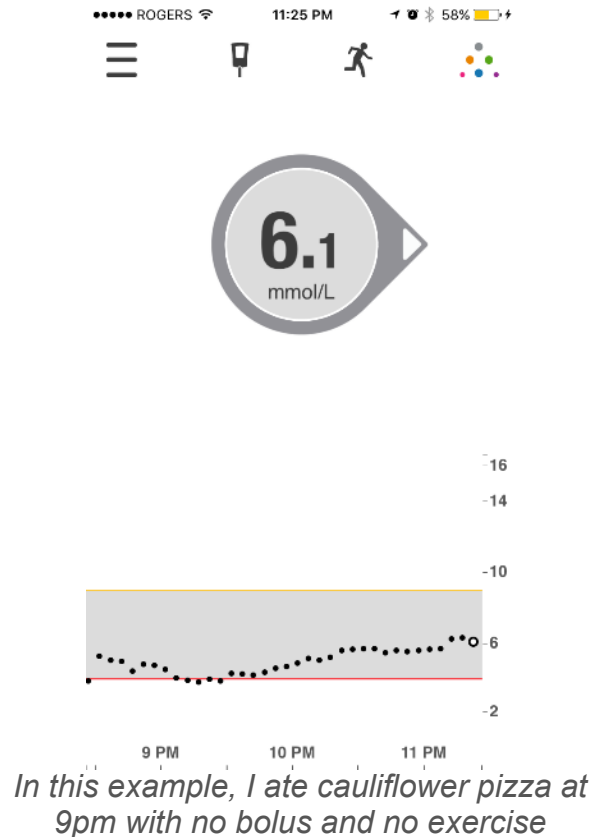
Low-carb breakfast: Bacon, scrambled egg, cheese, peppers, and kale.

Personally, I’m not THAT strict with my meal choices to say that I follow a keto diet or trigger ketosis. This being said, I still see a lot of benefits to making low carb meal decisions while not feeling guilty about opting for a bagel sandwich for breakfast or mashed potatoes with dinner the odd weeknight.

What are the benefits of low carb meals for

someone with type 1 diabetes?

For me, the best thing about eating low carb meals is the ability to vastly reduce or eliminate the need to bolus for a meal. I find that reducing the amount of fast acting insulin on board has vastly reduced fluctuations in BGs. I am lucky enough to wear a Dexcom G5, so I can see the impact of these meals and watch my trend for several hours post-meal. As part of the reduced fluctuations, I've also experienced fewer low blood sugars as a result of smaller insulin doses. I feel a lot more comfortable when I'm deciding between 1-2 units of insulin compared to 7-8, especially if it's a dinner time meal when I'll be going to sleep shortly afterwards.



[Read More](#)

Word on the Trail

I Challenge Diabetes has partnered with LMC to help with recruitment for their upcoming studies for children and adults. Most of their studies have financial compensation for participants and ALL help advance diabetes management. Here's some info about their current research intake:

Do you have Type 1 Diabetes and exercise regularly? Are you 18+?

It is common for individuals with Type 1 Diabetes to experience high blood glucose periods after working out, especially while playing high intensity sports like hockey, soccer or performing a cross fit type activity.

Finding a pattern to help manage these spikes can be challenging, especially when trying to plan what to do before, during, and after an exercise period. LMC Healthcare would like to identify and understand

these patterns to help provide some guidelines to those with Type 1 Diabetes in order to better manage blood sugars with intense activity.



LMC Healthcare is looking for individuals with **Type 1 Diabetes** who have **moderate to high fitness levels**.

PARTICIPATE IN A RESEARCH STUDY TODAY!

LMC Healthcare

Contact us today at:

1-833-323-JOIN • improvinghealth.ca

This is a great opportunity for you to have access to the latest technology and get a better understanding of the impact of exercise on your diabetes control.

If you're interested in obtaining more information about one of our clinical research programs, call us 1-833-323-JOIN (5646) or email us at research@lmc.ca.

LMC is still doing an intake of their paediatric study as well, so please reach out if you have interest in participating.

Support our Diabuddies Tour



Did you know that we're planning on re-launching our Diabuddies tour in Fall 2018? Last year saw ICD visit over 50 schools throughout Ontario, and this

year we hope to do the same! A lot of the time when children with T1D are facing barriers in school, it's due to a knowledge gap that exists within the school itself. Our Diabuddies program has had very positive impacts for students living with diabetes when it comes to normalization within the school, and are very proud of our work, HOWEVER we can't do this without your help.

The Kids in School initiative remains our most underfunded campaign, despite the calls for this service from families across Canada.

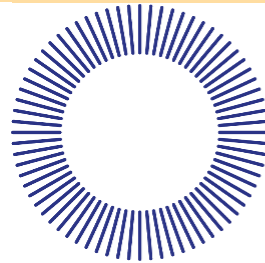
You can directly contribute to this using the "donate" button below. Also, if you think your employer or local business might be able to make a larger contribution to move us forward, please contact us at info@ichallengediabetes.org so we can provide more information.



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