



Diabetes Québec is a non profit association supporting people living with diabetes in Québec for over 65 years. Our mission is to enhance the well-being of people with diabetes by providing them with support.

Diabetes Québec advocates for the rights of people living with diabetes at the government level, health services and companies. We also contribute to the advancement of diabetes research by offering yearly grants to students and researchers. Through **Universi-D**, our diabetes school, we offer education and training to people living with diabetes and health care professionals.

For the **1.2 million** people that are affected by diabetes in Québec, Diabetes Québec is **THE REFERENCE**.

SERVICES OFFERED :

- »» InfoDiabetes : Free information and reference service provided by health professionals,
- »» Team of nutritionists specialized in diabetes,
- »» Recognized teaching and educational material,
- »» *Plein Soleil* quarterly published magazine,
- »» Conferences and information booths.

Questions about diabetes?

InfoDiabetes service

☎ 514 259-3422 or 1 800 361-3504, ext. 1

✉ info@diabete.qc.ca



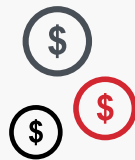
DIABETES : THE EPIDEMIC OF THE 21 ST CENTURY

Québec



1.2 million people are affected by diabetes.

Diabetes has an economic impact estimated at **3 billion dollars** per year in direct and indirect costs.



Diabetes is the leading cause of blindness in people aged under 65.

People living with diabetes :
Type 1 diabetes : 10 %
Type 2 diabetes : 90 %



Canada

Diabetes contributes to :

30 % of strokes
Leading cause of blindness
40 % of heart attacks
50 % of kidney failure requiring dialysis
70 % of all non-traumatic leg and foot amputations

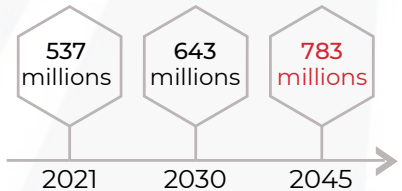


1 in 10 pregnant women develop gestational diabetes.

Every day, 620 people are diagnosed with diabetes.



World



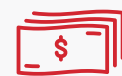
1 in 10 people live with diabetes.



Every 5 seconds, one person dies of diabetes or its complications.



In 2021, diabetes was responsible for an estimated **USD 966 billion** in global health expenditure.



Diabetes symptoms



Fatigue



Intense thirst



Excessive hunger



Irritability



Unintentional weight loss

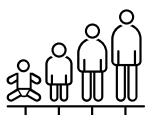


Dizziness

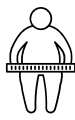


Increased urination

Risk factors of type 2 diabetes



Age Heredity Large waistline



Ethnicity



High blood pressure



Being a male

Symptoms and risk factors may vary from one person to another.