



Diabetes Awareness Month:

## How two minutes could give you a longer, healthier life

November is diabetes awareness month. Read on for more information and resources in support of diabetes awareness, including a free diabetes risk assessment developed by the Canadian Diabetes Association.



By 2020, **an estimated 1 in 3 Canadians** will have diabetes or prediabetes.<sup>1</sup> That's the bad news. The good news is, of those affected by the disease, 90% have type 2 which can be managed and in some cases even prevented.<sup>2</sup>

November is Diabetes Awareness Month and Sun Life Financial is committed to helping you learn more about this disease and how to prevent it from affecting you and your family. Here's what you need to know and what you can do.

### Two minutes for life

Almost **six million Canadians** have pre-diabetes.<sup>3</sup> Almost one million have type 2 diabetes and **don't know it.**<sup>4</sup> Are you at risk? In just two minutes, you can assess your risk for type 2 diabetes. Take the test at [take2minutes.ca](https://take2minutes.ca).



### Did You Know?

- Today, there are more than 10 million Canadians living with diabetes or prediabetes.<sup>5</sup>
- There are 4 types of diabetes: prediabetes, type 1, type 2, and gestational diabetes. Type 2 accounts for 90% of all cases.<sup>6</sup>
- 20% of all diabetes cases go undiagnosed.<sup>7</sup>
- If left untreated or improperly managed, diabetes can result in serious complications including heart attack, stroke, kidney failure, blindness, impotence and amputation.<sup>8</sup>
- Risk factors for diabetes include age, family history, ethnicity, high blood pressure, and more.<sup>9</sup>

If you are over the age of 40, doctors suggest that you should be tested every three years.<sup>10</sup> If you have one or more risk factors, it is recommended that you be tested more frequently.<sup>11</sup>

### An ounce of prevention

The diabetes portal from BrighterLife.ca provides information, tips and guidance for preventing and controlling diabetes. Check out [brighterlife.ca/diabetes](http://brighterlife.ca/diabetes) to start making healthier life and lifestyle choices right now.



### #Winning with the CFL

Sun Life and John Chick, captain of the Saskatchewan Roughriders, are in a competition with other CFL players for the most retweets! Chick will be participating in various weekly challenges while encouraging fans to take the CANRISK type 2 diabetes online risk test. Use our hashtag [#SunLifeKickDiabetes](https://twitter.com/SunLifeKickDiabetes) to join in on the conversation and the challenge and for a chance to win great prizes including signed jerseys and footballs!

This contest runs from now through to the 103<sup>rd</sup> Grey Cup Championship game. Visit [www.cfl.ca/sunlife](http://www.cfl.ca/sunlife) for more details.

### No studying required

In the two minutes it took to read this, you could have learned about your risk for type 2 diabetes. You have nothing to lose and so much to gain! What are you waiting for? Visit [take2minutes.ca](http://take2minutes.ca) now!

#### References:

<sup>1</sup> Canadian Diabetes Association. Diabetes: Canada at the tipping point—charting a new path. 2011. <http://www.diabetes.ca/CDA/mediadocuments/publications-and-newsletters/advocacy-reports/canada-at-the-tipping-point-english.pdf>

<sup>2</sup> Canadian Diabetes Association. Types of Diabetes. Retrieved October 6, 2015 from <http://www.diabetes.ca/about-diabetes/types-of-diabetes>

<sup>3</sup> Canadian Diabetes Association. Take two minutes for type 2 diabetes. Retrieved October 6, 2015 from <http://www.diabetes.ca/newsroom/search-news/take-two-minutes-for-type-2-diabetes>

<sup>4</sup> *ibid.*

<sup>5</sup> Canadian Diabetes Association. Types of Diabetes. Retrieved October 6, 2015 from <http://www.diabetes.ca/about-diabetes/types-of-diabetes>

<sup>6</sup> *ibid.*

<sup>7</sup> Public Health Agency of Canada. Diabetes in Canada Facts and figures from a public health perspective. 2011. <http://www.phac-aspc.gc.ca/cd-mc/publications/diabetes-diabete/facts-figures-faits-chiffres-2011/pdf/facts-figures-faits-chiffres-eng.pdf>

<sup>8</sup> Canadian Diabetes Association. Complications. Retrieved October 6, 2015 from <http://www.diabetes.ca/diabetes-and-you/complications>

<sup>9</sup> Canadian Diabetes Association. Are You at Risk? Retrieved October 6, 2015 from <http://www.diabetes.ca/about-diabetes/risk-factors/are-you-at-risk>

<sup>10</sup> *ibid.*

<sup>11</sup> *ibid.*

### Life's brighter under the sun

Group Benefits are provided by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies.



Health and Wellness