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July 2, 2019

Dear BC Pediatric Society or AAP-BC Member,

In partnership with family advocates and the nonprofit organization Beyond Type 1, the British Columbia Pediatric Society/AAP-BC Chapter is launching a province wide T1D/DKA awareness and education campaign for families through you – their trusted pediatric care provider. We aim to reduce the incidence of new-onset DKA and save lives by providing information about the warning signs of type 1 diabetes (T1D) for parents/caregivers and, in the process, reminding all of us in practice to take the extra step when assessing patients.

The enclosed educational campaign brings an important opportunity to provide valuable information on type 1 diabetes/DKA (diabetic ketoacidosis) to families in your practice. We hope you will use these materials throughout the year to help raise awareness for the community.

Here's the facts:

- The incidence of type 1 diabetes in youth is increasing, as evidenced by Diabetes Canada (Clinical Practice Guidelines, 2018)<sup>1</sup>. DKA occurs in approximately 40% of children with new-onset diabetes (range of 28% to 40% across United States centres and 11% to 67% across European centres), and at a frequency of one to 10 episodes per 100 patient-years in those with established diabetes.
- Public awareness campaigns about the early signs of diabetes have significantly reduced the frequency of DKA in new-onset diabetes.
- Children younger than 3 years of age and from areas with low prevalence of diabetes are especially at risk for moderate-to-severe DKA at the time of diagnosis.
- DKA can be prevented through earlier recognition and initiation of insulin therapy.
- The rate of DKA varies in countries around the globe, from 15% to 70%, with higher rates in developing countries. (Razavi, 2010)<sup>2</sup>
- DKA is the leading cause of mortality in children with type 1 diabetes (Jeha, Haymond, 2014)<sup>3</sup>, and can contribute to additional long-term complications.
- While a type 1 diagnosis means life-long dependence on insulin, constant monitoring and an increased risk of long-term complications, life with T1D can be endured; people with T1D do thrive and live beyond their diagnosis.
- Early diagnosis is key. Educating your community about the warning signs may well save lives.

Included in this package are educational posters and patient handouts for your waiting room. In addition, a digital portal at <https://beyondtype1.org/britishcolumbia> is available where you will find digital versions of warning signs posters in a variety of languages, as well as multimedia materials for your practice to use, such as an audio recording from actor Victor Garber to play on your office telephone system when patients are on hold.

Thank you in advance for helping us make this educational campaign successful. British Columbia is one of the first chapters in Canada to partner with families and Beyond Type 1 to make these educational materials available. Please help us evaluate the use of these materials by taking a moment to respond via the postcard enclosed.

<sup>1</sup> <https://guidelines.diabetes.ca/cpg/chapter34>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215499/>

<sup>3</sup> <http://www.uptodate.com/contents/treatment-and-complications-of-diabetic-ketoacidosis-in-children>

Sincerely,

Dr. Aven Poynter  
President, BC Pediatric Society

Dr. Laura Sauve  
President, AAP-BC



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**Parent Advocates:**

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Canadian Family Advocate

Jillian Aberman  
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Michelle Berman  
National Family Advocate

**On Behalf of Beyond Type 1:**

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Nick Jonas  
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