## **WORLD DIABETES DAY**



In 1921 Dr. Frederick Banting was the first person to successfully extract insulin and administer it to patients with diabetes.

Prior to 1921, type 1 diabetes had a 0% survival rate

November 14th, Dr. Banting's birthday, has been recognized as World Diabetes Day since the United Nations passed a resolution in 2006.

The circle is used as a positive symbol that represents life, health, and unity.

Blue was chosen as a reflection of the sky and the United Nations flag.

www.carbcountingmama.ca

PLEASE JOIN US AND "GO BLUE" ON NOVEMBER 14TH.
WEAR A BLUE SHIRT, BLUE NAIL POLISH, OR EVEN DYE YOUR
HAIR BLUE. ACT TODAY TO CHANGE TOMORROW.